

HEELCURVE HOCKEY

BROAD JUMP TO LATERAL BOUND TO SPRINT COMBO

EXERCISE MECHANICS

WHAT IT IS

A dynamic power and agility drill that develops explosive lower body power, lateral stability, and acceleration through a three-phase sequence.

1 SET UP

Start behind a line or marker with feet hip-width apart and knees slightly bent.



2 BROAD JUMP

Explode forward into a broad jump. Swing your arms and land softly with knees bent.



3 LATERAL BOUND

Immediately push off and bound laterally to the side. Stick the landing and stay low.



4 SPRINT

Push off the outside foot and accelerate forward into a sprint as fast as possible.



5 REPEAT

Reset and repeat for the desired time or number of reps, alternating the lateral direction.



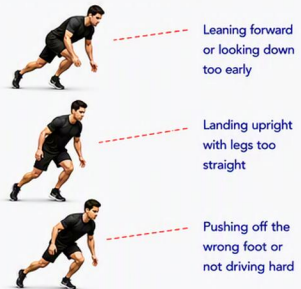
KEY POINTS

- Explode with power on the broad jump.
- Land softly with knees bent.
- Stay low and balanced during the lateral bound.
- Drive the outside foot hard for the sprint.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



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

TRAINING TIPS

- Use as a plyometric and agility drill to build power and change of direction.
- Focus on strong landings and quick, explosive transitions.
- Keep rest periods short and quality high to maintain intensity.
- Include in lower body or hockey-specific training.