

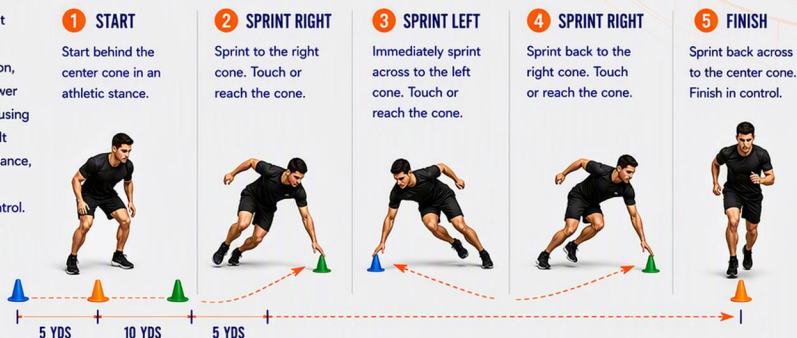
HEELCURVE HOCKEY

5-10-5 SHUTTLE (PRO AGILITY)

EXERCISE MECHANICS

WHAT IT IS

A pro agility drill that improves change of direction, acceleration, deceleration, and lower body explosiveness using the 5-10-5 pattern. It builds quickness, balance, ankle stiffness, and multi-directional control.



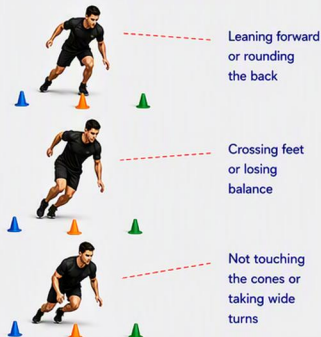
KEY POINTS

- Stay low with knees bent and hips back.
- Keep your chest up and core tight.
- Explode in each direction.
- Plant hard, change direction fast.
- Touch the cone and return fast.
- Use your arms for balance and power.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS

- Use as a speed and agility drill to improve reaction and acceleration.
- Start slow to learn the pattern, then increase speed.
- Keep reps high quality with full effort and sharp direction changes.
- Include in lower body or hockey-specific training.