

HEELCURVE HOCKEY

POGO HOPS → SPRINT TRANSITION

EXERCISE MECHANICS

WHAT IT IS

A plyometric and speed exercise that improves ankle stiffness, ground reactivity, and explosive acceleration by transitioning from fast pogo hops into a maximum-effort sprint.

1 SETUP

Stand tall with feet hip-width apart in a clear space. Brace your core and get reactive.



2 POGO HOPS

Perform quick, small pogo hops in place on the balls of your feet. Keep your knees slightly bent and stay tall.



3 PREPARE

After 5–10 quick hops, load into an athletic position by hinging at the hips and bending your knees.



4 SPRINT

Explode forward into a maximum-effort sprint for 5–10 yards or the desired distance.



5 RESET

Slow down, walk back to the start, and repeat for the desired reps or time.



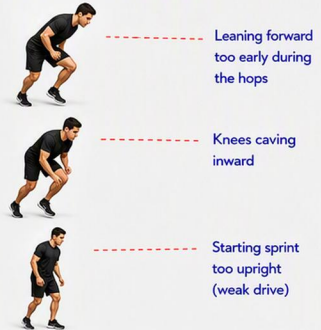
KEY POINTS

- Stay on the balls of your feet.
- Keep hops quick, light, and vertical.
- Maintain a tall chest and tight core.
- Drive arms and knees hard during the sprint.
- Reset fully between reps for max effort.
- Focus on quality and explosiveness, not quantity.

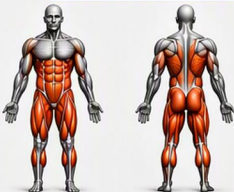
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



- Calves
- Quadriceps
- Hamstrings
- Glutes
- Hip Flexors
- Core
- Ankles

TRAINING TIPS



Use as a warm-up or explosiveness drill before training or practice.



Keep hops fast and light—focus on reactivity.



Push the sprint—don't ease into it.



Include in lower body or hockey-specific training.