

HEELCURVE HOCKEY

SINGLE-LEG RDL (PLATE IN ONE HAND)

EXERCISE MECHANICS

WHAT IT IS

A unilateral exercise that develops posterior chain strength, balance, and hip stability by hinging at the hips and controlling the descent on one leg while holding a plate in one hand.

It improves balance, strength, and movement control.

1 START

Stand tall on one leg with a slight bend in your knee. Hold a plate in the opposite hand at your side. Engage your core.



2 HINGE

Hinge at your hips by pushing them back. Keep your back flat and chest up as the plate moves down toward the ground.



3 DESCEND

Lower until your torso is nearly parallel to the ground and you feel a stretch in your hamstring and glute. Keep your hips level.



4 DRIVE UP

Drive through your standing heel and squeeze your glute to return to the starting position. Keep your core tight throughout.



5 REPEAT

Complete all reps on one leg, then switch sides and repeat for the desired number of reps.



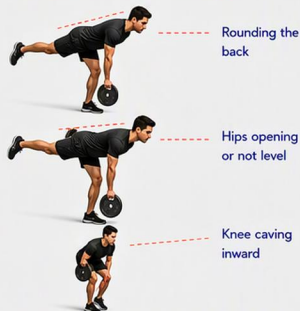
KEY POINTS

- Soft bend in the standing knee.
- Hinge at the hips—don't round your back.
- Keep your chest up and back flat.
- Hips stay level—don't let them open up.
- Control the descent and the return.
- Use your free arm for balance.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Hamstrings
- Glutes
- Lower Back (Erectors)
- Calves
- Core
- Hip Stabilizers

TRAINING TIPS



Use as a strength and balance builder, not just for lifts.



Start bodyweight and progress by adding load gradually.



Focus on controlled tempo and perfect form.



Include in lower body or hockey-specific training.