

HEELCURVE HOCKEY

LATERAL SHUFFLE TO SPRINT

EXERCISE MECHANICS

WHAT IT IS

A dynamic agility exercise that improves lateral quickness, transition speed, and first-step explosiveness by moving side-to-side then accelerating forward.

1 SET UP

Set two cones 5–10 yards apart. Start in the middle in an athletic stance.



2 SHUFFLE LEFT

Shuffle laterally to the left cone. Stay low, keep your chest up, and move quickly.



3 SHUFFLE RIGHT

Shuffle laterally back across to the right cone. Maintain control and stay low.



4 SPRINT FORWARD

From the right cone, accelerate forward in a straight line as fast as possible. Drive your knees and pump your arms.



5 RESET & REPEAT

Walk or jog back to the starting position. Repeat for the desired time or number of reps, responding to each new cue.



KEY POINTS

- Stay low and athletic throughout.
- Keep your chest up and eyes forward.
- Push off hard with each outside foot.
- Drive forward with power and purpose.
- 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 speed and reaction drill to improve first-step quickness.
- Start with simple cues, then progress to multiple colors or directions.
- Keep rest periods short and quality high to maintain intensity.
- Include in lower body or hockey-specific training.