

HEELCURVE HOCKEY

4-CONE REACTION DRILL WITH 2-STIMULUS OVERLAY (COLOR + DIRECTION) EXERCISE MECHANICS

WHAT IT IS

A reaction and agility drill that improves change of direction, decision-making, and explosive movement by combining a color stimulus with a directional stimulus. It trains hand-eye coordination, reaction time, balance, and multi-directional control.

1 SETUP

Set up 4 cones in a square (3-5 yards apart). Assign each cone a color (red, blue, green, yellow). Start in the center.



2 COLOR CALL

Coach or partner calls out a color at random.



3 DIRECTION CALL

Immediately after the color, a direction is called (left, right, forward, back).



4 REACT & MOVE

Explode to the correct cone (color) in the correct direction as fast as possible.



5 RETURN & REPEAT

Return to the center quickly. Wait for the next color and direction call and repeat for the desired time or reps.



KEY POINTS

- Stay low with knees bent and hips back.
- Keep your chest up and core tight.
- React quickly, but stay controlled.
- Push off the inside edge and accelerate.
- Touch the cone and return fast.
- Use your arms for balance and rhythm.
- Focus on sharp cuts, not speed alone.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS

- Use as an agility and reaction drill for hockey performance.
- Start with slower calls and increase speed as reaction improves.
- Keep reps high quality and explosive—full focus on each rep.
- Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.