

HEELCURVE HOCKEY

POGO HOPS (AS WARMUP PRIMER)

EXERCISE MECHANICS

WHAT IT IS

A plyometric exercise that develops ankle stiffness, foot speed, and reactive strength by performing small, quick hops in place. It helps prime the body for dynamic movement and sport-specific actions.

1 SETUP

Stand tall with feet hip-width apart. Arms at your sides or slightly bent. Engage your core and stay light on your feet.



2 LOAD

Slightly bend your knees and ankles to preload like a spring. Keep your chest up and weight on the balls of your feet.



3 POGO HOP

Perform quick, small, vertical hops off the ground using ankle and calf elasticity. Keep hops low and controlled.



4 STAY SPRINGY

Maintain a stiff ankle and soft knees. Stay on the balls of your feet and keep your body tall and relaxed.



5 CONTINUE

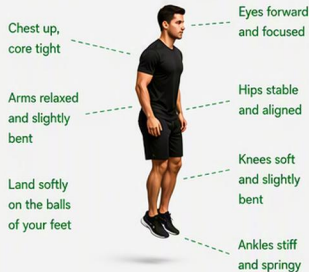
Keep a quick, consistent rhythm for the desired duration or repetitions. Breathe and stay relaxed.



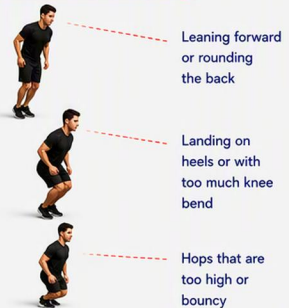
KEY POINTS

- Hops are small and vertical.
- Stay on the balls of your feet.
- Use your ankles like springs.
- Keep your core tight and posture tall.
- Relax your upper body and arms.
- Focus on quick, light contacts and rhythm.

CORRECT FORM



COMMON MISTAKES



MUSCLES WORKED



- Calves
- Quads
- Glutes
- Hamstrings
- Core
- Hip Stabilizers
- Ankles

TRAINING TIPS

- Use as a warm-up primer to activate ankles and lower body.
- Start with 2-3 sets of 20-30 seconds or 30-50 reps.
- Progress by increasing duration, reps, or speed.
- Include in lower body or hockey-specific warm-ups.