

HEELCURVE HOCKEY

4-CONE REACTION DRILL (COLOR CALL) EXERCISE MECHANICS

WHAT IT IS

A reaction and agility drill that improves change of direction, quick decision-making, balance, and lower body explosiveness based on a coach's or partner's color call. It trains first-step speed, ankle stiffness, 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.



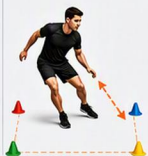
2 COLOR CALL

Coach or partner calls out a color at random.



3 REACT & MOVE

Explode toward the called color as fast as possible using quick, efficient steps.



4 TOUCH & RETURN

Touch the cone with your hand, then quickly return to the center.



5 REPEAT

Wait for the next color call and repeat for the desired time or reps.



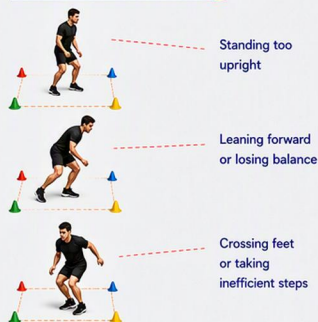
KEY POINTS

- 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.