

HEELCURVE HOCKEY

SPRINT - STOP - BACKPEDAL - SPRINT (TRYOUT MOVEMENT SIM)

EXERCISE MECHANICS

WHAT IT IS

A dynamic drill that simulates tryout movements by combining forward sprinting, controlled stopping, backpedaling, and re-accelerating into a second sprint.

1 SPRINT

Sprint forward as fast as possible for 10 yards with strong, powerful strides.



2 STOP

Control your speed and stop on a dime. Drop your hips, sink your weight, and stay balanced.



3 BACKPEDAL

Immediately backpedal for 10 yards. Keep your chest up and eyes forward.



4 SPRINT

Transition quickly into a second sprint for 10 yards. Drive hard and finish strong.



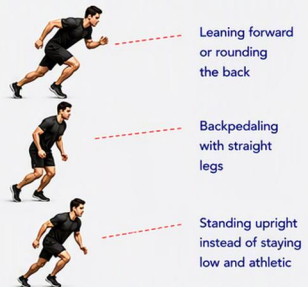
KEY POINTS

- Sprint with power and purpose.
- Stop under control with good balance.
- Backpedal with short, quick steps.
- Transition fast out of the backpedal.
- 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 agility drill to improve acceleration and transition.
- Start at a controlled intensity, then push for max effort.
- Keep rest periods short and quality high to maintain intensity.
- Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.