

HEELCURVE HOCKEY

BROAD JUMP + STICK RECEPTION (CATCH BALL AFTER LANDING)

EXERCISE MECHANICS

WHAT IT IS

A dynamic power and coordination exercise that builds lower-body explosiveness, landing control, hand-eye coordination, and reactive stick skills.

1 START

Stand behind the start line with feet hip-width apart, stick in both hands on the ground. Eyes forward.



2 BROAD JUMP

Explode forward into a broad jump. Swing arms and extend hips, knees, and ankles to maximize distance.



3 LAND & RECEIVE

Land softly with hips back and knees bent. As you land, receive the ball with your stick.



4 RESET & REPEAT

Control the ball, reset behind the start line, and repeat for the desired reps or time.



KEY POINTS

- Explode forward and jump as far as you can.
- Land soft with hips back and knees bent.
- Keep your chest up and core engaged.
- Receive the ball out in front with soft hands.
- Control the ball after landing—don't stab.
- Quality over distance and speed.

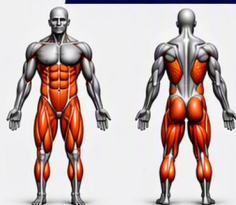
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Glutes
- Hamstrings
- Calves
- Tibialis Anterior
- Core
- Hip Flexors
- Adductors

TRAINING TIPS

- Use as a power and coordination drill to improve explosiveness.
- Add to warm-ups or training days to enhance reactive stick skills.
- Progress by increasing distance or speed over time.
- Include in lower body or hockey-specific training.