

HEELCURVE HOCKEY

ANKLE ROCKS (KNEE OVER TOE)

EXERCISE MECHANICS

WHAT IT IS

A mobility exercise that improves ankle dorsiflexion, enhances knee tracking, and builds lower body control by shifting your weight forward with your knee over your toes.



1 START

Kneel down with one foot flat on the ground in front of you about hip-width away from a wall or a box. Keep your back knee down and toes tucked under.

2 ROCK FORWARD

Slowly shift your weight forward by bending your front knee and guiding it over your toes while keeping your heel down.



3 ROCK BACK

Shift your weight back to the starting position by pushing through your front heel and straightening your knee.



4 REPEAT

Repeat the movement for the desired number of reps, then switch legs.



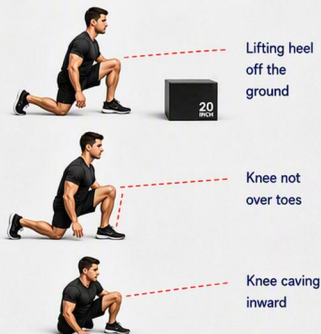
KEY POINTS

- Keep your front heel down at all times.
- Drive your knee forward over your toes.
- Keep your back knee and shin on the ground.
- Move in a slow, controlled manner.
- Use your arms for balance only if needed.
- Focus on quality reps, not quantity.

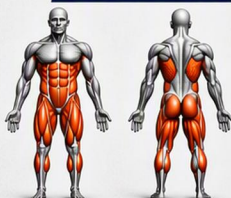
CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Calves
- Quadriceps
- Glutes
- Hip Flexors
- Tibialis Anterior
- Hamstrings
- Core

TRAINING TIPS

- Use as a mobility and performance tool, not just a warm-up.
- Start with a shorter range and progress as your ankle mobility improves.
- Focus on controlled reps and smooth rocks.
- Include in lower body or hockey-specific training.