

HEELCURVE HOCKEY

REACTIVE T-DRILL (VISUAL CUE, NO VERBAL)

EXERCISE MECHANICS

WHAT IT IS

A reaction and agility drill that improves quick directional changes, visual processing, balance, and explosive acceleration by reacting to a visual cue at the center without verbal instruction. It trains first-step speed, ankle stiffness, and multi-directional control.

1 SETUP

Set up 5 cones in a T-shape. The center cone is the starting point. Assign a color to each direction (left, right, forward, back).



2 VISUAL CUE

Coach or partner holds up a color (e.g., green) at the center. No verbal cues are used.



3 REACT & MOVE

Explode toward the cone that matches the color as fast as possible using quick, efficient steps.



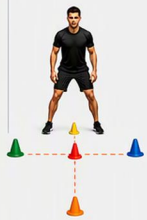
4 TOUCH & RETURN

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



5 REPEAT

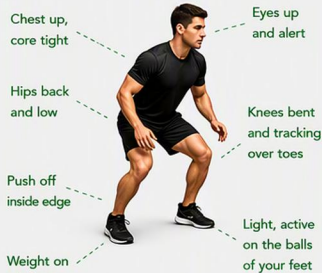
Wait for the next visual cue and repeat for the desired time or reps.



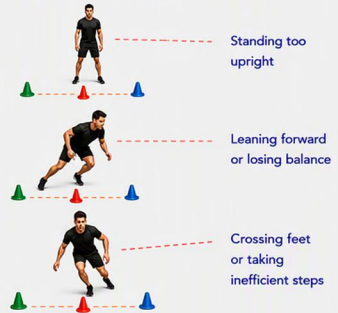
KEY POINTS

- 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.