

HEELCURVE HOCKEY

REACTION SPRINT START (ON CLAP OR COLOR CALL)

EXERCISE MECHANICS

WHAT IT IS

A speed and reaction exercise that improves explosiveness, first-step quickness, and decision-making by responding to an external cue.

1 SET UP

Get in a sprint start position. Focus on your posture and being ready to explode in any direction.

2 CUE

Wait for a clap or color call (e.g., "red," "blue," "green"). React as fast as possible.

3 SPRINT

Explode off the ground and sprint in the called direction as fast as you can for the designated distance.

4 RESET

Slow down under control, return to the start position, and prepare for the next rep.

5 REPEAT

Repeat for the desired time or number of reps, responding to each cue.



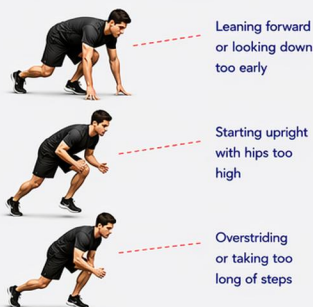
KEY POINTS

- Stay low and ready to explode.
- Keep your head up and eyes forward.
- React quickly to the cue—don't guess.
- Drive off the ground with power.
- Use short, powerful steps at the start.
- Focus on quality reps, not quantity.

CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



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