

HEELCURVE HOCKEY

SKATER BOUND CONTINUOUS (NO STICK BETWEEN) EXERCISE MECHANICS

WHAT IT IS

A lateral plyometric exercise that develops power, control, and stability by continuously bounding side-to-side from one leg to the other. It improves skating power, edge control, and coordination.

1 START

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



2 BOUND

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



3 ABSORB

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



4 REBOUND

Immediately explode back in the opposite direction.



5 REPEAT

Continue bounding side-to-side for the desired time or number of reps.



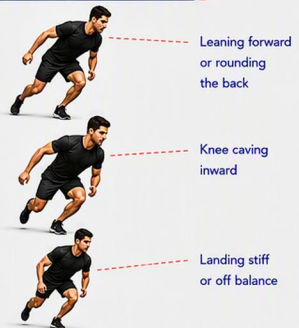
KEY POINTS

- Land softly with control on each rep.
- Keep your hips level and square.
- Stay low and athletic throughout.
- Keep your knee tracking over your foot.
- Use your arms for balance only.
- 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 conditioning.
- Start with short sets (10–20 sec / 4–6 reps each side) and progress as you improve.
- Focus on controlled reps and soft landings.
- Include in lower body or hockey-specific training.