

HEELCURVE HOCKEY

PARTNER TENNIS BALL DROPS (CATCH BEFORE SECOND BOUNCE) EXERCISE MECHANICS

WHAT IT IS

A reaction and coordination exercise that improves hand-eye coordination, focus, and athletic reactivity by catching a tennis ball before the second bounce. It helps enhance reaction time, balance, and overall movement quality for skating and gameplay.

1 START

Partner stands facing each other about 6–8 feet apart. Catcher gets into an athletic stance with knees slightly bent and hands ready.



2 DROP

Partner drops the tennis ball vertically toward the floor between you.



3 CATCH

React quickly and catch the ball before it has a second bounce.



4 REPEAT

Switch roles or continue with the same partner for the desired number of reps.



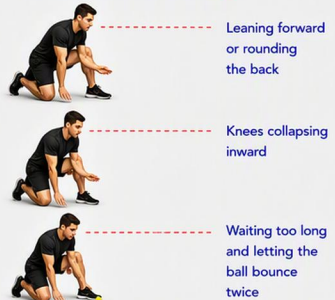
KEY POINTS

- Stay light on your feet and ready.
- Watch the ball and read the drop.
- React quickly and move efficiently.
- Catch with soft hands and control.
- Keep your core engaged and posture athletic.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Quadriceps
- Hamstrings
- Glutes
- Calves
- Core
- Shoulders
- Forearms
- Hand Muscles

TRAINING TIPS



Use as a warm-up or reactive training drill.



Increase difficulty by varying drop height or adding movement.



Perform 10–20 reps per round.



Include in your routine 2–3 times per week for best results.

SKATE FASTER. MOVE BETTER. PLAY HARDER.