

HEELCURVE HOCKEY

OFF-ICE T-DRILL WITH STICKHANDLING (FORWARD & BACKWARD)

EXERCISE MECHANICS

WHAT IT IS

A puck handling and agility drill that builds control, change of direction, and speed through a T-pattern with forward and backward skating.

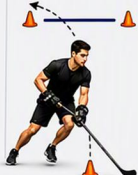
1 START

Start at the base of the T with the puck. Knee slightly bent, head up, hands active.



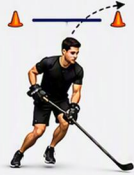
2 FORWARD LEFT

Stickhandle forward to the left cone. Tight turns, stay low, and maintain puck control.



3 BACKWARD RIGHT

Skate backward across to the right cone. Keep your chest up and control the puck.



4 BACK TO START

Stickhandle backward to the base of the T. Stay low and use quick, controlled steps.



5 REPEAT

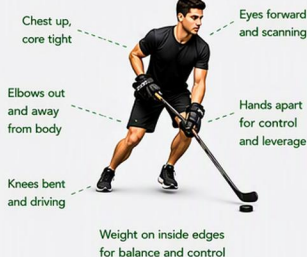
Immediately repeat in the opposite direction or continue for the desired time or number of reps.



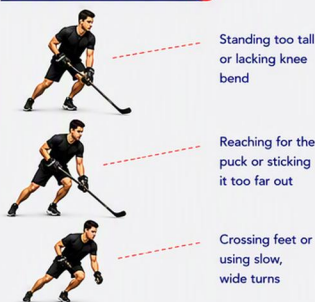
KEY POINTS

- Keep the puck close and on your forehand as much as possible.
- Stay low with knees bent and core tight.
- Use quick, tight turns around each cone.
- Control the puck through every transition.
- Focus on quality reps, not speed at first.

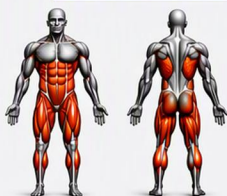
CORRECT FORM ✓



COMMON MISTAKES ✗



MUSCLES WORKED



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

TRAINING TIPS

- Use as an agility and puck control drill to improve change of direction.
- Start at a controlled pace, then increase speed while maintaining control.
- Keep rest periods short and quality high to maintain intensity.
- Include in lower body or hockey-specific training.