

HEELCURVE HOCKEY

5-CONE OFF-ICE REACTION DRILL

EXERCISE MECHANICS

WHAT IT IS

A dynamic reaction exercise that improves first-step quickness, change of direction, and decision-making by reacting to an external cue.



1 SET UP

Arrange 5 cones in a plus pattern as shown. Stand in the center facing your coach.



2 CUE

Wait for a clap or color call (e.g., "red," "blue," "green," "yellow," "white"). React as fast as possible.



3 SPRINT

Explode off the ground and sprint to the designated cone as fast as you can for the designated distance.



4 TOUCH & RETURN

Touch the base of the cone, then return to the center as fast as possible.



5 REPEAT

Repeat for the desired time or number of reps, responding to each new cue.



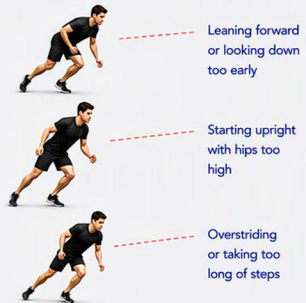
KEY POINTS

- Stay low and ready to explode.
- Keep your head up and eyes forward.
- React quickly to the cue—don't guess.
- Drive off the ground with power.
- Use short, powerful steps at the start.
- Focus on quality reps, not quantity.

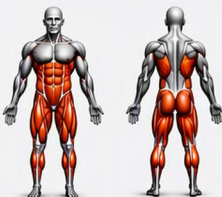
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS

- Use as a speed and reaction drill to improve first-step quickness.
- Start with simple cues, then progress to multiple colors or directions.
- Keep rest periods short and quality high to maintain intensity.
- Include in lower body or hockey-specific training.