

HEELCURVE HOCKEY

SKATER BOUND WITH STICKHANDLE OVERLAY

EXERCISE MECHANICS

WHAT IT IS

A lateral plyometric exercise that develops power, control, and stability by bounding side-to-side with a stickhandle overlay. It improves skating power, edge control, and coordination.

1 START

Stand on one leg with knees slightly bent, stick in both hands, blade on the ice in front of your body.



2 BOUND

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



3 STICKHANDLE

While in the air, move the puck (cross body or in front) to the landing side with control.



4 LAND

Land softly on the opposite leg with knee bent and hips back, maintaining balance.



5 REPEAT

Immediately bound back the other way with the same stickhandle control.



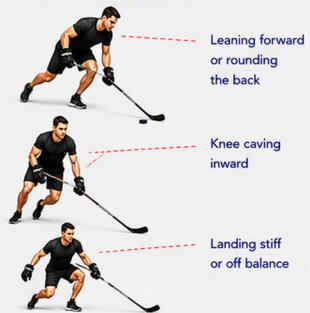
KEY POINTS

- Push off hard and land softly.
- Stay low and athletic.
- Keep your knee tracking over your foot.
- Stickhandle with control while in the air.
- Use your arms for balance.
- 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 distance.
- Start with short bounds and progress as your control improves.
- Focus on controlled reps and soft landings.
- Include in lower body or hockey-specific training.