

HEELCURVE HOCKEY

SKATER BOUND LATERAL

EXERCISE MECHANICS

WHAT IT IS

A lateral plyometric exercise that builds power, speed, and stability by bounding side to side on one leg. It improves single-leg strength, lateral explosiveness, edge control, and balance.

1 START

Stand on one leg with a slight bend in your knee and hips. Hinge forward slightly, opposite arm back, and get into an athletic ready position.

2 BOUND

Explosively push off your standing leg and bound laterally to the other side. Drive your opposite knee up and swing your arms to generate power.

3 ABSORB

Land softly on the opposite leg with your knee and hip bent. Keep your chest up, core engaged, and hips back as you absorb the force.

4 REPEAT

Stabilize briefly and immediately push off to bound back to the original side. Continue alternating for the desired reps or time.



KEY POINTS

- Stay low and athletic.
- Land softly and quietly.
- Keep your knee in line with your toes.
- Hips back, chest up, core tight.
- Use your arms to balance and generate power.
- Focus on control, not just distance.
- Quality reps over quantity.

CORRECT FORM



COMMON MISTAKES



Landing with a stiff leg

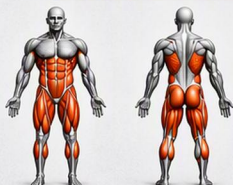


Knee collapsing inward



Leaning too far forward

MUSCLES WORKED



- Glutes
- Quadriceps
- Hamstrings
- Calves
- Hip Adductors & Abductors
- Core

TRAINING TIPS



Use as a power and conditioning exercise or part of a warm-up.



Focus on forceful push-offs and controlled landings.



Add intensity or distance as your strength and balance improve.



Include in lower body or hockey-specific training programs.

SKATE FASTER. MOVE BETTER. PLAY HARDER.