

# HEELCURVE HOCKEY

## LATERAL BOUND TO SPRINT OUT

### EXERCISE MECHANICS

#### WHAT IT IS

A lateral plyometric exercise that develops power, control, and stability by bounding side-to-side and then accelerating forward out of the bound. It improves skating power, edge push-off, acceleration, and coordination.

#### 1 START

Stand on one leg with knees slightly bent, ready to bound to the opposite side.



#### 2 BOUND

Explode laterally off your takeoff leg and bound to the opposite side.



#### 3 ABSORB

Land softly on the opposite leg with knee bent and hips back, absorbing the impact.



#### 4 SPRINT OUT

Immediately push off and accelerate forward into a sprint.



#### 5 REPEAT

Reset on the other side and repeat for the desired time or number of reps.



#### KEY POINTS

- Land softly with control on each rep.
- Keep your hips level and square.
- Stay low and athletic throughout.
- Push off hard and accelerate forward explosively.
- Use your arms for balance and power.
- Focus on quality reps, not quantity.

#### CORRECT FORM



#### COMMON MISTAKES



#### MUSCLES WORKED



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

#### TRAINING TIPS



Use as a power and control builder, not just for speed.



Start with short distances (3–5 bounds) and progress as your control improves.



Focus on controlled bounds and powerful acceleration.



Include in lower body or hockey-specific training.