

HEELCURVE HOCKEY

LADDER: TWO FEET IN + BROAD JUMP EXIT

EXERCISE MECHANICS

WHAT IT IS

A footwork drill that builds quickness, agility, and coordination using the two feet in + broad jump exit pattern. It improves lower body power, balance, lateral mobility, ankle stiffness, and change of direction speed for hockey performance.

1 START

Stand at one end of the ladder with feet just outside the first square. Get in an athletic stance with knees bent and core engaged.



2 TWO FEET IN

Step both feet into the first square together. Land softly with knees bent and chest up.



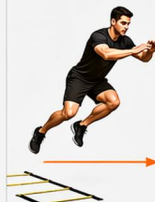
3 TWO FEET IN

Step both feet into the next square together. Stay quick and controlled.



4 BROAD JUMP EXIT

Explode laterally out of the ladder with a broad jump. Land softly with knees bent, hips back, and chest up.



5 RESET & REPEAT

Reset to the other side of the ladder, turn around and repeat back to the starting end or rest and repeat for the desired reps.



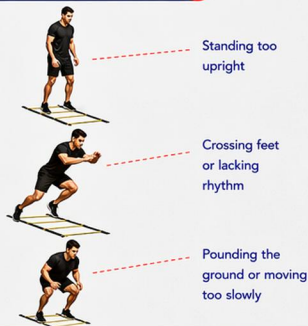
KEY POINTS

- Stay low with knees bent and hips back.
- Keep your chest up and core tight.
- Move quickly, but never sacrifice form or control.
- Stay light on your feet—avoid pounding.
- Use your arms for balance and rhythm.
- Focus on quality reps, not speed.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Core
- Hip Stabilizers

TRAINING TIPS

- Use as a speed and agility drill to improve quick feet and control.
- Start slow to learn the pattern, then increase speed.
- Keep movements crisp and rhythmic throughout.
- Include in warm-ups or conditioning circuits 2–3 times per week.

SKATE FASTER. MOVE BETTER. PLAY HARDER.