

HEELCURVE HOCKEY

JUMPING JACKS

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops lower body power, control, and strength by jumping while moving your arms and legs out and in. It improves cardiovascular endurance, coordination, and overall conditioning.

1 START

Stand tall with your feet together and arms at your sides. Engage your core and look straight ahead.



2 JUMP OUT

Jump your feet out wider than hip-width while swinging your arms out and up overhead in one smooth motion.



3 JUMP IN

Jump back to the starting position by bringing your feet together and lowering your arms back to your sides.



4 REPEAT

Repeat the movement in a steady rhythm for the desired time or number of reps.



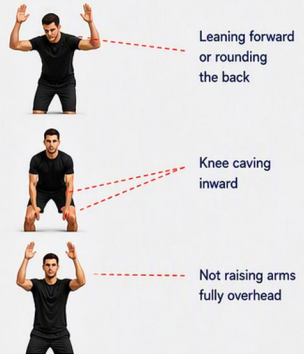
KEY POINTS

- Land softly on the balls of your feet.
- Jump your feet out slightly wider than hip-width.
- Swing your arms up overhead.
- Keep your core tight and chest up.
- Move in a smooth, controlled rhythm.
- Use your arms for power and coordination.
- Focus on quality reps, not quantity.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



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

TRAINING TIPS



Use as a power and control builder, not just for height.



Start with a lower intensity and progress as your control improves.



Focus on controlled reps and soft landings.



Include in lower body or hockey-specific training.

SKATE FASTER. MOVE BETTER. PLAY HARDER.