

HEELCURVE HOCKEY

SPRINT START (10 YARDS)

EXERCISE MECHANICS

WHAT IT IS

A speed and explosiveness drill that improves first-step quickness, acceleration, and lower body power by practicing an explosive sprint start over 10 yards. It enhances reaction time, ankle stiffness, and overall acceleration mechanics.

1 SETUP

Stand behind the start line in an athletic stance. Focus forward and be ready to explode.



START LINE

2 GO

Explode forward off the start line as quickly and powerfully as possible.



3 SPRINT

Accelerate over 10 yards with strong, powerful strides and good mechanics.



4 FINISH

Run through the 10-yard mark and decelerate under control.



10 YARDS

KEY POINTS

- Stay low with knees bent and hips back.
- Keep your chest up and core tight.
- Explode forward on the first step.
- Drive your arms powerfully.
- Stay aggressive and focused through 10 yards.
- Use your arms for balance and power.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS



Use as a speed and explosiveness drill to improve acceleration.



Focus on an explosive first step and rapid acceleration.



Rest fully between reps to maintain maximum intensity.



Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.