

MAHG PROGRAM

DRILL SHEETS

Part 1 : #00 to #75-L



Objectives :

- MAHG 0: Kneel down and get back up to the basic stance.
- MAHG 0: Alternate a push and a glide phase.
- MAHG 0: Hold the stick with each hand.

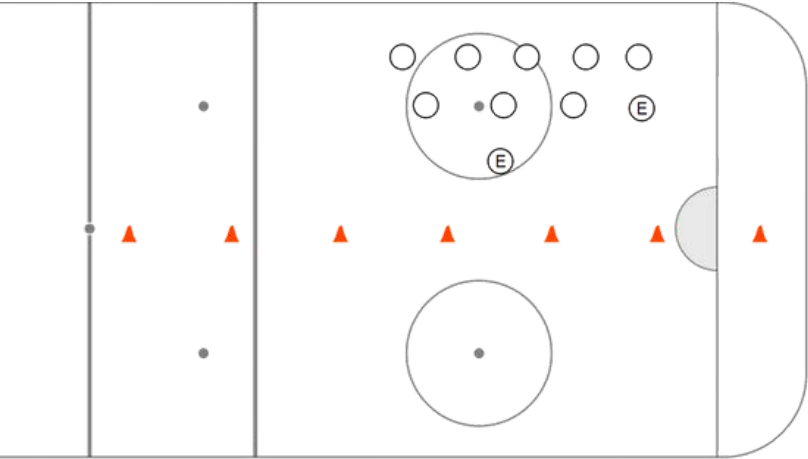
Drill Description:

Mirror Game: The child must reproduce all of the coach's movements. Start lying face down on the ice, then kneel, stand up, raise the stick with both hands to touch the ceiling. Slowly lower back down in a controlled manner to a kneeling position, then stand up to jump in place with both feet. Vary the sequence of movements throughout the exercise.



Basic stance

Equipment : • Marker • Pucks



Master Coach's Tips:

- Present the activity as a normal exercise or personal challenge, not as a formal assessment.
- Evaluation is a tool to assess achievements, not to rank players.
- Take notes discreetly to maintain a relaxed and action-oriented atmosphere.
- Limit the elements observed. We only evaluate the success or failure of the objective, not the quality of execution.

Variations:

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Objectives :

- MAHG 1: While moving, jump over an obstacle without falling.
- MAHG 1: Stop moving forward without turning or falling.
- MAHG 1: Alternate a push and a glide phase on each side to move forward.

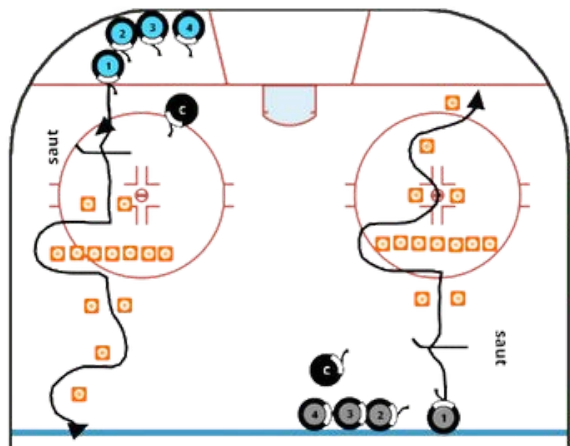
Drill Description:

Obstacle Course: The player accelerates and jumps over the first obstacle placed on the ice (drawn line or stick), then passes through the first gate. When they reach the wall of cones, they brake and then go around it on one side or the other before passing through the next gate. They regain momentum and make a gliding turn between the cones.



Basic stance

Equipment : • Cones • Marker • Pucks



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Variations:

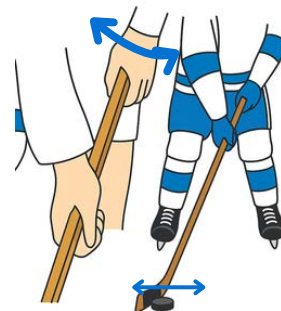
- Do the exercise in a team relay race format.

Objectives :

- MAHG 1: Carry the puck with two hands in a straight line.
- MAHG 1: Move the puck in all directions while in a stationary position.
- MAHG 1: Pass the puck toward a target in front.

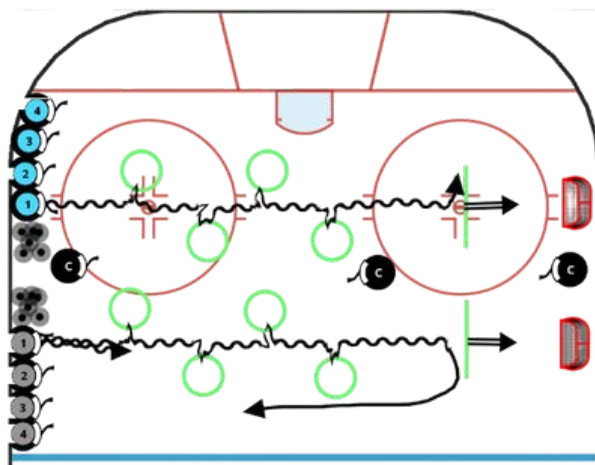
Drill Description:

Deliver the package: The player must cross the course while keeping their package (the puck). At each gate, they must place their package in the circle to unlock it and progress through the course. At the end of the course, they must shoot the puck towards the net from the line to complete their mission.



Puck control

Equipment : • Cones • Marker • Pucks • Balls



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Variations:

- Vary the objects (balls, rings, balls) to develop proprioception and learn to feel the object carried with your stick without having to look at it.

Objectives :

- MAHG 2: Maintain balance on one foot in a straight line.
- MAHG 2: Stop quick lateral movement.
- MAHG 2: Accelerate forward from a static position.

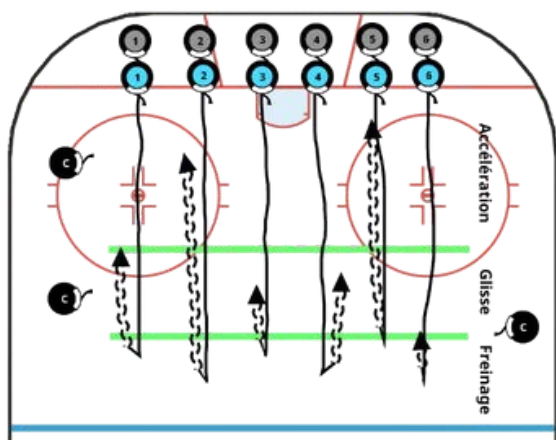
Drill Description:

Acceleration Race: The players are positioned across the width of the ice to form two starting waves. At the signal, the player accelerates to the first line and glides on one foot. At the second line, they put their foot down and brake to stop in the shortest distance possible. Then, they return backward along the same path. Repeat the exercise, varying the raised foot and the stopping side.



Forward skating

Equipment : • Cones • Marker • Pucks



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- Limit the elements observed. We only evaluate the success or failure of the objective, not the quality of execution.

Variations:

- Vary the types of starts: forward, sideways, lying on the stomach, sitting, etc.

Objectives :

- MAHG 2: Change direction quickly without slowing down.
- MAHG 2: Overcome an obstacle by landing on one foot while in motion.
- MAHG 2: Skate along an arc by crossing one skate over the other alternately.

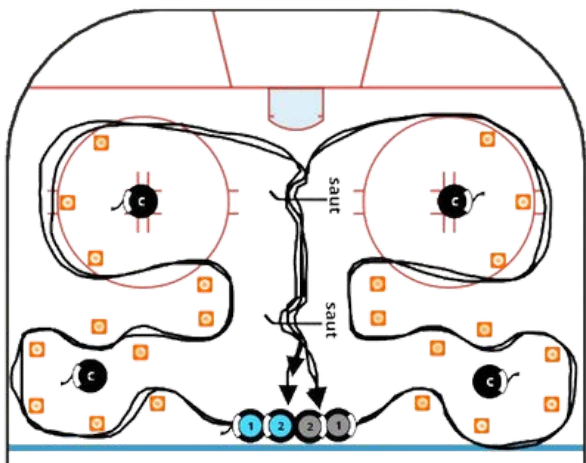


Tight turn

Drill Description:

The Race Track (Turns): The player accelerates to the cone. Maintaining their speed, they make two sliding slalom turns. They accelerate again to the first series of tight turns. They make another series of sliding and tight turns in the opposite direction, then skate around the circle while crossing their skates. On the way back, they slide on one foot, jump over a line drawn on the ice, and land on the other foot (once per side).

Equipment : • Marker • cones



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Variations:

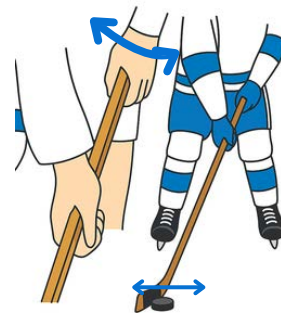
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Objectives :

- MAHG 2: Control the puck on both sides of the body.
- MAHG 2: Avoid an obstacle while maintaining puck control.
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.

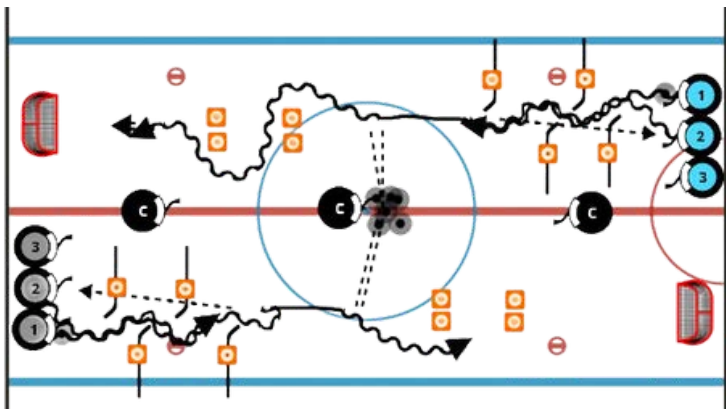
Drill Description:

All-Star Skills Course: Player (O1) picks up a puck and carries it in a straight line between the obstacles. He switches sides to protect it from the obstacles, stops, pivots, and passes it to his teammate (O2). O2 begins the course when he receives the puck. While skating, O1 retrieves a new puck that the coach has left loose and avoids the two obstacles, stops, and takes a shot on net.



Puck control

Equipment : • Marker • Pucks • Cones • Net



Master Coach's Tips:

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Variations:

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Objectives :

- MAHG 3: Maintain static balance against an external force.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

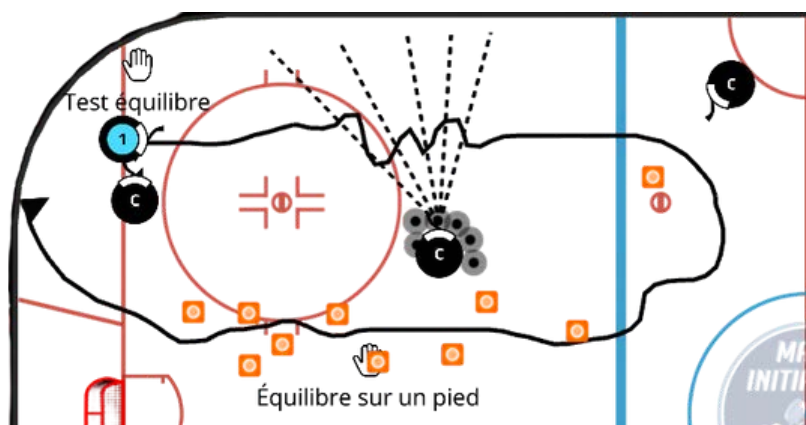
Drill Description:

The Ninja: The player takes a basic stance. The first coach pushes the player on the shoulders in different directions or lightly taps the toes and heels. The player must maintain her basic stance. She then moves towards the second coach. The coach successively slides 5 pucks across the ice to hit the player in the skates. The player must dodge the pucks while remaining in motion. On the way back, she must lift her foot and avoid obstacles while maintaining her balance.



Basic stance

Equipment : • Cones • Marker • Pucks



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Variations:

- Using balls or balls that the coach throws towards the player to force him to dodge them with his upper body and create greater imbalance.

Objectives :

- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.

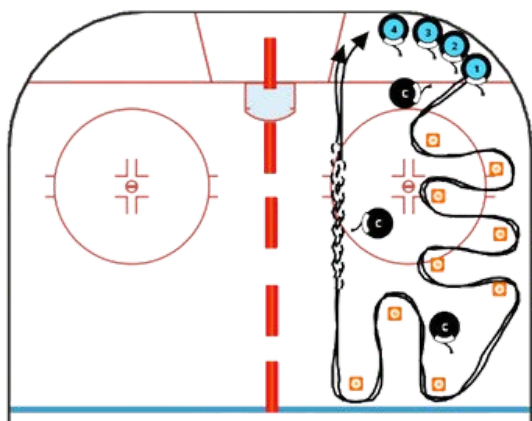
Drill Description:

Race Track 2: The player accelerates to the cone. Maintaining speed, they make a series of tight turns. They accelerate again to the blue line to make three 180-degree turns. On the way back, they perform a front-to-back pivot, then a back-to-front pivot.



Tight turn

Equipment : • Cones • Marker • Pucks



Master Coach's Tips:

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Variations:

- Do the exercise with a puck.
- Do the exercise in waves of 2 or 3 players at a time in a race format. This reduces the space available for turning.

Objectives :

- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 3: Take control of the puck directly and indirectly without stopping.

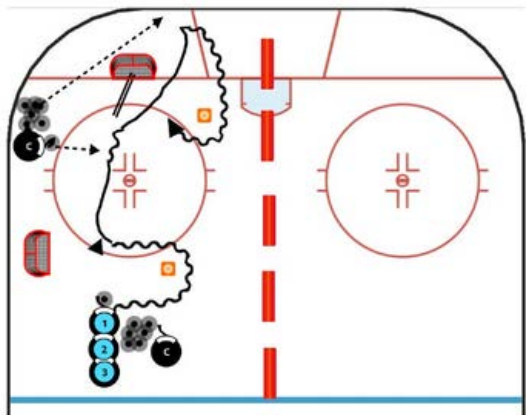
Drill Description:

Shot Path: All shots are taken forehand. Player O1 starts with the puck, skates around the cone, and takes a first shot. He then head toward the second net, receive a pass from the coach, and take a shot while moving. He continues behind the net and brakes at the boards. The coach passes the puck to him along the boards. The player retrieves it and comes back around the cone for a third shot.



Wrist shot

Equipment : • Marker • Pucks • Cones • Net



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Variations:

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Objectives :

- MAHG 4: Choose from a variety of skating techniques to move around the ice.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.

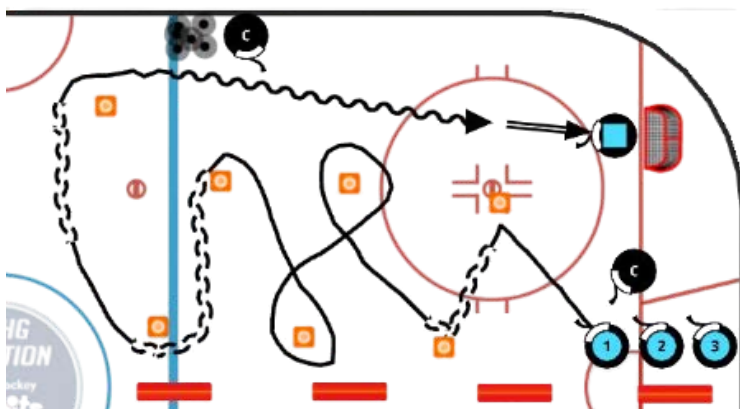
Drill Description:

The player performs eight changes of direction using different skating techniques. The player starts with a forward start, then a forward stop, followed by a backward start and backward skating. Next comes a backward stop, two tight turns, a forward-to-backward turn, then a backward-to-forward turn. The player finishes with two pivots on the straight line. Finally, the player retrieves a puck and takes a shot on net.



Forward-backward turns

Equipment : • Pucks • Goal • Cones



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- Limit the elements observed. We only evaluate the success or failure of the objective, not the quality of execution.

Variations:

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Objectives :

- MAHG 0: Kneel down and get back up to the basic stance.
- MAHG 0: Walk on ice in all directions.
- MAHG 1: While moving, jump over an obstacle without falling.

Drill Description:

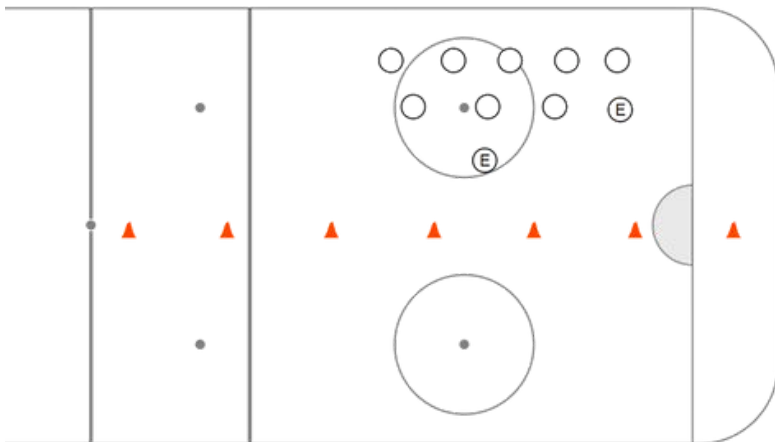
Zambo Says is a listening and attention game created to develop balance on ice. Children must perform actions only if the instruction begins with "Zambo Says...". For example: "Zambo says touch your helmet," the children do it. But if the coach says "Jump!" without "Zambo says," those who jump are either eliminated or reminded of the rule. It's a fun game that helps develop attention, active listening, and motor control. The coach is encouraged to include movements that put children into unbalanced positions, or require them to kneel down and get back up. Once players are able to move without falling, the game can be played while skating within the zone.



Basic stance

Equipment :

- Balls



Master Coach's Tips:

- Have fun with the kids. A dynamic coach will easily keep the children's attention.
- Let the players do the exercise at their own pace.
- Encourage players to keep their heads up. Keep players within the designated zone.
- Avoid having players skate in waves., players circulate in the zone.

Variations:

- Give a theme to the movements to keep players engaged (e.g., animals, superheroes, sports, etc.).
- Replace the stick with a ball held in both hands to encourage an upright posture and create controlled imbalance.



Basic stance

Objectives :

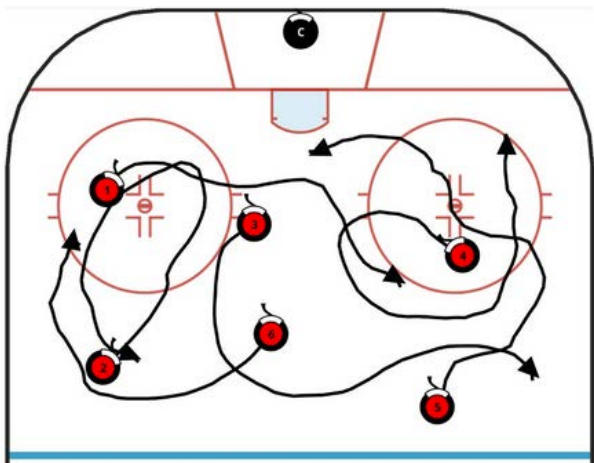
- MAHG 1: Stop moving forward without turning or falling.

Drill Description:

Players skate freely in the zone. A coach (the guard) stands facing the boards. At the signal, the guard turns around and enters the zone. All players must stop immediately and freeze like a statue while the guard moves through the zone. Give specific instructions on how players should move (e.g., giant steps, skating on one leg), and how they should freeze (e.g., in basic stance, on one leg, like an animal, etc.). This drill helps develop players' balance, stopping ability, and attention control — all in a fun and engaging setting.

Equipment :

- Balls

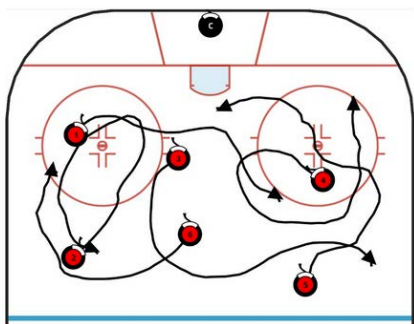


Master Coach's Tips:

- Let the players move at their own pace, but make sure they are moving.
- Circulate among the players and encourage them to exaggerate the swinging motion.
- For progressions 2 and 3, encourage players to keep their heads up and remain attentive to the guard's instructions. This helps develop the ability to move while observing their surroundings.
- Vary the time between stop signals.
- Avoid having players skate in waves.

Variations:

- Same exercise, in movement, with a foam ball in their hands to encourage an upright posture.
- Coaches circulate and gently push players to test their balance as they stand.



Progression 2 :

Replay the museum guard game. The guard doesn't give a signal before entering the zone. Players must therefore be attentive and observe the guard as they skate. It helps develop children's ability to move while keeping their heads up to observe their surroundings.

Requires good attention skills to divide focus between controlling movement, watching the person (the "museum guard"), and following the rule (stopping when the guard turns around).

Progression 3 :

Repeat the "Museum Guard" game, but this time with a puck. Each player has a puck that they carry while moving within the zone. When the museum guard (the coach) enters, players must stop immediately while maintaining control of their puck. Because players need to stay attentive to the coach's instructions, they must keep their heads up while controlling the puck — they cannot focus solely on the puck itself.

Use this progression when children are able to follow the game instructions and carry a puck with two hands without dropping it.

Objectives :

- MAHG 1: While moving, jump over an obstacle without falling.
- MAHG 2: Overcome an obstacle by landing on one foot while in motion.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

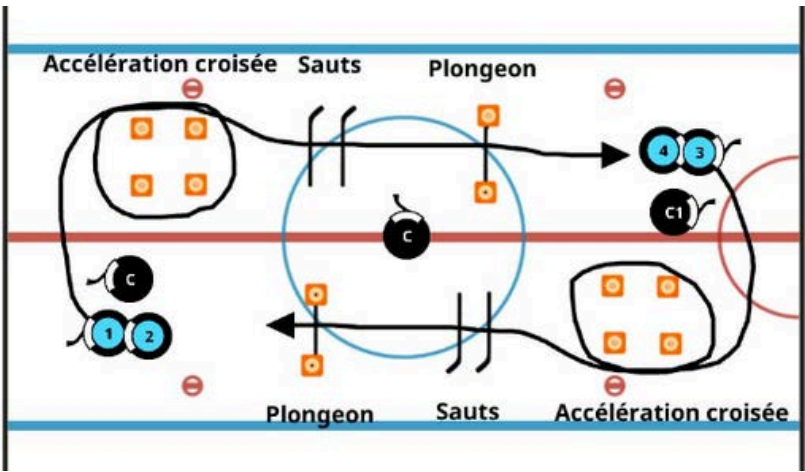
Drill Description:

A small course where players alternates between diving, jumping and dodging various obstacles. Use markers to draw obstacles to avoid (e.g. snakes, fire, monsters, etc.). The initiation coach must divide the players into two starting points to keep a good pace on the ice and encourage continuous motor engagement. When diving and getting back up or clearing obstacles, players must stabilize their position if they want to stand up or maintain their balance.



Basic stance

Equipment : • Cones • Marker • Pucks

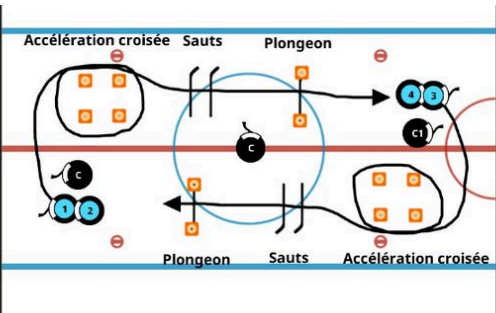


Master Coach's Tips:

- Position coaches at different spots along the course.
- If needed, add a third or fourth course to increase motor engagement.
- Encourage players to keep their heads up. Emphasize balance over speed.
- Mark the starting lines clearly.
- Keep the lines and stopping zones away from the boards.

Variations:

- Same exercise, but with a puck.
- Add and move obstacles. Use a variety of objects to create new obstacles.



Progression 2 :

Organize a team relay race to increase speed while maintaining the focus on balance. Make sure the children understand that falling will slow them down, so they must still concentrate on keeping their balance.

Use this progression once players are able to complete the course and clear obstacles while maintaining their balance.

Objectives :

- MAHG 3: Maintain static balance against an external force.
- MAHG 4: Respect others and demonstrate good sportsmanship.

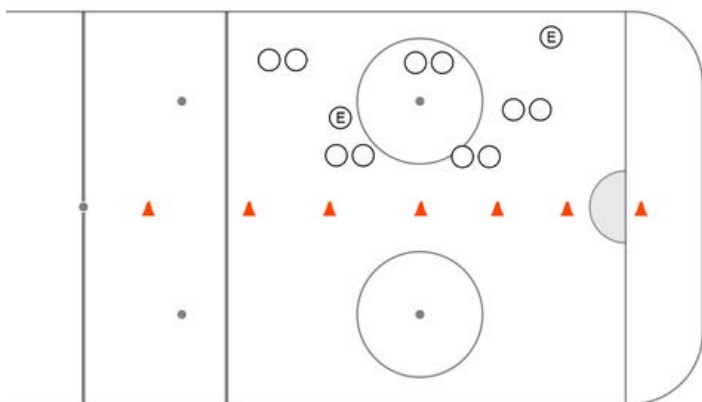
Drill Description:

Players are positioned in a static basic stance throughout the zone. Coaches move through the group and try to unbalance the players by giving gentle pushes on their shoulders or skates. This exercise helps strengthen stability in the basic stance and improves postural control when faced with mild disturbances.



Basic stance

Equipment : • Marker • Pucks • Hoops

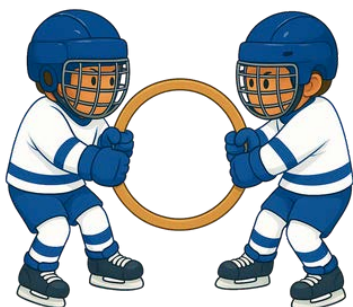


Master Coach's Tips:

- In progressions 2 and 3, the coach must ensure players engage in safe contests (no hitting or pushing backward). The goal is to create imbalance, not to make players fall.
- The coach must circulate to make sure the instructions are being followed.
- Encourage players to bend their knees to stay stable.

Variations:

- When the coach sweeps the stick near the players' skates, the player must jump. When the coach sweeps the stick near the players' shoulders, the player must squat.
- Players have a puck to stickhandle and protect while maintaining their balance.



Progression 2 :

Hoop Wrestling: Pair up the players, two per group. Each player holds one side of a hoop, both in a basic stance with their skates firmly planted on the ice. On the signal, they move the hoop so that the opponent has to lift a skate to regain balance. The goal is to create a forward imbalance.

Use this progression once players are able to maintain a stable, flexed basic stance. This exercise helps to separate upper body movements from lower body stability.



Progression 3 :

One-on-one battle: The offensive player positions himself in a basic stance inside a 1-meter diameter circle, with a puck. The defensive player, without a stick, leans on the offensive player's hips to push them out of the circle. Then switch roles. Possibility of moving the stations along the boards to recreate a puck battle. Make sure players use their bodies and sticks without pushing or hitting.

Ensure that players follow the rules: the defensive player should lean and push, not hit or shove.

Objectives :

- MAHG 1: Stop moving forward without turning or falling.
- MAHG 1: Change direction in a controlled manner.
- MAHG 1: Follow instructions within the context of a game.

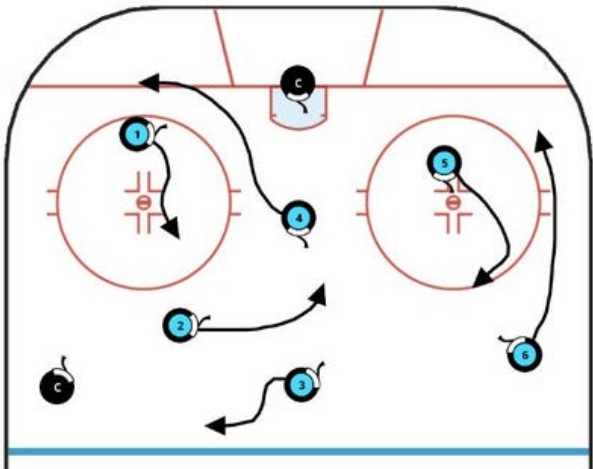
Drill Description:

Players skate within the zone. At the coach's signal, they have three seconds to reach a line, stop, and hold a stable position on it. If they are not on a line in time, the coach can tag them to eliminate them from the game. This fun drill helps develop balance, stopping skills, and players' attention and reaction time.



Basic stance

Equipment : • Marker • Hoops



Master Coach's Tips:

- Encourage players to move throughout the entire zone. If needed, draw additional lines.

Variations:

- Same drill, but give a specific instruction for the type of stop (e.g., snowplow, right-side stop, left-side stop, one-foot stop, etc.).

Progression 2 :

Replace the lines with hoops or circles drawn with a marker. Each round, reduce the number of hoops. You can also add obstacles like cones or sticks on the ice to make the path to the hoops less direct. It's important to instruct the players to stop before the hoop and step into it. To avoid conflicts, allow multiple players to share a hoop by placing only one foot inside.

Use this progression once players are able to stop without falling, to reduce the risk of falls and collisions. Players must also stay alert to spot available hoops before skating toward them.



Objectives :

- MAHG 0: Kneel down and get back up from the basic stance.
- MAHG 1: Stop moving forward without turning or falling.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

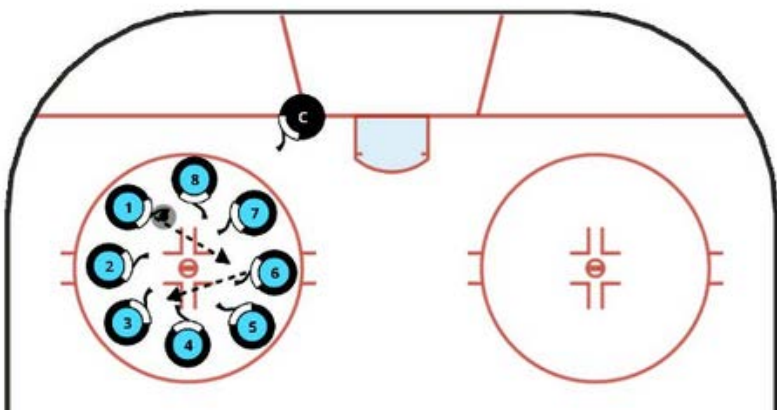
Drill Description:

The drill encourages players to bend their knees and hips to adopt a low stance and develop stability. Form groups of 5 to 8 players, without sticks. All players stand in a circle, facing the center, feet wide apart, with the outside edge of their skate touching their neighbors' skates. The coach puts a ball into play. Without leaving their basic stance, players use their gloves to hit the ball and try to pass it between another player's legs. Each player defends by trying to block or deflect the ball. If a player lets the ball go between his legs, he must continue playing with one hand only. If it happens again, he is eliminated and joins other eliminated players to start a new game.



Basic stance

Equipment : • balls • Mini goals



Master Coach's Tips:

- Encourage players to maintain a bent position in order to be ready to strike the ball.
- Encourage players to move around with their heads up (Progression 2).
- If necessary, reduce the playing zone and play games in a smaller space (progression 2).

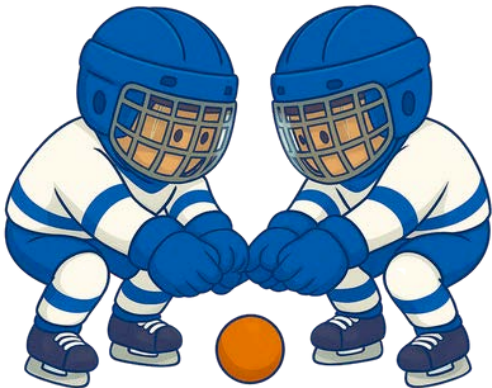
Variations:

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Progression 2 :

Hammerball Match: Divide the players into two teams and place a goal at each end of the playing zone. Players can move freely within the zone. When in possession of the ball, they can control it, pass it, or shoot at the goal only by hitting it with their hands. They are not allowed to carry the ball with both hands.

This drill helps develop a low basic stance and balance while moving. From a tactical perspective, it encourages players to keep their heads up to better orient themselves on the ice.



Objectives :

- MAHG 1: Stop moving forward without turning or falling.
- MAHG 2: Stop quick lateral movement

Drill Description:

Coaches use a marker to draw a shape on the ice for each player. The player positions themselves sideways to the drawing. The player must erase the drawing by scratching the ice with the edge of their skate blade.

This drill introduces players to the concept of inside and outside edges and teaches them how to apply the correct pressure to stop.



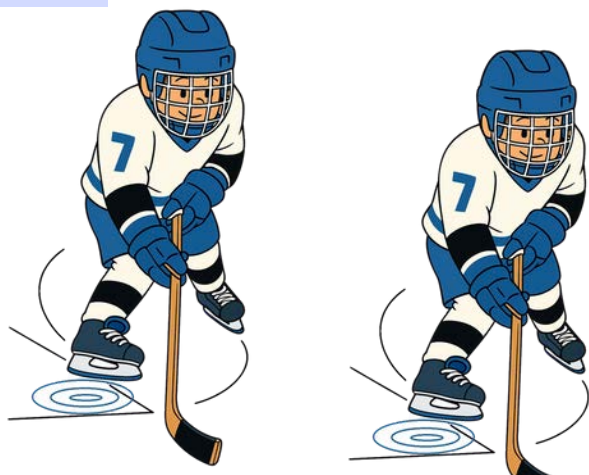
Forward stop

Equipment :

- Marker

Master Coach's Tips:

- Keep the players in front of the initiation coach at all times.
- Make sure the players perform the drills at low speed.
- Talk to the players to encourage them to keep their heads up.



Variations:

- Perform the snowplow on one skate only, alternating left and right, or on both skates.
- Individual or team race: The winner is the first to completely erase their drawing.



Progression 2 :

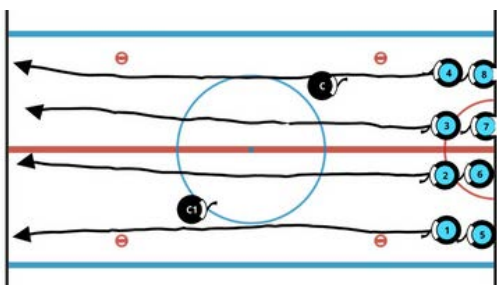
On the spot, players stand facing their drawing. At each repetition, they twist their hips to turn sideways to the drawing, then return to the basic stance. They erase the drawing by giving a "scraping push" with each skate alternately.

Use this progression once the child is able to erase the drawing with each skate. This helps integrate the concept of hip rotation needed for snowplow or side stops.

Progression 3 :

The initiation coach places drawings all over the ice. Players start in waves of 6 to 8. After starting, each player glides with both skates parallel and performs a snowplow stop on one skate every time they reach a drawing. Alternate the skate used to stop.

Use this progression once the child can erase a drawing with each skate while stationary and can dissociate upper and lower body movements. This drill helps integrate stopping while moving and develops balance.



Objectives :

- MAHG 1: Stop moving forward without turning or falling.
- MAHG 2: Stop quick lateral movement

Drill Description:

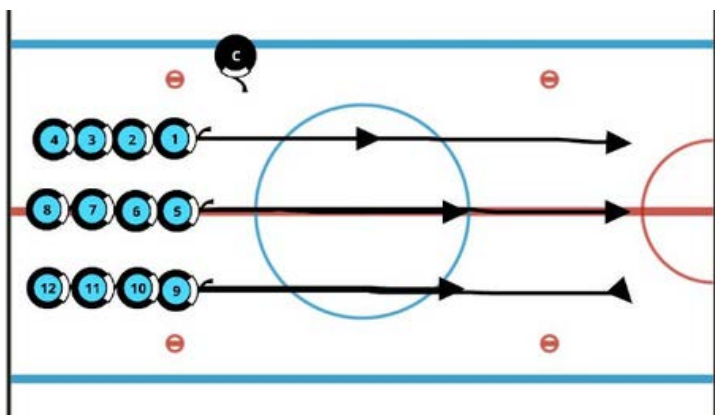
The players line up one behind the other (four waves). Draw a series of lines (or cones) on the ice, spaced 5 meters apart. At the initiation coach's signal, the player skates a short distance and brakes with one skate as close as possible to the line, while lifting the opposite leg. The exercise gradually develops stopping skills in an environment that supports proper technique and effective feedback.



Forward stop

Equipment :

- Cones • balls • Blue and black pucks

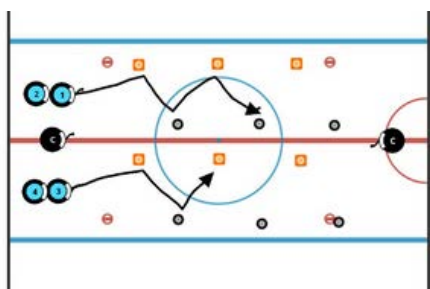


Master Coach's Tips:

- Encourage players to keep their heads up. Maintain a strong basic stance while stopping.
- The coach must be facing the players.

Variations:

- Relay: Each player starts on a line. The first player has a ball. At the starting signal, they must carry the ball to the next player, stop, and return to their line. The first team to move the ball from one end to the other wins the race.



Progression 2 :

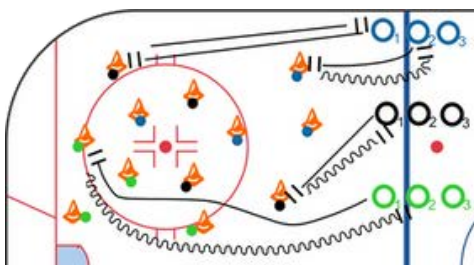
Stopping course. Set up a series of cones in two different colors, placed in parallel. The player must perform a side stop (spraying snow to the side) before skating to the next cone. Each color corresponds to a specific stopping side.

Use this progression to introduce a random element to the stops. The player must keep their head up to identify the color ahead and determine which side to stop on.

Progression 3 :

Divide the group into two or three teams. The coach places cones all within the zone. Under certain cones, they hide one item per cone: black pucks, blue pucks, or tennis balls — an equal number of each. Each team is assigned a specific object to find (e.g., one team searches for tennis balls, the other for pucks). At the signal, one player from each team skates to a cone, performs a stop, lifts the cone, and returns to her team — with or without an object. The next player can only leave once the previous player is back and has come to a full stop. The winning team is the first to find all of their hidden objects.

This progression increases skating speed into stops. Encourage players waiting in line to watch the game and try to spot where their team's objects are hidden.



Objectives :

- MAHG 1: Stop moving forward without turning or falling.
- MAHG 2: Stop quick lateral movement
- MAHG 2: Skate backward in a straight line, alternating the pushing leg.

Drill Description:

All players start on the end line. A coach stands at the opposite end, with their back to the players. At the signal, players skate toward the coach. At any moment, the coach can say the countdown "1-2-3 Sun" and turn around. As soon as the coach turns around, the players must stop and remain motionless. If the coach sees a player move, that player must return to the start line. The first player to successfully cross the zone wins. This exercise develops balance control and the ability to stop quickly while maintaining focus and concentration. It also strengthens listening skills in a fun environment.



Forward stop

Equipment :

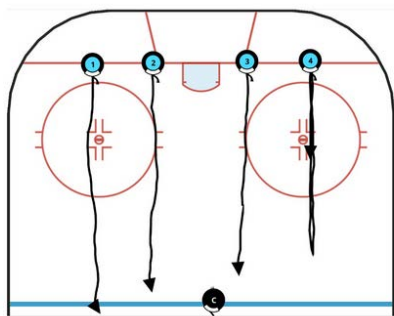
- None

Master Coach's Tips:

- Position yourself in front of the players to provide feedback.
- A coach supervises the game to ensure that the rules are followed.
- Provide feedback to the group between waves.
- Use rhythm variations by alternating fast and slow counts to test concentration.

Variations:

- Add instructions on the type of stop (snowplow on one or two skates, or side stop) or on which side to look while stopping.
- In pairs, the player skating forward pulls the other player who holds the hoop firmly (or sticks in a stretcher style). The player being pulled must turn their hips and let themselves be pulled, keeping their skates perpendicular to the direction of movement.



Progression 2 :

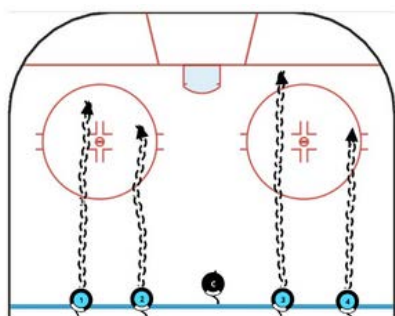
Repeat the 1-2-3 Sun game, but players must face the same direction when stopping. The coach announces which side before the start of each wave.

Use this progression once players have mastered the snowplow stop and to develop side stops.

Progression 3 :

Same game, but backward. Players start just behind the coach and must skate backward toward the end boards.

This version introduces backward skating and backward stops.



Objectives :

- MAHG 2: Stop quick lateral movement
- MAHG 3: Follow the rules during a game.

Drill Description:

The initiation coach divides the group into teams of three, without sticks. He positions six pucks or balls for each team at an increasingly distant distance from the starting line. The goal is for each player, one at a time, to retrieve the objects as quickly as possible. The player must return, stop, and sit down at the end of her line so the next player can start. The first team to collect all their objects wins. Encourage players to stay low when stopping so they can pick up the objects and start again more quickly. This drill helps develop controlled stops and coordination in a dynamic and fun setting.



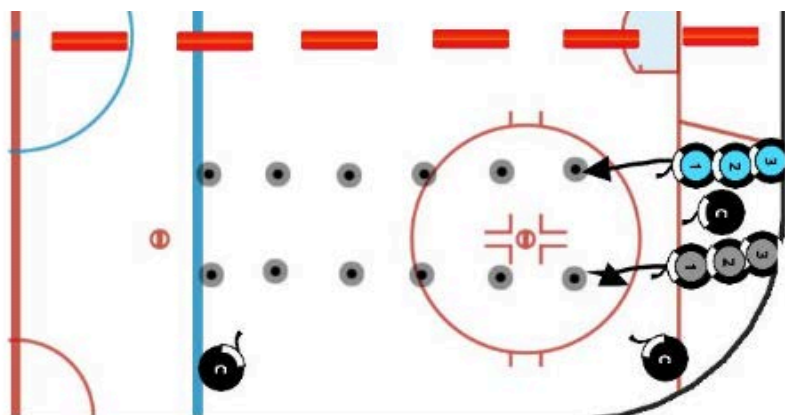
Forward stop

Equipment :

- Cones
- Pucks
- Balls
- Hoops

Master Coach's Tips:

- Players stay in their own lane.
- Players should always face the center when stopping.
- Make sure players only start when their teammate is seated.



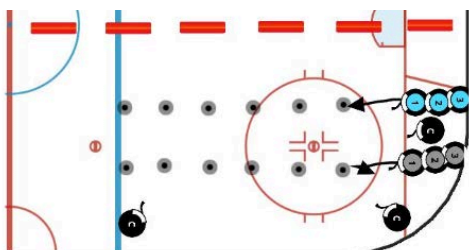
Variations:

- Reverse the drill: Place empty hoops along the course. Teams start with 6 objects. One at a time, they must go place one object in each hoop.
- Same exercise, but alternate between forward and backward skating. Players start either forward or backward, always facing the end of the ice.

Progression 2 :

Same drill, but players now have their sticks and use pucks as the objects. Players must carry the puck with their stick.

Move on to this progression to develop puck-carrying skills with one or two hands while skating forward.



Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

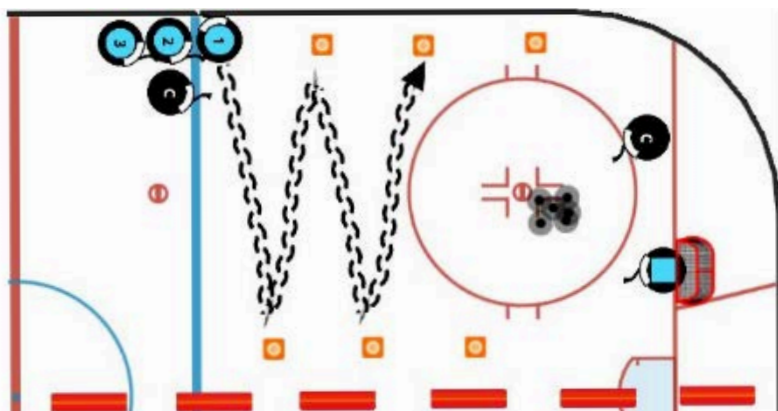
At the initiation coach's signal, the player starts skating backward to the first cone and performs a two-foot stop facing the center of the ice. Then, the player makes a strong one-foot C-cut to pivot on the spot and begins another backward start toward the second cone placed in the opposite direction. Repeat this pattern through the entire course. After the final stop, the player transitions to a forward start, picks up a puck, and takes a shot on goal. Once players can stop while maintaining their balance, progress to one-foot stops. This drill develops backward mobility and backward stops in a controlled setting, with an emphasis on proper technique.



Backward stop

Equipment :

- Cones • Marker • Pucks • Balls

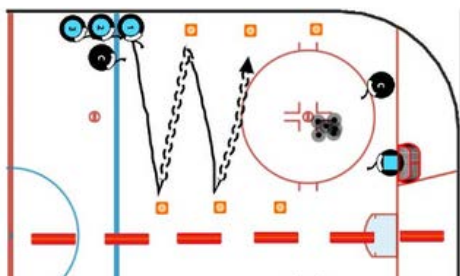


Master Coach's Tips:

- Make sure players stop using the skate opposite to their starting direction.
- Send the second player once the first stop has been completed.
- Once players have finished the course, have them go again using the opposite technique.

Variations:

- Same course, but the player has possession of the puck from the start.



Progression 2 :

Same course, but the player always faces the same direction. This means alternating between forward and backward skating, as well as forward and backward stops.

Use this progression once the player has mastered the backward stop. It helps link the stop with a quick forward start.

Progression 3 :

Passing: Pair up the players, facing each other with a ball (no sticks). While always staying face-to-face, they pass the ball back and forth as they move through the course. Click on the image for the full drill diagram.

Use this progression once players can stop with good balance. Passing the ball encourages them to skate with their heads up and torsos upright.





Get over obstacles

Objectives :

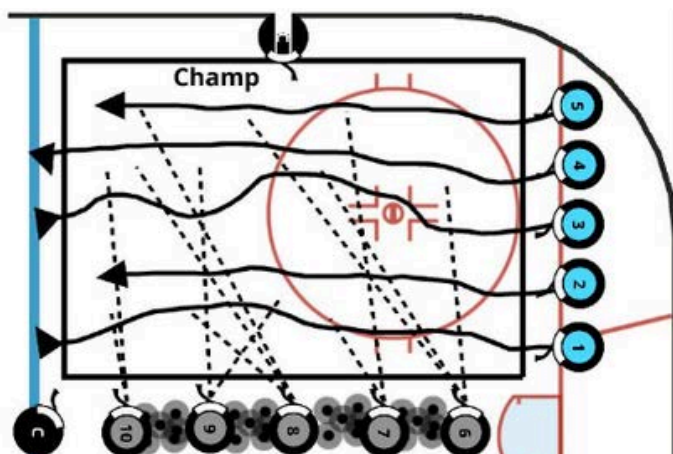
- MAHG 1: While moving, jump over an obstacle without falling.
- MAHG 2: Overcome an obstacle by landing on one foot while in motion.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

Drill Description:

The group on the goal line (the “runners” O) must cross the “ice” to get to the other side of the zone without being touched by the pucks. The group positioned along the ice (the “shooters” X) tries to hit the runners by shooting pucks at their skate blades. When a player is hit, they must go to the “spaceship” zone where a coach gives them a small task to complete (e.g., 10 jumping jacks, 10 squats, etc.) before rejoining the game. This drill develops balance and agility while making the effort fun and engaging through a game dynamic. It also includes an educational component with active recovery, encouraging perseverance and effort despite temporary failure, while ensuring players stay active at all times.

Equipment :

- Pucks
- Balls

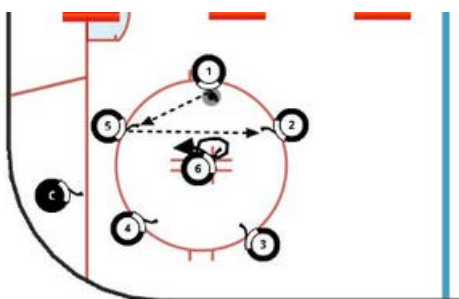


Master Coach's Tips:

- Can be done with or without a stick.
- Modify the zone as needed by restricting the space or positioning the shooters around a circle.
- Remind players that shots must be aimed at the skate blades to ensure safety.
- Encourage runners to vary their speed and trajectory to avoid the pucks.
- Ensure the tasks in the “spaceship” zone are simple, quick, and age-appropriate.

Variations:

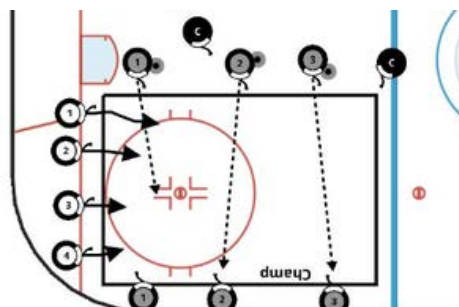
- On the whistle, the player stops moving. Once still, they prepare to avoid the “asteroid rain” by jumping in place. Resume skating on the whistle.
- Use balls instead of pucks. The balls can also be thrown aiming at the upper body.



Progression 2 :

Group players into teams of five or six around a circle (mark one on the ice if needed). One player stands in the center and tries to avoid being hit by the puck. The players around the circle remain stationary and pass the puck to each other, trying to hit the skates of the player in the center. When a player successfully hits the center player, they switch places.

Use this progression once players are able to make controlled passes. It helps develop the agility of the center player as well as passing and receiving skills.



Progression 3 :

Reverse the objective: Passers are grouped in pairs, one on each side of the zone, each pair with one puck. Their goal is to complete as many passes as possible without being intercepted. On the signal, players crossing the ice gain momentum and glide forward. While gliding, they try to intercept passes. When a player intercepts a pass, they take the place of the passer who was intercepted.

Use this progression to develop game awareness and understanding of passing lanes.

Objectives :

- MAHG 1: While moving, jump over an obstacle without falling.
- MAHG 1: Stop moving forward without turning or falling.
- MAHG 1: Alternate a push and a glide phase on each side to move forward.

Drill Description:

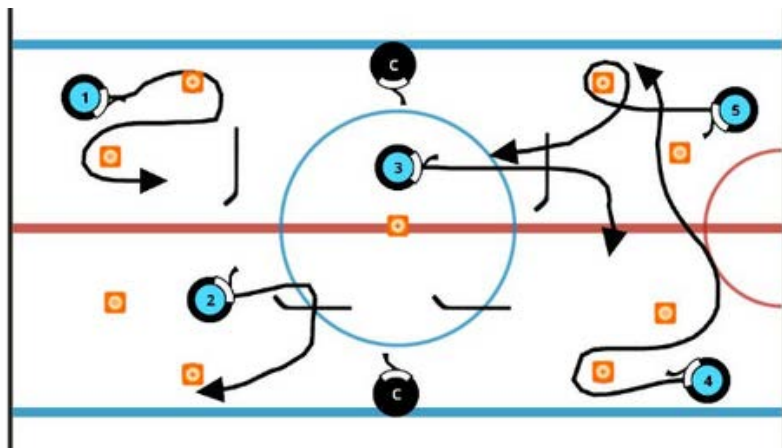
Players move freely within the zone and, at the initiation coach's signal, they face the following obstacles: jumping over lines, dropping to their knees, lying on their stomachs, doing the "torpedo" slide, skating around a cone, etc. This drill helps develop balance and agility through a variety of fun and dynamic movements on the ice.



Get over obstacles

Equipment :

- Cones • Marker • Balls • Sticks

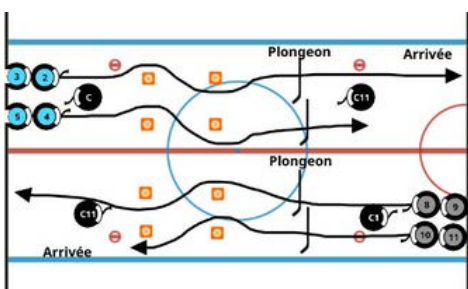


Master Coach's Tips:

- Let the players move at their own pace, but make sure they keep moving.
- Encourage players to keep their heads up
- Frequently repeat the instructions to the players.
- After each instruction, they must stand up.
- The players use their sticks.

Variations:

- Same game, but players hold a ball in their hand to encourage an upright posture.
- The coaches act as tags and chase the players within the zone.



Progression 2 :

Obstacle Course: The initiation coach sets up two or three lines of players. They must complete an obstacle course while holding a ball with both hands at all times. Players skate, pass between two cones, dive, get back up as quickly as possible, and cross the finish line. The race is done in one-on-one waves, not as a relay.

This progression increases execution speed in a fun, game-like competitive environment. Be sure to pair players with similar skill levels



Forward skating

Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 2: Accelerate forward from a static position.

Drill Description:

Set up a series of obstacles along a course to engage different skills (balance, jumping, turning, stopping, etc.). The players complete a simple skating circuit over half or one-third of the ice, following a circuit defined by the coach. The group is divided into two starting points to reduce waiting and ensure maximum engagement.

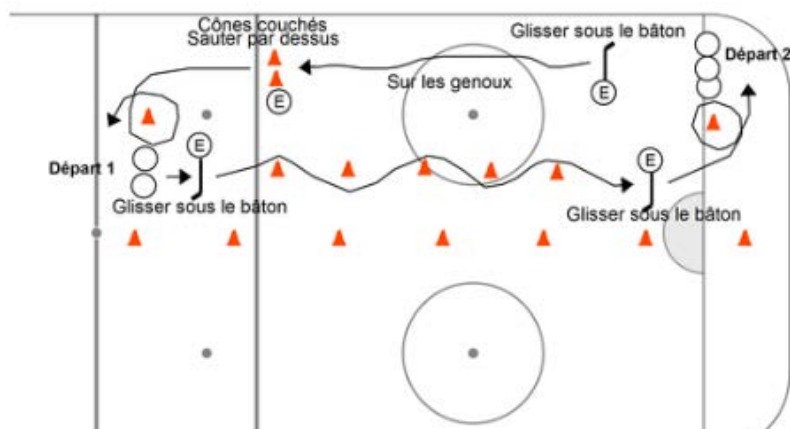
The exercise is done without a puck and focuses on agility, starts, and stops in a fitness-oriented context. The goal is to provide a first contact with the ice at the start of the season, for both players and coaches.

Equipment :

- Cones
- Marker
- Pucks

Master Coach's Tips:

- Focus on encouragement rather than technical instructions.
- Promote repetition by allowing players to go through the course frequently, with minimal waiting time.
- Maintain a positive and pressure-free atmosphere, especially at the start of the season or after a break.
- Adapt the length of the course and the type of obstacles according to the skill level of the players.



Variations:

- Complete the course with the puck

Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 2: Accelerate forward from a static position.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

Players pair up two by two. At the initiation coach's signal, the player pushes their partner to the line. The player being pushed maintains a basic squat position and lets herself glide. This exercise develops dynamic balance for the pushed player by helping her keep a stable position without using her stick. The pushing player learns to control her push, manage her speed, and adjust her force according to her partner's position.



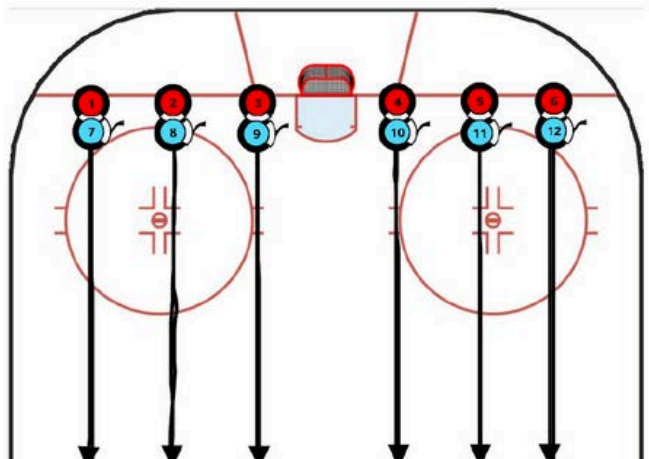
Forward skating

Equipment :

- Balls, cones, pucks, hoops

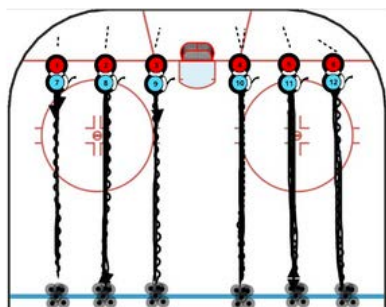
Master Coach's Tips:

- Pair players of similar size.
- Make sure players maintain their basic position.



Variations:

- Place a foam ball in the middle of the course for the player being pushed to pick up while gliding.
- Vary the position of the player being pulled (squat, on one foot, kneeling) to change the resistance and involve edge control.



Progression 2 :

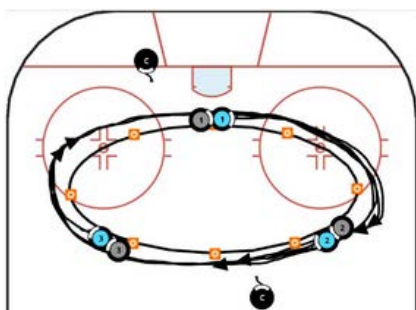
Shuttle Race: Place a hoop containing various objects (cones, pucks, balls, etc.) opposite each team. At the signal, the teams must retrieve one object and bring it back to the starting line. Alternate roles after each round.

Use this progression once alternating pushes are mastered. It helps increase the emphasis on speed during the drill.

Progression 3 :

Cart Race: Set up cones to form an oval (or multi-turn) race track within the zone.

Use this progression when the player is able to skate with crossovers. It adds edge control for players who are being pulled.



Objectives :

- MAHG 0: Alternate a push and a glide phase.
- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 2: Maintain balance on one foot in a straight line.

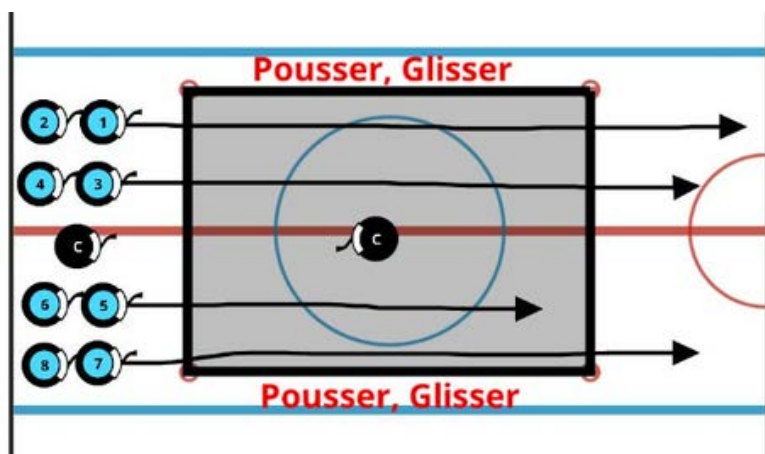
Drill Description:

The player skates on a skateboard motion, pushing off with the skate blade placed at a 45° angle and then gliding before pushing again. This drill helps players learn the correct push angle (45°) for efficient propulsion. By alternating push and glide, they develop weight transfer and balance on one leg. The gliding skate should be kept straight to direct skating forward and maintain control. If needed, start with a short drill where players support themselves on the boards and practice a full-range push.



Equipment :

- Cones



Master Coach's Tips:

- Emphasize a full-range push.
- Run the drill in waves.
- Ask players to watch the initiation coach at all times.
- Keep the stick on the ice in front, held with both hands.
- Control the speed so players maintain their balance.
- Have seven to eight players of similar skill level per wave.

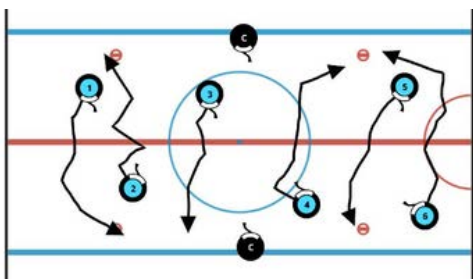
Variations:

- Alternate legs after gliding on both blades.
- Same drill, but during the glide, keep the stick horizontal and extended in front (the upper body remains still).

Progression 2 :

Flamingo: Players skate and glide on one leg over a distance of 1–2 meters. They switch legs each time.

This progression emphasizes balance during the glide phase. It forces players to keep their weight evenly distributed on both edges for an effective glide.



Objectives :

- MAHG 0: Alternate a push and a glide phase.
- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 0: Kneel down and get back up from the basic stance.

Drill Description:

Without a stick, the player carries the ball from one hoop to another, holding it with both hands. They can move either on their knees or standing up. Adjust the distance or add cones to go around depending on the players' skill level. While handling the ball, the player must maintain their basic stance to stay balanced and keep their head up to see the ball clearly. This exercise develops stability and balance by requiring the young player to move while controlling a ball with both hands. It also promotes the basic posture (bent knees, straight back) and forward gaze, two essential elements for skating. Progressing to throwing and catching enhances hand-eye coordination, concentration, and the ability to maintain balance during multitasking.



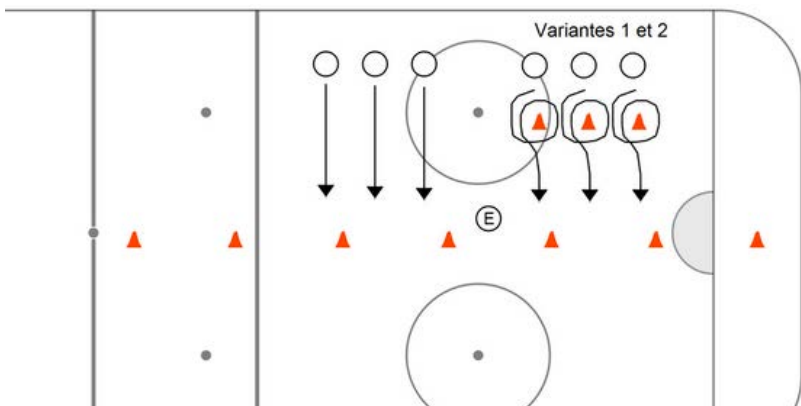
Forward skating

Equipment :

- Cones
- balls
- Hoops

Master Coach's Tips:

- Set up several small courses to maximize motor engagement.
- Use variations as soon as players are able to move without falling.
- Encourage players to keep their heads up.
- Guide players toward the desired location.
- Keep players within the designated zone
- Clearly mark the spot where they must bring the ball.



Variations:

- Pair up the players. They pass the ball back and forth while skating. Add a challenge, such as not dropping the ball or doing a relay race.
- Change the type of ball handling: juggling, dribbling, letting it bounce, throwing it overhead, etc., to put the child in off-balance positions.



Progression 2 :

Place different obstacles (lines, cones, sticks) to go around or over throughout the course to integrate stopping and turning elements into the movements.

Use this progression once the player can move in a straight line alternating pushes on each side.

Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 1: Stop moving forward without turning or falling.
- MAHG 2: Accelerate forward from a static position.

Drill Description:

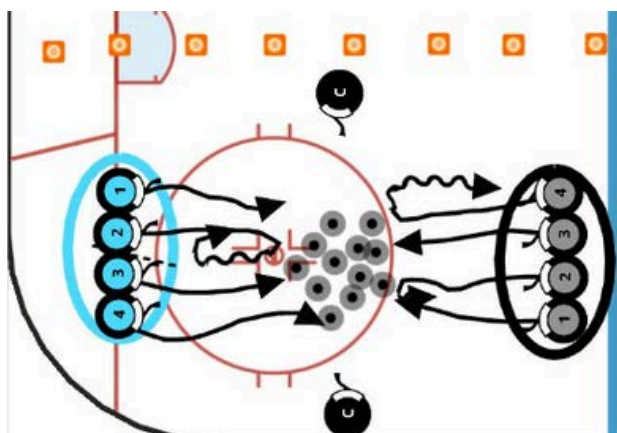
Form two teams. Each team must retrieve as many pucks as possible from the circle and bring them back to their own territory. Players carry one puck at a time. When all the pucks are collected, players must be on their knees on their team's side. This drill allows them to work on speed skating and spatial awareness in a fun and dynamic environment.



Forward skating

Equipment :

- Cones • Pucks • Rings • Balls

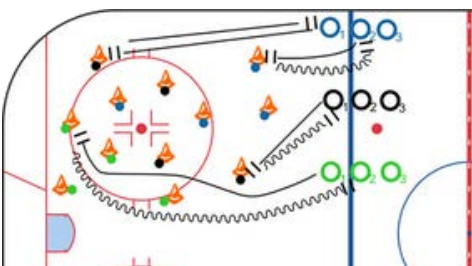


Master Coach's Tips:

- Stay close to the circle and encourage players to stand with their knees bent.
- Keep players within the designated zone.
- Prevent players from rushing toward the circle.
- Clearly identify the territories for each team.
- Prevent players from shooting pucks.

Variations:

- Same game, but with a stick.
- Same game, but add rings and balls.



Progression 2 :

Divide the group into two or three teams. The coach places cones within the zone and hides an object under each one: a black puck, a blue puck, or a tennis ball — an equal number of each. Each team is assigned a specific object to find. At the signal, one player from each team skates to a cone, performs a stop, lifts the cone, and returns to her team — with or without an object. The next player can only leave once the previous player is back and has come to a full stop. The winning team is the first to find all of their hidden objects.

Use this progression to increase skating speed before stopping. Players should also be aware of their teammates' actions to determine where hidden objects are located.

Objectives :

- MAHG 0: Walk on ice in all directions.
- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Change direction quickly without slowing down.

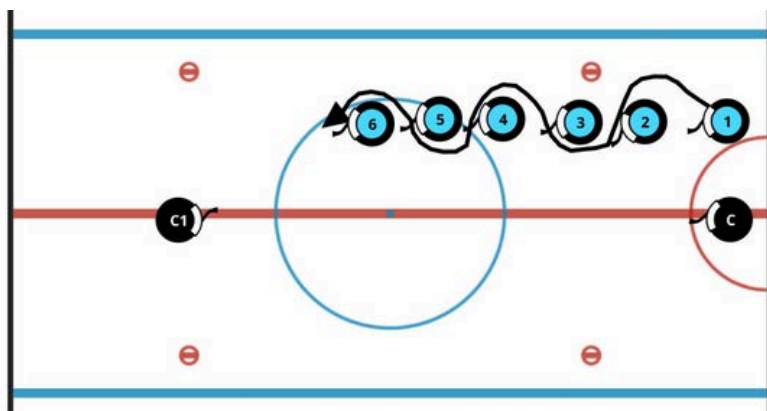
Drill Description:

Players start on their knees, one behind the other. One at a time, starting from the back, each player gets up, skates in a zigzag through the others, and goes to the front of the line to kneel down again. This drill helps develop turning skills and edge control in a fun and controlled environment.



Glide turn

Equipment : • Pucks



Master Coach's Tips:

- Keep enough space between players so there is room to pass through.
- Ask the players to look at you so that they keep their heads up.
- Repeat the game more than once.
- Draw Xs on the ice where players need to stop.

Variations:

- Same exercise, but players must stand with their arms on their sides.
- Same exercise, but players must carry a puck.

Objectives :

- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Maintain balance on one foot in a gliding turn.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

Run the drill in waves of six to eight players. Have them repeat a variety of movements such as single- or double-leg C-cuts, full-range single-leg scooter pushes, balanced turns on the inside or outside edge, slalom with the feet together, squats, and “light feet” (walking or running in place without making noise).

This drill helps develop postural control and precise edge use to improve skating efficiency and fluidity in a slower, more controlled environment.



Forward skating

Equipment : • Cones • Marker • Pucks



Master Coach's Tips:

- Encourage full range of motion in each movement.
- Observe posture: straight back, knees bent, eyes looking forward.
- Emphasize quality over speed, especially for developing players.
- Give clear demonstrations and correct only one aspect at a time if needed.

Variations:

- The Conductor: One player is responsible for leading the group in each wave.
- Same drill, but players must carry a puck.



Progression 2 :

Give each player a puck to place under one skate. Without losing the puck, they must use their free skate and C-cut to move forward.

Linear crossovers: While skating forward, players bring their pushing leg across the front of their gliding leg, then return to the basic stance.

Use this progression once players are able to perform straight-line scooter pushes and can dissociate the pushing and gliding legs.

Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 1: Stop moving forward without turning or falling.
- MAHG 1: Follow instructions within the context of a game.

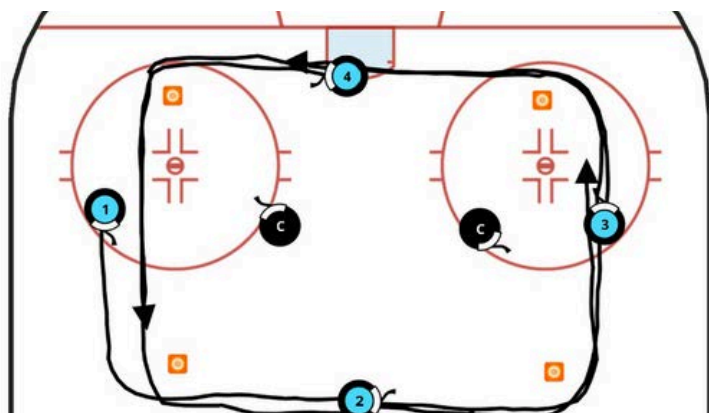
Drill Description:

Players skate within the zone following the circuit. On a green light, they skate at full speed. On a yellow light, they slow down. On a red light, players stop in a basic stance. Coaches move through the group playing the role of police officers, handing out “tickets” when instructions are not followed. This drill helps develop speed control, listening skills, and focus while moving.



Forward skating

Equipment : • Cones



Master Coach's Tips:

- The exercise helps develop the child's self-regulation and attention to the trainer's instructions.
- The addition of coaches as “police officers” makes the activity fun and motivating, while reinforcing respect for rules and self-control on the ice.

Variations:

- Vary the position requested at the red light (balance on one leg, lunge, squat, listening position).
- Vary the type of skating on the green light (C-cut, scooter, back skate, etc.).

Progression 2 :

Same drill, but players can move freely within the zone. There is no longer a set circuit.

Use this progression once players are able to skate forward while maintaining balance. This forces them to keep their eyes looking ahead while skating.

Progression 3 :

Repeat progression 2, but each player has a puck. At the red light, players must take a knee on the ice without dribbling their puck.

Use this progression to introduce players to following instructions during puck-handling drills.

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Overcome an obstacle by landing on one foot while in motion.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

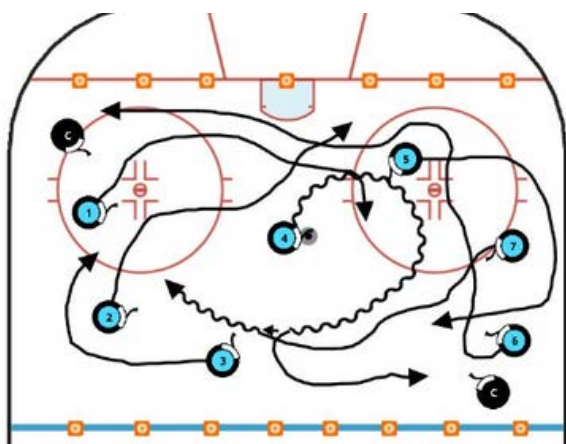
Drill Description:

In this ring tag game, a player starts with a ring in hand and must tag another player to pass the ring. Once the ring is passed, the player makes a quick run to escape, while the new ring holder chases someone else. Players skate freely within the zone, trying to avoid being tagged. This game develops skating speed, explosive starts, and changes of direction.



Forward skating

Equipment : • Cones • Rings • Hoops • Sticks

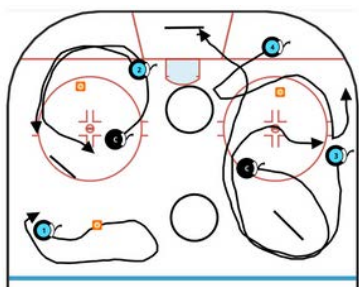


Master Coach's Tips:

- Make sure that the touches are made safely (on the arms or shoulders, never with force).
- Vary the pace and adjust the game duration or add variations to keep interest and intensity high.
- Observe players' movements and identify those who need help reading the game.
- Reinforce instructions with short, clear reminders between rounds.

Variations:

- Vary the type of skating (C-cut, scooter, front skate, etc.).



Progression 2 :

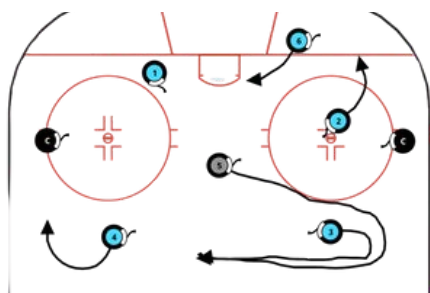
Coaches place cones, hoops, and sticks all over the zone. Coaches act as the "taggers." When a player is tagged, they must kneel down and wait to be rescued. If a player touches an object during the game, they must drop to their knees before standing up and continuing. To free a teammate, a player must stop and touch both gloves of the kneeling player.

Use this progression to develop balance by requiring players to move, stop, and get up from unstable positions. It also stimulates agility by encouraging players to avoid obstacles while quickly reacting to changing situations on the ice (getting open).

Progression 3 :

The Virus: When a player is tagged, they become "infected" and join the taggers. The number of taggers increases progressively. When tagged, a player must go to the coach to receive a ring before rejoining the game.

Use this progression to increase the players' scanning and awareness skills while skating. The player must track multiple pursuers instead of just one.



Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 2: Accelerate forward from a static position.
- MAHG 3: Follow the rules during a game.

Drill Description:

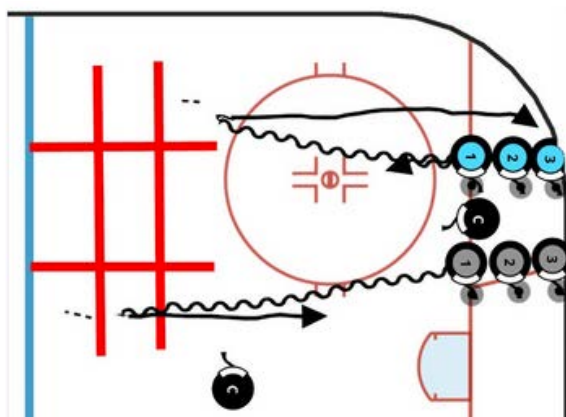
The drill can be done with or without sticks. Divide players into teams of three. For every two teams, draw a tic-tac-toe grid a few meters before the blue line. Each team has a set of four or five distinct objects (colored cones, rings, etc.) to represent their Xs and Os. At the coach's signal, one player from each team skates to place their object in the grid and returns to the starting line. Then the next player on the team goes to place their object. The first team to complete a tic-tac-toe wins. This drill helps develop skating speed, team coordination, and player focus.



Forward skating

Equipment :

- Marker • Pucks • Colored cones • Rings • Sticks

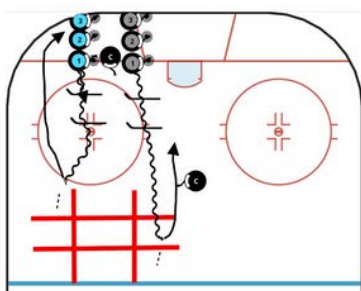


Master Coach's Tips:

- Change the teams that play each other every three games.
- Make sure players keep their gloves on even when handling objects.
- Encourage players to watch the game and anticipate their decisions.

Variations:

- Instead of a tic-tac-toe game, each team must place pucks to recreate a drawing (e.g., Canadiens logo, hockey stick, etc.).
- Change the starting positions: kneeling, lying on the stomach, on the back, balancing on one foot, etc.



Progression 2 :

Add two low obstacles to jump over halfway through the course. On the way back, the player must glide balanced on one foot starting from the midpoint.

Use this progression to incorporate stability concepts at high skating speeds. On the return, the player must build up maximum speed in the first half in order to maintain balance over a long distance.

Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 2: Accelerate forward from a static position.

Drill Description:

The initiation coach forms groups of up to eight players per wave. They skate lengths while walking like penguins. This exercise introduces the basics of forward starts by teaching players to properly angle their skates outward and generate propulsion without gliding. The penguin walk develops skate edging, forward-leaning body positioning, and weight transfer — three essential elements to initiate powerful and efficient forward skating.

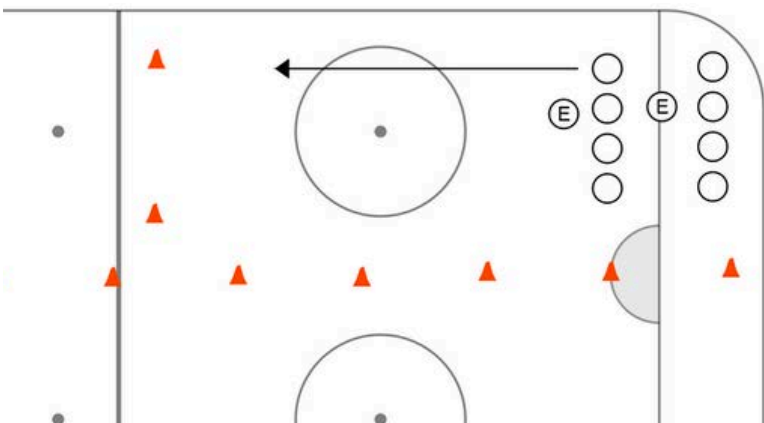


Equipment :

- Cones

Master Coach's Tips:

- Encourage a stable basic position: knees bent, back straight, eyes forward.
- Emphasize the importance of opening the skates outward before walking.
- Ask for controlled steps without sliding, keeping full blade contact with the ice.
- Monitor weight transfer from one foot to the other and correct weak edges.
- Give a clear and simple demonstration before each start.



Variations:

- Do the big penguin. Take big steps while walking, without sliding.



Progression 2 :

All players line up at the starting line in a ready position. Each player has a cone or puck in their hand that they must place as far as possible. At the signal, the player opens their skates, leans forward off balance, and performs a sliding dive as far as possible. Afterwards, they try to beat their previous distance.

Use this progression to introduce the concept of leaning forward off balance and to demonstrate its importance for generating strong pushes. It also shows the necessity of opening the skates to push effectively on the ice.

Progression 3 :

All players line up at the starting line in a ready position. At the signal, the player leans forward off balance, takes 3 penguin steps, then performs a sliding dive as far as possible.

Use this progression to integrate running strides and forward leaning once the child is able to move by opening their skates.



Objectives :

- MAHG 2: Stop quick lateral movement
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

The initiation coach forms teams of two players. Set up the cones as shown. In each team, there is a cat who must chase and tag the mouse without crossing the imaginary line created by the stick. The players chase each other around the stick. This exercise helps develop agility, reaction speed, and body feints that will eventually be necessary for getting open during play.



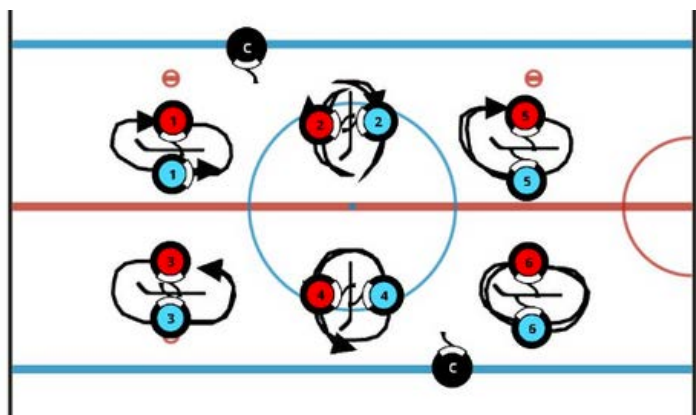
Side start

Equipment :

- Cones
- Marker
- Pucks

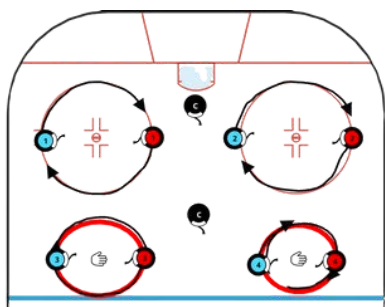
Master Coach's Tips:

- Remind players to maintain a basic stance to stay agile around the stick.
- Encourage quick changes of direction to dodge and fake out opponent.
- Observe respect to the imaginary line: no player must cross the stick to keep the challenge fair.
- Emphasize the importance of marking and getting open: the cat must follow closely without being overtaken, while the mouse must use feints, pauses, or accelerations to get free.
- Move around to ensure players are following the instructions.



Variations:

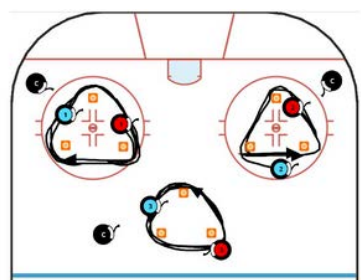
- The mouse runs away, while controlling a puck.
- Increase or decrease the length of the middle line.



Progression 2 :

Rather than using cones, players are placed in a circle (face-off circle or one marked on the ice). It is possible to place multiple mice for the same cat if the circle is large enough. When a mouse is tagged, they wait in the center of the circle.

Move to this progression to work on crossovers and crossover accelerations rather than quick changes of direction.



Progression 3 :

Same game, but use three cones to form a triangle of at least 2m per side.

Move on to this progression to use a wider variety of skating techniques to perform feints and changes of direction.

Objectives :

- MAHG 1: Alternate a push and a glide phase on each side to move forward.
- MAHG 2: Accelerate forward from a static position.

Drill Description:

Players are paired up, without sticks, each pair with a ball. They face each other and stand about 2 meters apart (three to four strides). One player holds the ball at arm's length while the other gets into a ready position, prepared to sprint quickly. At the coach's signal, the first player drops the ball. The second player must catch it before it bounces a second time. Repeat by switching roles. This exercise develops quick starts while requiring players to keep their eyes forward on the ball.

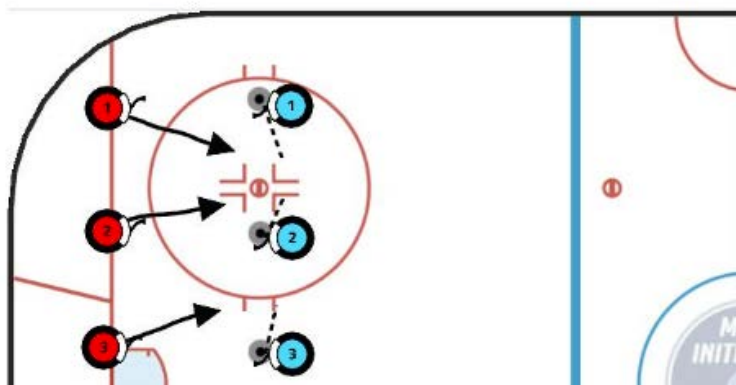


Front Start

Equipment : • Balls

Master Coach's Tips:

- Give players challenges (eg. For each successful repetition, the distance between players is increased).
- To develop coordination and object handling, allow the player holding the ball to toss it upwards with both hands.
- After a few repetitions, pause to remind key points for a quick start.
- Encourage good basic starting position and short but powerful first strides.
- Use a bigger ball instead of a smaller object if players have trouble catching it with their gloves.



Variations:

- Vary the objects (balls, stick held upright, etc.).
- Each player has one item. The exchange takes place simultaneously.

Progression 2 :

Challenge Format: Each team takes a step back when they successfully complete a rally.



Progression 3 :

Ball Race: Place the players in pairs, on each side of the coach, on the starting line. The coach throws a ball forward. The player must catch the ball before it bounces for the third time. Adjust the height and distance according to the players' abilities.

Use this progression when the quick start is well mastered and the player needs to follow with fast forward skating while focusing on retrieving an object against an opponent. This exercise emphasizes the importance of quickly positioning oneself between the opponent and the object to gain the advantage.

Objectives :

- MAHG 2: Accelerate forward from a static position.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

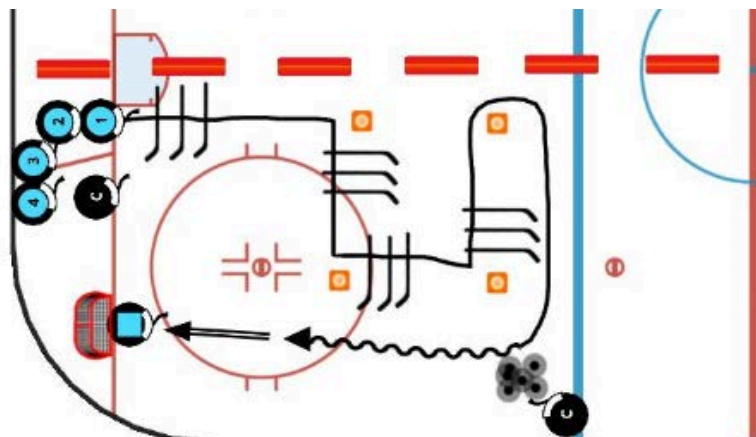
Place a series of lines on the ice for each start. At the signal, the player performs a quick start by stepping over the lines, then accelerates to the next cone where she makes a stop. After stopping, she takes the time to reset in a ready position facing the next cone before starting again. Repeat four times in a sequence of starts and stops, then retrieve a loose puck to take a shot on the goalie. Adding lines or small obstacles to step over at the start encourages full-extension pushes and a smooth transition into quick running strides.



Front Start

Equipment :

- Cones
- Marker
- Pucks



Master Coach's Tips:

- Set up two parallel courses to increase the number of players in action.
- If the neutral zone is clear, extend the course to increase the acceleration distance after the start.
- Emphasize a solid low ready position and forward body lean at the start.
- Ensure players are crossing each line with strong forward pushes, not hopping.
- Give individual feedback on posture and weight transfer during both stops and starts

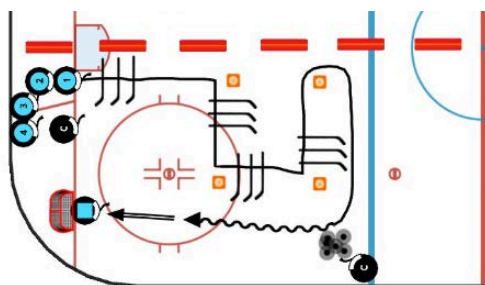
Variations:

- Do the drill with a puck to work on puck control using one or two hands.

Progression 2 :

All starts are performed while facing the neutral zone. This way, the player alternates between a forward start, a lateral start to the right, another forward start, and then a lateral start to the left.

Introduce this progression once players have mastered the forward start with strong forward lean and full push extension. It helps develop mobility in all directions — a key skill in game situations — by creating imbalance and initiating a push to the side, which is often overlooked in forward-only drills.



Objectives :

- MAHG 2: Accelerate forward from a static position.
- MAHG 3: Follow the rules during a game.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

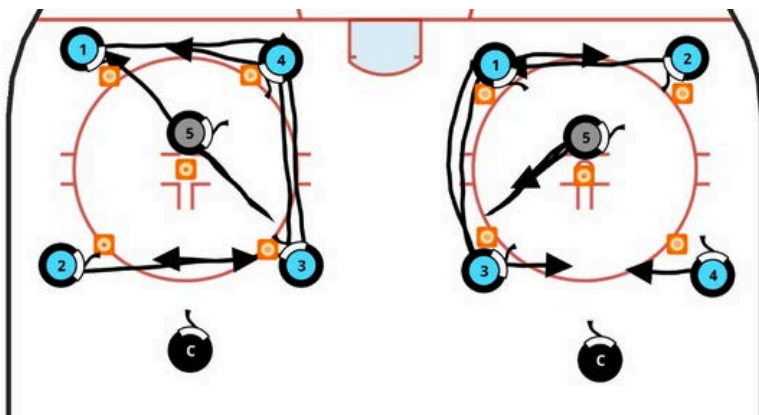
Four cones are set up to form a 4-meter square, with a fifth cone in the center. Five players participate: one at each corner and one in the middle. The players at the corners must quietly communicate with each other to switch places by skating to another corner. Meanwhile, the player in the center tries to steal a corner spot before the exchange is completed. If the center player successfully takes a corner, the player left without a spot moves to the middle. This drill develops quick starts and decision-making in a team context that requires coordination and cooperation between teammates.



Front Start

Equipment :

- Cones



Master Coach's Tips:

- Clearly explain the roles: Make sure each player understands their role (corner or center) and the concept of the exchange.
- Introduce tactical concepts such as getting open, identifying open space, and anticipating opponents' movements.
- Encourage communication between players in the corners (eye contact, signals, timing).
- Emphasize explosive starts and controlled stops when moving between corners.
- Remind the center player to keep his head up and read the intentions of others to anticipate exchanges.

Variations:

- Players start seated or on their knees at the cones.
- Adjust the size of the playing area to emphasize acceleration (larger space) or quick starts (smaller space).

Objectives :

- MAHG 2: Accelerate forward from a static position.
- MAHG 2: Remember and apply the instructions of a drill.
- MAHG 3: Follow the rules during a game.

Drill Description:

Divide the group into two teams (Flips – X vs. Flops – Y), without sticks. Place an equal number of cones facing up (flip) and upside down (flop) throughout the zone. At the signal, all players move freely around the ice, flipping cones to match the orientation of their team — without picking them up or moving them. After 1 minute, the team with the most cones showing their side wins. This drill helps develop tactical concepts such as "hunter" (spotting and quickly flipping the right cones) and "protector" (guarding or flipping back cones already gained), by requiring players to switch between offense and defense.



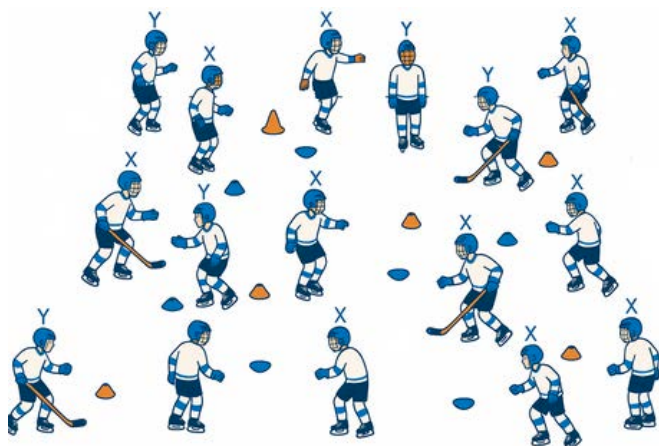
Side start

Equipment :

- Cones

Master Coach's Tips:

- Focus on quick information gathering and effective decision-making: choosing which cones to change strategically.
- Each player should identify a specific direction to skate toward rather than moving randomly around the zone.
- Clearly explain the roles: each team must know whether they flip cones right side up (flip) or upside down (flop).
- Ensure that players only flip the cones in place and do not move them.
- Vary durations and repeat several rounds to maintain intensity and allow for tactical adjustments.



Variations:

- Increase the number of cones to give each player more options.



Progression 2 :

SSame game, but add obstacles to skate around or jump over, scattered throughout the zone.

By modifying the space, players are encouraged to change direction more frequently, thereby developing their agility.

Objectives :

- MAHG 2: Accelerate forward from a static position.
- MAHG 2: Change direction quickly without slowing down.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

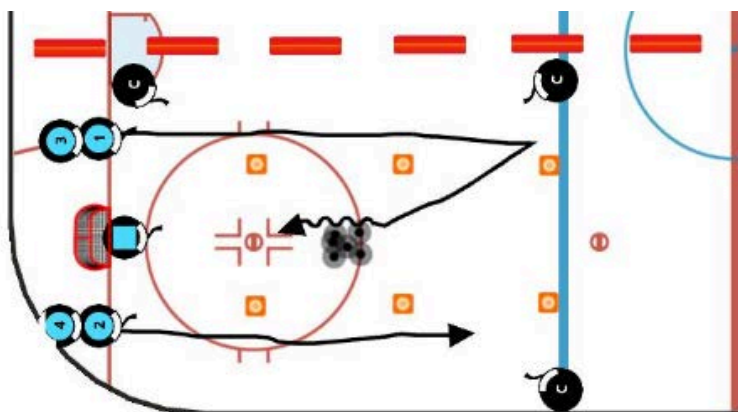
Drill Description:

At the initiation coach's signal, the player the player performs a lateral start and skates toward the first cone to execute a stop. She repeats this at each subsequent cone. At the last cone, she makes a start in the opposite direction to retrieve a puck and take a shot. All starts except the last are done while looking toward the center of the zone. Players switch lanes after each repetition to work both sides. This drill emphasizes the forward lean needed for an effective start.



Side start

Equipment : • Cones • Pucks

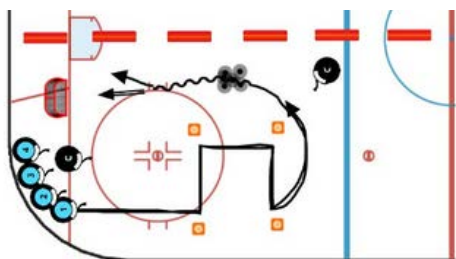


Master Coach's Tips:

- The second player starts once the first player has retrieved a puck.
- Ensure that players come to a complete stop before retrieving a puck.
- Switch the stopping side after 4 minutes.

Variations:

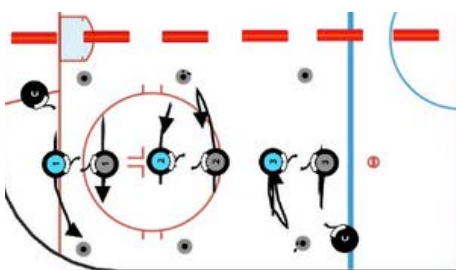
- To practice forward and lateral starts, spread the players evenly throughout the zone in a ready stance. At the coach's signal, the coach points a direction (forward, left, or right). The players perform a quick start in the indicated direction, then stop after a few strides.
- At each cone, players pivot to alternate starts to the left and to the right.



Progression 2 :

Shift the cones to include forward starts. The player chooses between a forward start or a lateral start based on the direction she needs to go.

Use this progression to develop different starting techniques and help players understand in which situations to use them.



Progression 3 :

Two-player pursuit: Place players in pairs, facing each other at the center of a 2-meter-wide corridor. Place a puck at each end, about 4 meters from the center. One player is the leader, the other is the chaser. At any moment, the leader can sprint toward either puck to try to reach it. The chaser must catch up and prevent the leader from gaining control of the puck. Encourage the leader to use upper body fakes before making their move. Hesitation by the opponent gives more time to get open.

Use this progression to integrate quick lateral starts in a random pursuit context (marking and getting open).

Objectives :

- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

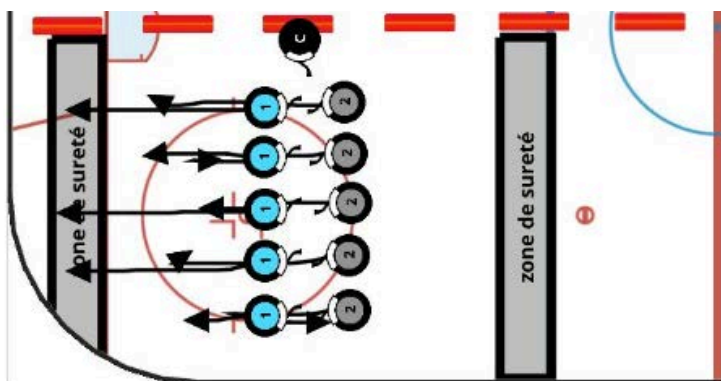
Set the players up in two teams lined up facing each other, separated by 3 meters. Mark a safe zone for each team at opposite ends of the area. Give each team a different name. At the signal, the coach calls out one team. That team must try to return to their safe zone before being tagged by a player from the other team. Players are eliminated if they get tagged or if they fail to tag someone. This drill puts players in various situations that help develop skating agility and speed in a fun and motivating way.



Side start

Equipment :

- Cones
- Marker

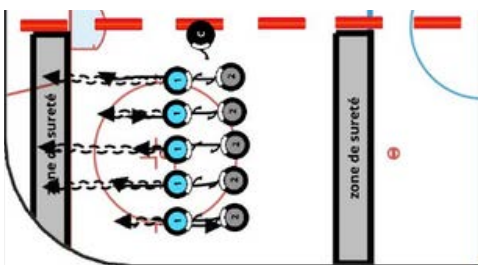


Master Coach's Tips:

- Clearly explain the rules at the beginning: who runs, who chases, and how players get eliminated.
- Use fun, easily identifiable team names to reinforce attention and responsiveness (e.g., "Zambos" vs. "Tornadoes").
- Watch and correct player posture: encourage a low, stable, and ready stance before the signal.
- Switch roles often and remind players to keep their heads up to avoid collisions.
- Promote fair play: tag with control, follow elimination rules, and rejoin the game quickly.

Variations:

- Vary the starting positions: kneeling, lying down, sitting, etc., to add challenge and encourage quick reactions.



Progression 2 :

One-on-one (forward/defense): Players start face to face. The team that is called must skate backward to return to their safe zone, while the other team skates forward to try to tag them. If needed, increase the distance between the two teams to make the challenge more realistic.

This drill simulates a one-on-one situation where the player skating backward must accelerate to avoid getting beaten. It helps develop quick backward starts and overall backward skating speed.

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.

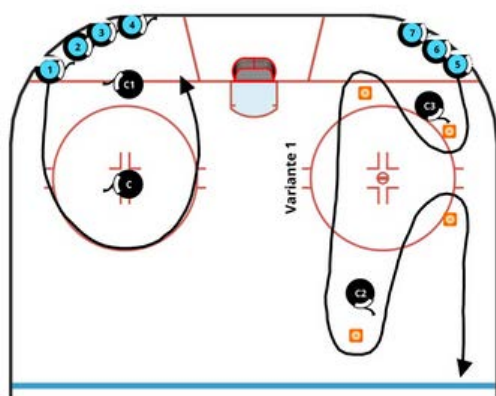
Drill Description:

Without sticks. Players must hold a ball or a ring like a steering wheel. Players build momentum toward the circle. Once they reach the circle, they assume the basic stance and perform a tight turn. Once players can perform a gliding turn around the circle, move onto the cone course to chain together a variety of tighter turns. This drill teaches basic stance, body lean, and inside/outside edge control when turning. It also helps players develop balance, weight transfer, and the ability to execute a smooth gliding turn before progressing to more complex sequences.



Equipment :

- Cones • balls • Rings



Master Coach's Tips:

- By using an object instead of a stick, players can better feel the importance of torso orientation for precise turning and the shift of balance from one edge to the other.
- Remind players to maintain the basic stance: knees bent, torso slightly forward, and head up.
- Emphasize weight transfer to the inside skate for a stable turn.
- Correct players who turn while remaining straight or rigid: the body must follow the turn.
- Do slow demonstrations to show controlled sliding on the circle.

Variations:

- Once players can turn while shifting their weight side to side without a stick, the stick can be reintroduced.
- Same exercise, but in pairs: one player pushes while the other sits (on a puck bucket or on the ice). Switch roles each time.



Progression 2 :

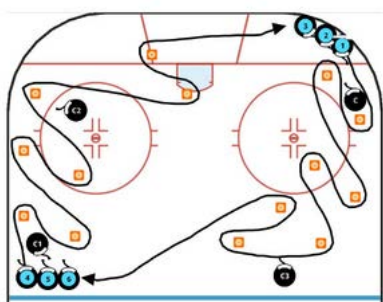
Repeat the course from Progression 1. This time, players work in pairs and hold their sticks to pull each other. The front player is the engine, while the back player glides and uses their balance to complete the turns.

Use this progression once players are able to shift their weight and perform glide turns on their own. The front player will need to adjust their pushes to initiate turns, while the back player focuses on edge control and maintaining balance.

Progression 3 :

Players accelerate through the course. After each tight turn, they must take three to four quick strides to reach the next cone.

Use this progression to introduce the concept of acceleration after a turn and emphasize the gap between the skates during the tight turn.



Objectives :

- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

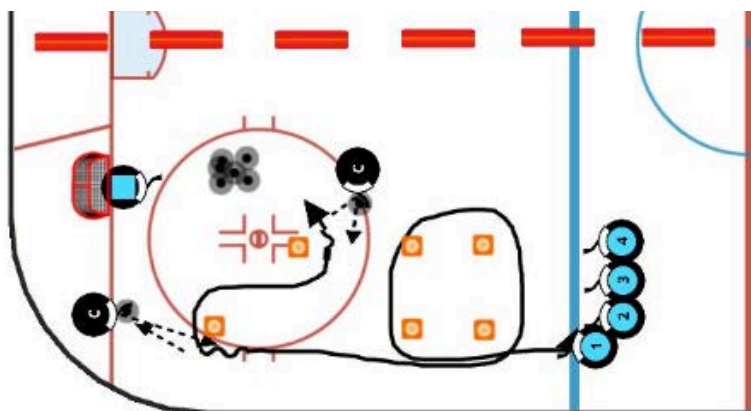
The player completes the course without a puck. Each time she passes the coach, the coach gives her a puck which she immediately passes back, simulating a give-and-go. She performs crossovers around the first four cones to accelerate, then follows with tight turns around the next two cones. The drill finishes with a quick shot on goal, followed by a backcheck recovery. Repeat the course twice to maximize physical engagement.



Tight turn

Equipment :

- Cones • Pucks • Net

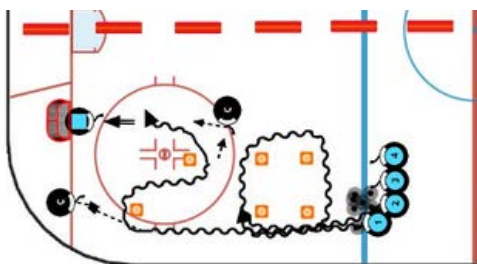


Master Coach's Tips:

- Emphasize quality over speed.
- Ensure that the player in front has completed their first turn before the next player starts.
- Reverse the course after 4 minutes so players can practice turning both ways.

Variations:

- Add obstacles to dodge throughout the course.



Progression 2 :

Same course, but the player starts with the puck. She makes a pass every time she passes a coach.

This helps develop skating technique and turns while maintaining puck control. The player must learn to coordinate upper and lower body actions independently.

Objectives :

- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.

Drill Description:

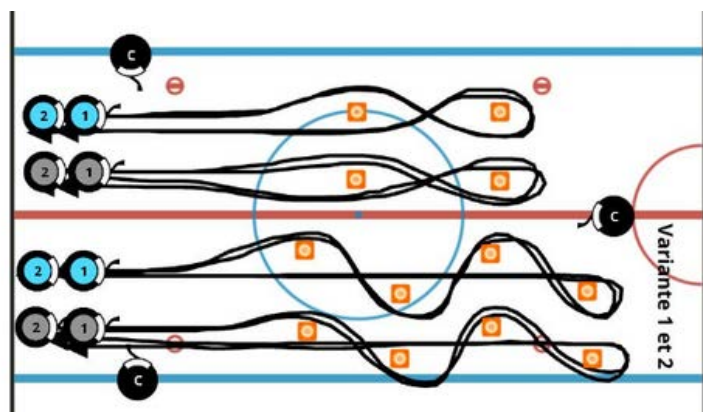
The initiation coach forms teams of two. The first player skates, performs figure-8 turns around the cones (as shown), returns, stops, and tags their partner to initiate their start.



Tight turn

Equipment :

- Cones
- Pucks



Master Coach's Tips:

- Have players do the drill without sticks if they tend to lift a leg and lean on their stick during turns.
- Encourage a good body lean inward on each curve to improve stability and control.
- Remind players to slow down slightly before tight turns to better negotiate them.
- Correct turns that are too wide: foot placement should be dynamic and tight around the cones.
- Vary the starting sides so players practice both left and right turns.

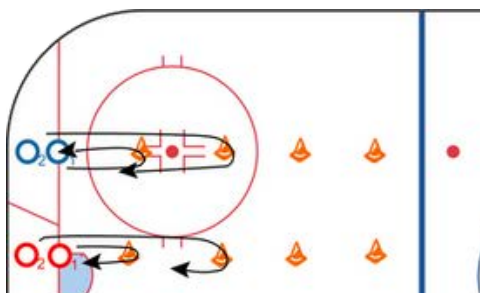
Variations:

- Modify the course to add more turns.
- Same drill, but with a puck.

Progression 2 :

Place a series of cones (or any object that can be held with one hand) aligned about 1 meter from each team. The drill is done without sticks. Players take turns skating to grab one cone and bring it back to their starting line. They cannot stop and must keep moving to pick up the cone. The first team to collect all their cones wins the race.

Move on to this progression to gradually increase the turning angle. To be fast, the player will need to make tight turns and lean deeply inward to pick up the cones.



Objectives :

- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

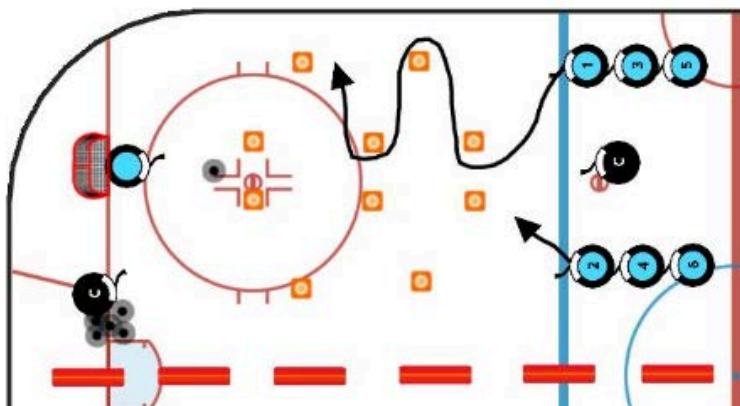
The initiation coach sets up two lines that take turns doing the drill. The first player skates, makes tight turns around the cones (as shown), retrieves the loose puck, and takes a shot on net. When the player is halfway through the course, the next one starts.



Tight turn

Equipment :

- Cones
- Pucks



Master Coach's Tips:

- Emphasize gliding on the skates during the turns. No crossovers.
- Tap partner with the blade of the stick before they start.

Variations:

- Same exercise, but with a puck.
- Race for the puck: Two players start at the same time on opposite race track. The first player to reach the puck takes the shot.



Progression 2 :

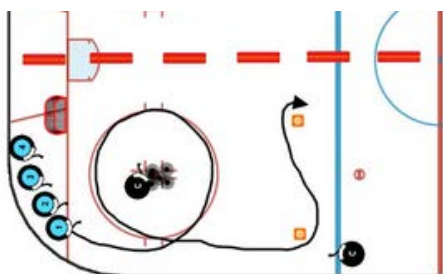
Use the same course. This time, turns are done balancing on the outside foot. As the player approaches the turn, they lift the inside skate and try to place it back on the ice as far as possible after completing the turn.

Move on to this progression to develop inside edge control and balance.

Progression 3 :

At the initiation coach's signal, a player starts by crossing over around the circle, then heads toward the first cone to make a tight turn, and to the second cone for a 360° turn. After completing the last turn, the player accelerates, receives a pass from a coach, and takes a shot on net.

Move on to this progression to integrate different types of turns (crossovers, gliding, and tight turns) into one course. This drill can also be done with a puck.

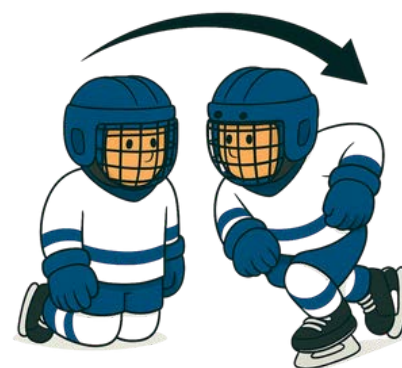


Objectives :

- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: Perform a 180 degree turn while keeping both skates on the ice.

Drill Description:

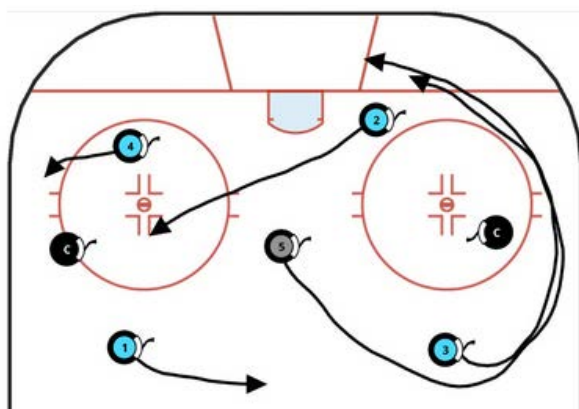
One to three players have the tag (ring), so that there is one tag for every three players. When a player is tagged, they must freeze and go down on one knee. Teammates can free them by performing a full 360-degree turn around them. This drill puts players in various situations that help develop skating agility and speed in a fun and engaging context.



Tight turn

Equipment :

- Rings



Master Coach's Tips:

- Demonstrate a full 360-degree turn around a kneeling player.
- The kneeling player must stay away from the boards.
- Switch taggers every 2 minutes, or earlier if all players have been tagged.
- Start with the "fastest" players as taggers.

Variations:

- Do the exercise with or without a stick.

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Skate along an arc, crossing one skate over the other alternately.

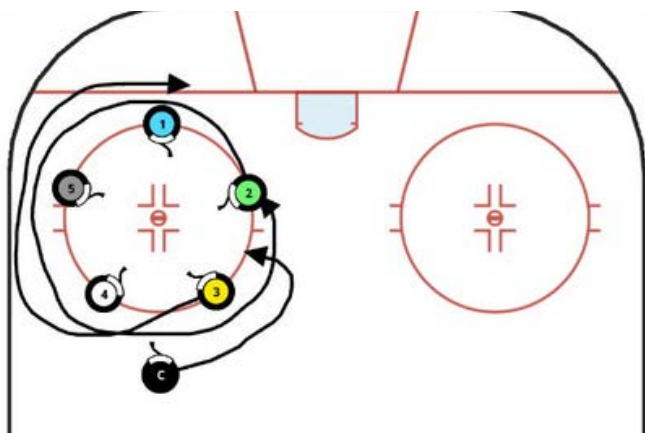
Drill Description:

Players are positioned on their knees around the circle. The initiation coach (the 'knife') skates around and stops between two players, who then get up and race around the circle in opposite directions. The first player to complete a full lap and kneel down in the other's spot wins. This drill puts players in various situations that help develop crossover speed in a fun and motivating context.



Forward crossovers

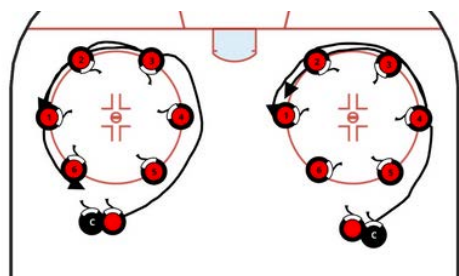
Equipment : • None



Master Coach's Tips:

- Make sure everyone gets a chance to race.
- Make sure the player stops before kneeling to be declared the winner.
- Organize groups of about four to six players.

Variations:



Progression 2 :

One player is designated as the leader and skates slowly around the outside of the circle while the other players sit or kneel around it. As the leader skates, they pass behind each player, lightly tapping them and saying 'helmet, helmet, helmet...!'. At a moment of their choosing, the leader taps a player and shouts 'skate!' That player must quickly get up and try to catch the leader, who attempts to complete a full lap around the circle and sit down in that player's spot.

If the leader manages to sit down before being tagged, the tagged player becomes the new leader. If the player catches and tags the leader, the leader must start another lap.

Objectives :

- MAHG 1: Perform side crossovers using inside and outside edges.
- MAHG 2: Skate along an arc, crossing one skate over the other alternately.

Drill Description:

The coach positions the players facing the boards. Using the boards for support, the players perform side crossovers by passing one skate in front of the other, then return to the basic stance. Once the players can perform the movement correctly with both feet clear, they repeat the movement without support. All players face the coach and move in the direction he points (left, right, front-left diagonal, front-right diagonal). Use the boards as temporary support to reassure initiations, but gradually remove this support as soon as possible. This drill introduces the technique of side crossovers, emphasizing weight transfer, leg coordination, and postural control.



Forward crossovers

Equipment : • Cones

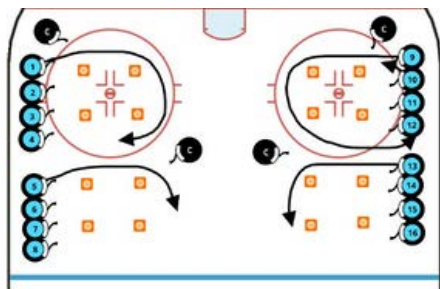


Master Coach's Tips:

- Slowly demonstrate the crossover steps, emphasizing that one skate passes in front of the other, not around it.
- Remind players to maintain the basic stance: knees bent, torso slightly leaned forward, eyes looking ahead.
- Make sure players lift both skates off the ice and do not drag their blades.
- Encourage proper weight transfer from one foot to the other to improve balance and fluidity.

Variations:

- Place objects on the ice that players must retrieve by moving only sideways.
- Around the circle, players perform crossovers on one side at a time.



Progression 2 :

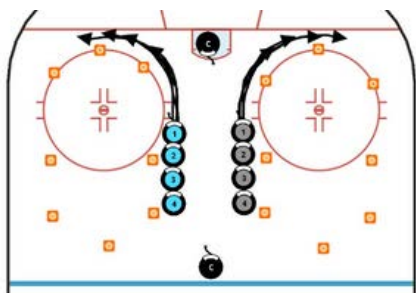
The initiation coach sets up circles using four cones, each with a 3-meter diameter. Place four to five players per circle performing crossovers. Have them skate in both directions.

Progress to this drill to introduce players to crossovers following a gliding phase, once they can perform stationary crossovers with ease.

Progression 3 :

All players line up in groups of four to six. The leader sets the pace, and the others follow in order. After each lap, the second player passes in front, and the leader slows down to move to the back of the line. Players skate and perform crossovers through the corner, aiming to pass as close as possible to the cones. On the final lap, the coach gives a signal, and all players race to finish first.

Use this progression once players have mastered moving crossovers and to increase speed.



Objectives :

- MAHG 3: Take control of the puck both directly and indirectly without stopping movement.
- MAHG 3: Maintain balance on one foot in a gliding turn.
- MAHG 4: Choose from a variety of technical skills to solve a problem.

Drill Description:

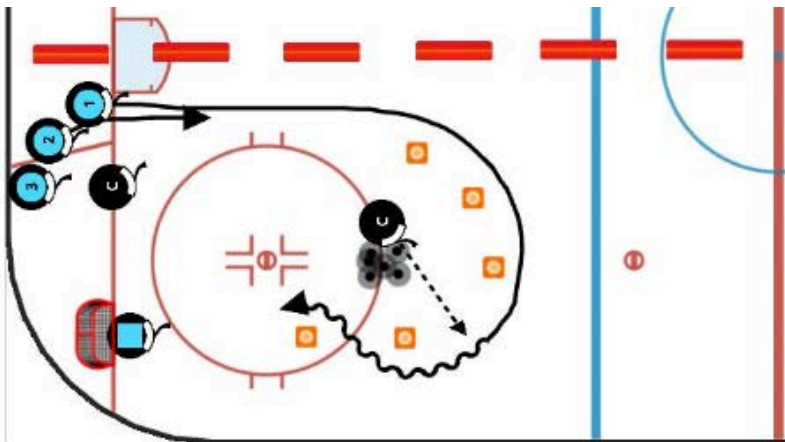


Forward crossovers

Players line up facing the cones. A coach stands inside the turn with pucks. At the start, the player accelerates in a straight line, then performs a series of crossovers to maintain speed and accelerate through the turn. After the first turn, the coach passes a puck to the player. Then, the player quickly weaves around the two cones on the straightaway using a crossover. She receives a puck and takes a shot on goal.

Equipment :

- Cones
- Pucks

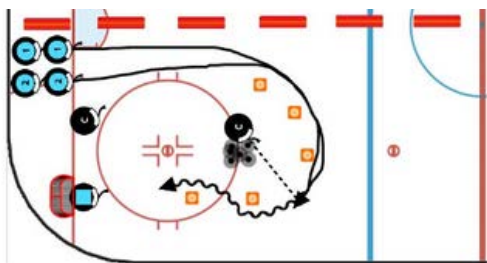


Master Coach's Tips:

- Observe the starting posture and encourage an explosive push from a low position to maximize acceleration.
- Emphasize dynamic crossovers in the turn to maintain or increase speed without drifting.
- Position the coach inside the turn to pass the puck without breaking the player's rhythm.
- Remind the player to keep their head up and eyes forward, even when receiving the puck.
- Adjust the distance or number of cones to modify difficulty according to the players' level.

Variations:

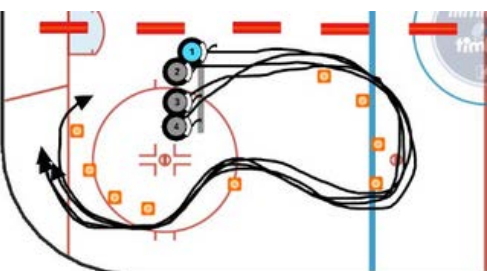
- Same course, but the player has puck possession from the start.
- Same course, but the player makes a pass to the coach before the crossovers and receives it back at the exit.



Progression 2 :

Same drill, but players are paired up one-on-one. The coach leaves a loose puck at the exit of the first turn. This creates a race for the puck followed by a chase to the net.

Use this progression when players are able to accelerate during crossovers. The drill helps players work at different speeds and in one-on-one situations.



Progression 3 :

The Chase: Set up an oval race course without a net or puck. Divide players into waves of three or four. One player is designated as the leader, and the others are pursuers. The leader skates at the front of the group and sets the pace for the first lap. She can go as slowly or as fast as she wants, without being passed. Starting on the second lap, the race begins. The leader accelerates and tries to stay ahead. The pursuers can attempt to pass her.

Use this progression when players are able to accelerate during crossovers. This drill also simulates a chase between a puck carrier (leader) and defenders (pursuers). Emphasize the importance of the leader's speed changes to create a gap during the first lap, and the importance of body positioning relative to opponents for the pursuers.

Objectives :

- MAHG 1: Perform side crossovers using inside and outside edges.
- MAHG 2: Skate along an arc, crossing one skate over the other in an alternating pattern.
- MAHG 2: Remember and apply the instructions of a drill.

Drill Description:

Form groups of four to six players to maintain motor engagement. Players skate around the circle performing crossovers. On the coach's signal, each player must head to the center of the circle to retrieve a puck with their stick. This drill helps develop skating crossovers while incorporating quick decision-making related to puck awareness and control.



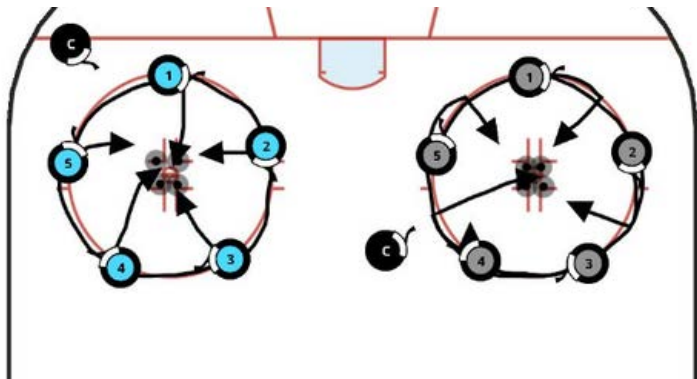
Forward crossovers

Equipment :

- Pucks

Master Coach's Tips:

- Emphasize an active posture during crossovers: knees bent, head up, and engaged core.
- Observe the quality of crossovers: encourage wide strides, proper weight transfer, and stable blade pressure.
- Give the retrieval signal at unpredictable moments to boost reactivity.
- Place pucks safely in the center of the circle so everyone can access them without collisions.
- Correct players who cut the turn: they must follow the circular path before heading to the center.
- Alternate the direction of rotation to develop symmetry in edges and turns.



Variations:

- In addition to retrieving the puck, the player must carry it into the neutral zone without losing possession.
- Players without a puck are eliminated until the next round.

Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

Drill Description:

Players line up against the boards. They push off with their arms and glide backward as far as possible. Once mastered, incorporate backward 'C' pushes, with the stick held horizontally forward, following the initial push. Alternate between sets of pushes using both skates simultaneously, one skate at a time alternating, and continuous single-skate pushes. This drill helps develop posture, balance, and stability in backward skating, starting from a simple controlled glide and progressively introducing 'C' pushes.



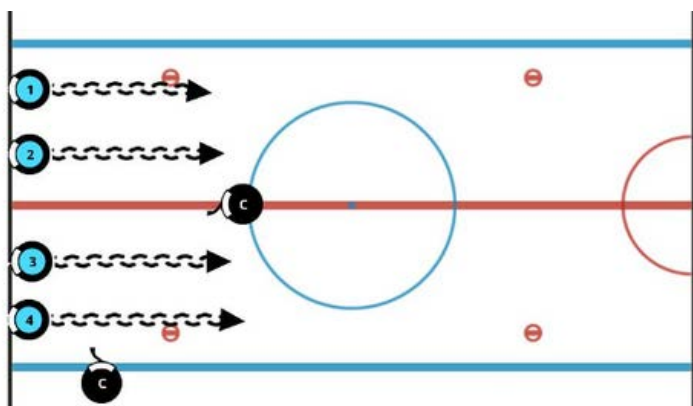
Backward skating

Equipment :

- Cones

Master Coach's Tips:

- Encourage players to keep their knees bent to maintain balance.
- Move around the players and remind them to keep their heads up.
- Make the drill fun by placing an object to reach or avoid during the glide (e.g., glide up to a line without crossing it).
- Provide personalized challenges based on the player's level: glide farther, balance longer on one foot, or alternate legs with control.
- Focus on control and quality of movement rather than speed or distance at the start of learning.



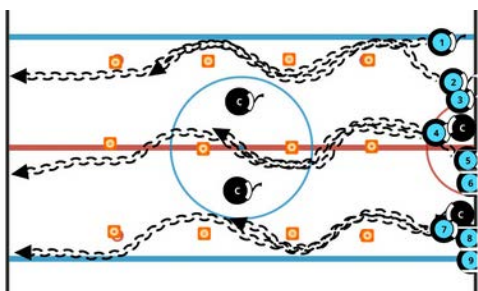
Variations:

- Challenge format: The player must glide as far as possible using only an arm push-off. This increases balance challenges.
- Request different types of pushes: alternating legs, single leg only, two pushes per leg alternately, etc.

Progression 2 :

Slalom Course: The player completes a slalom course between the cones.

Use this progression once the player can push and glide backward in a straight line, alternating both feet. The course forces the player to push with both legs and shift their center of gravity to turn while skating backward.



Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

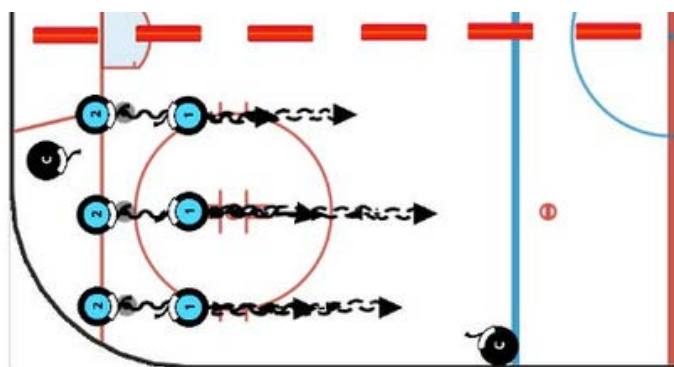
The initiation coach pairs players face-to-face. The player skating forward skates 3 meters and passes to the player skating backward, who immediately returns the pass. The same exchange continues toward the blue line. Once the drill is well mastered, add a direction change each time the coach gives the signal to increase the number of backward starts.

This drill develops coordination between forward and backward skating while reinforcing passing and receiving skills on the move. It introduces players to synchronization and precision in a skating context, close to game situations.



Backward skating

Equipment : • Cones • Pucks

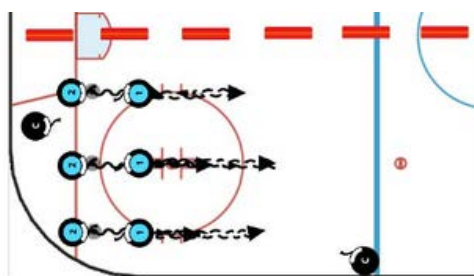


Master Coach's Tips:

- Ensure corridors are clearly marked to avoid collisions.
- Make sure each player skates in the correct direction and maintains a stable posture during the pass.
- Correct the quality of passes without rushing.
- Encourage the player skating backward to keep their head up and absorb the puck with control.
- Use challenges to boost motivation and engagement.

Variations:

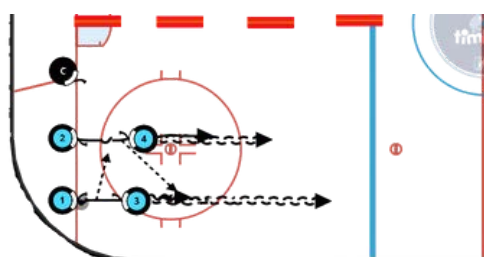
- Challenges: Teams must complete the highest number of consecutive passes without dropping the puck or perform the drill continuously. If a team loses control of the puck, they are eliminated.



Progression 2 :

One-on-one in the corridor: Mark out a corridor about 2 meters wide for each pair. This is the same drill as in Progression 1. However, once the backward-skating player reaches the blue line, she receives the puck and attacks her partner one-on-one while staying inside the corridor to skate back to the starting line. The defensive player must block the path while skating backward.

Use this progression when players can skate backward at speed. It introduces backward skating in a one-on-one game situation.



Progression 3 :

Same drill as Progression 2, but place players in groups of four. Widen the corridor. The four players pass the puck to each other on the way out, then attack two-on-two on the return.

Use this progression to expand the playing area and force players to move laterally over a greater distance while skating backward.

Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

A coach holds a tag (ring). Players move only backward. To eliminate a player, the coach must touch the front of the player. Therefore, the player must skate backward faster or change direction to avoid being tagged.

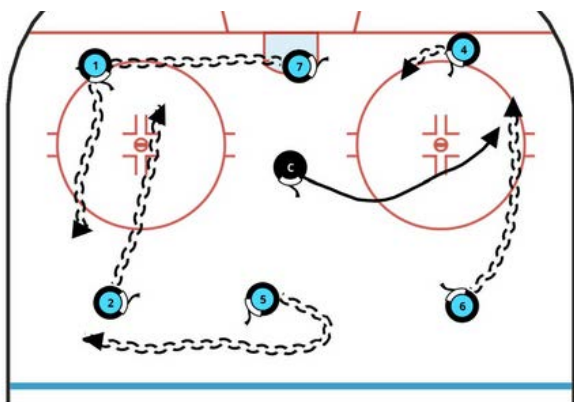
This drill develops backward skating speed, the ability to change direction while maintaining a stable posture, and enhances quick information processing and motor reaction under pressure—all within a fun and engaging context.



Backward skating

Equipment :

- Rings



Master Coach's Tips:

- Be especially vigilant about the risk of collisions between players. Coaches should participate in the drill and warn players to slow down if necessary.
- Remind players to maintain a low, balanced posture (knees bent, torso upright, head up).
- Encourage players to vary their skating paths to avoid being predictable.
- Limit the playing area if needed to keep all players active and prevent overly long escapes.
- Regularly change the "tagger" or add a second pursuer to maintain intensity and fun.

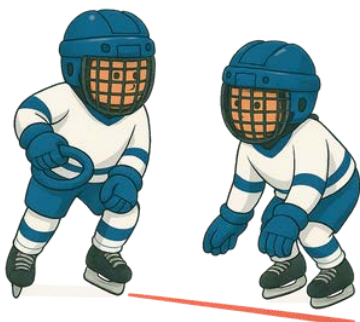
Variations:

- Vary the type of skating (C-cut, one leg only, two legs at the same time, etc.).
- Add two or three rings.

Progression 2 :

Each time he crosses a line, the player touches the ice with his glove.

Move to this progression to incorporate the concepts of stability and balance at high speeds and force the player to squat to lower the position rather than just leaning their torso.



Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 3: Follow the rules during a game.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

The drill is done first without sticks. Place players in teams of three. Draw a tic-tac-toe grid a few meters before the blue line where two teams will compete. Add playing areas according to the number of teams to maximize physical engagement. Each team has a set of four or five distinct objects (colored cones, rings, etc.) to represent their Xs and Os. At the coach's signal, one player from each team skates forward to place their object in the grid, then returns to the starting line skating backward the entire way. The next player on the team can then go place their object. The first team to complete a tic-tac-toe wins the round.



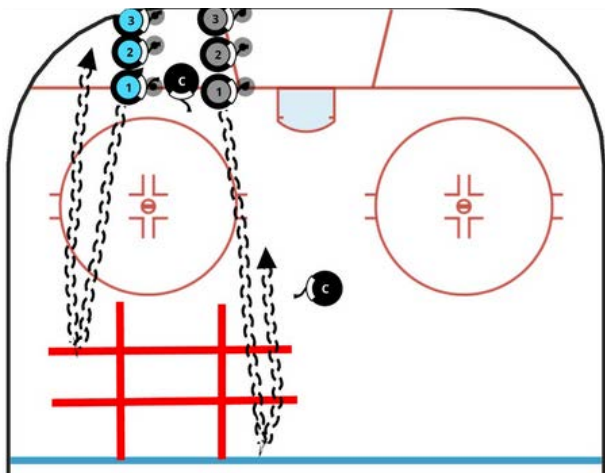
Backward skating

Equipment :

- Cones • Marker • Pucks • Rings

Master Coach's Tips:

- Rotate the teams competing every three rounds.
- Ensure players keep their gloves on even when handling an object.
- Encourage players to observe the game and anticipate their decisions while waiting for their turn.



Variations:

- Same drill, but with sticks. The objects are placed beside the tic-tac-toe grid. Players always skate without carrying the object.
- Add obstacles to skate around or change starting positions to increase difficulty.

Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

Drill Description:

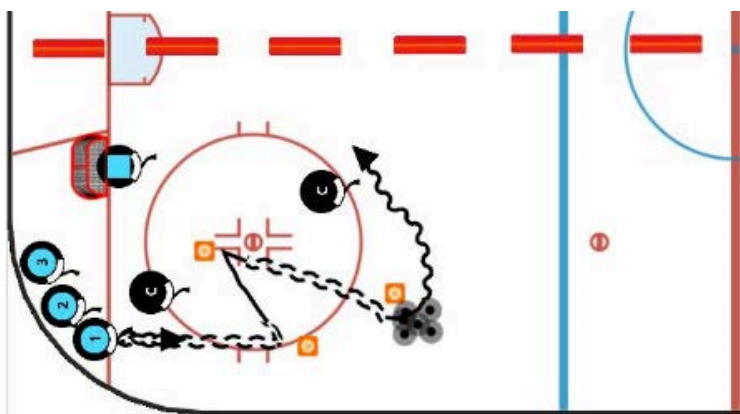
At the coach's signal, the player performs a backward start with crossovers and stops on two skates at the first cone. Next, the player performs a forward start toward the second cone and brakes there. Then, the player executes another backward start with crossovers, skating backward to the third cone. They stop, retrieve a puck, approach the coach facing forward, and skate to the net to take a shot. This drill develops mastery of forward-backward transitions, beginning with controlled stops and eventually progressing to continuous forward-backward turns. It also integrates backward crossovers and controlled stops within a course that develops locomotion skills often required of defensemen.



Backward start

Equipment :

- Cones
- Pucks



Master Coach's Tips:

- Check the quality of the initial pushes: solid base position, knees bent, full range of motion.
- Emphasize complete stops before each transition to focus on the backward start.
- Encourage slight braking without a full stop to develop the forward-backward pivot.
- Add cones to the course to increase repetitions and maximize the use of space.

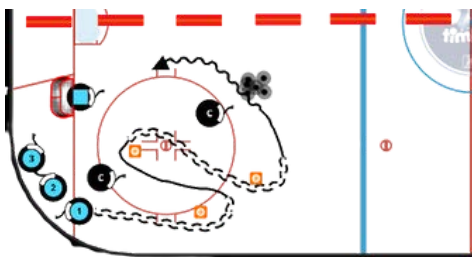
Variations:

- Instead of retrieving a loose puck, the player receives a pass from the coach.

Progression 2 :

Same course, but the players perform a forward-backward turn to transition between forward and backward skating (or backward to forward). The player's gaze remains directed forward at all times.

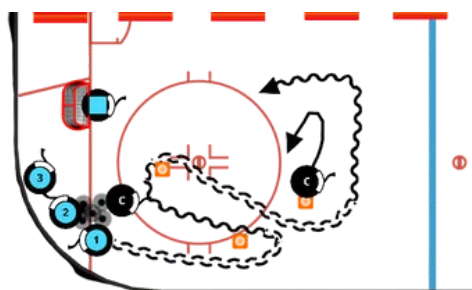
This progression helps reinforce mastery of forward-backward and backward-forward transitions while maintaining forward-facing orientation, just like in game situations.



Progression 3 :

Same course as in progression 2, but with puck control. After the third cone, the coach moves to the center of the ice to encourage the player to skate along the blue line before taking their shot.

This progression helps reinforce mastery of forward-backward and backward-forward transitions while controlling the puck, just like in game situations.



Objectives :

- MAHG 2: Skate backward in a straight line, alternating the pushing leg.
- MAHG 4: Choose from a variety of skating techniques to move around the ice.

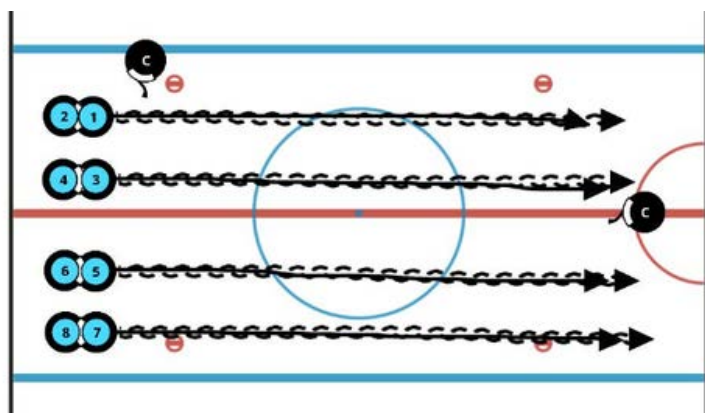
Drill Description:

Players are paired up, facing each other. The player skating backward pulls the other player who holds firmly onto a hoop (or sticks held like a stretcher). The pulling player must push with only one leg at a time for the entire length. Switch legs on the return. This exercise develops strength and stability in backward skating while promoting controlled weight transfer on a single edge. It also improves coordination and mastery of backward "C" pushes, essential for powerful and efficient backward movement.



Backward start

Equipment : • Hoops



Master Coach's Tips:

- Position the initiation coach facing the player who is pulling.
- Encourage a good weight transfer onto the pushing leg to avoid loss of balance.
- Ensure the pulling player keeps their elbows close to their body.
- Make sure the player being pulled maintains balance, staying in a basic athletic stance with bent knees.
- Organize four to five groups of players with similar skill levels per wave.
- Have players complete a round trip before switching roles.

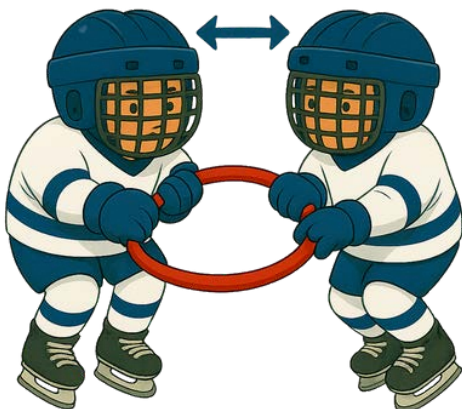
Variations:

- Same exercise, but the player alternates pushing with each leg.
- Same exercise, but the player pulls a partner who performs a slight snowplow stop.

Progression 2 :

Tug-of-War: At the coach's signal, the two players pull in opposite directions to push the opponent beyond the center line.

Use this progression to develop balance and pushing power with the blade perpendicular to the intended direction.



Objectives :

- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

Relay Race: Players are lined up in groups of four to six, all facing the coach. The first player holds a ball. At the coach's signal, she pivots to face her next teammate and passes the ball. That player does the same, passing it down the line from player to player. Once the ball reaches the last player, the sequence is done in reverse. The first team to return the ball to the first player wins.

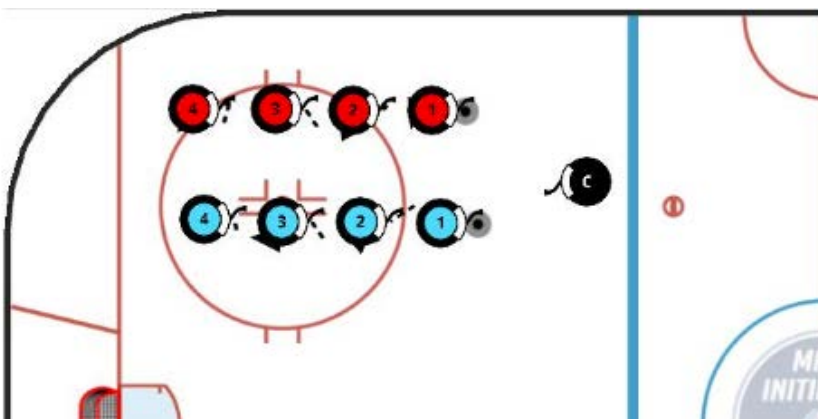
This drill promotes the development of a controlled pivot by requiring players to turn quickly. It serves as a fun progression to introduce the concepts of head and torso rotation, as well as hip opening to initiate a pivot.



Pivots

Equipment :

- balls

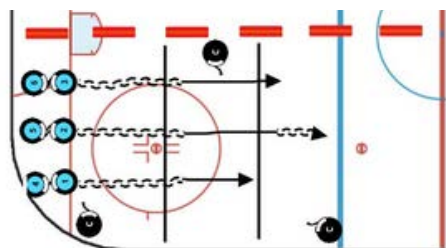


Master Coach's Tips:

- Emphasize a controlled and complete pivot before each pass to avoid rushing.
- Encourage players to keep their knees bent and stabilize themselves before passing the ball.
- Alternate directions (right/left) to work both sides of the body.

Variations:

- On the spot, the player performs a two-step pivot to break down the movement: 1 — Weight on the skate blade on the side of the turn, rotate. 2 — Push with the leg (extension). The player starts the drill facing the boards, pivots, and ends up facing the coach.
- Vary the direction of the pivot (forward to backward or backward to forward).



Progression 2 :

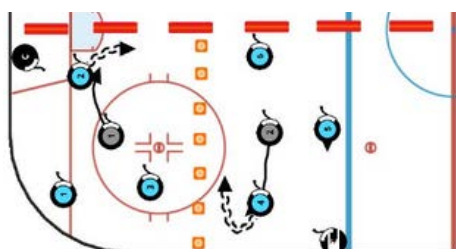
Players are placed in waves and skate backward using "C" pushes. Each time they cross a line, they perform a pivot and take a few strides to the next line, where they pivot again.

Use this progression when players are able to open their hips and shift weight from one skate to the other while stationary. Gradually increase speed before each pivot to build control and confidence.

Progression 3 :

Back-Tag: Divide the players into two zones, each with one tagger. To catch others, the tagger must touch their back. To avoid being tagged, a player pivots and continues skating backward. Once the tagger moves away, the player can pivot again and return to forward skating.

Use this progression to integrate pivots randomly within an agility-based activity.



Objectives :

- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

The player performs the circuit with a puck. The drill starts in forward skating. At the first cone, the player pivots from forward to backward and skates backward to the second cone, where they pivot back to forward. They then perform crossovers around the cones, pass the puck to the coach, and receive it back before taking a shot.

During the pass, the player may stop their movement, but they must pass without turning their body — right-handed players use a backhand pass, left-handed players use a forehand pass.

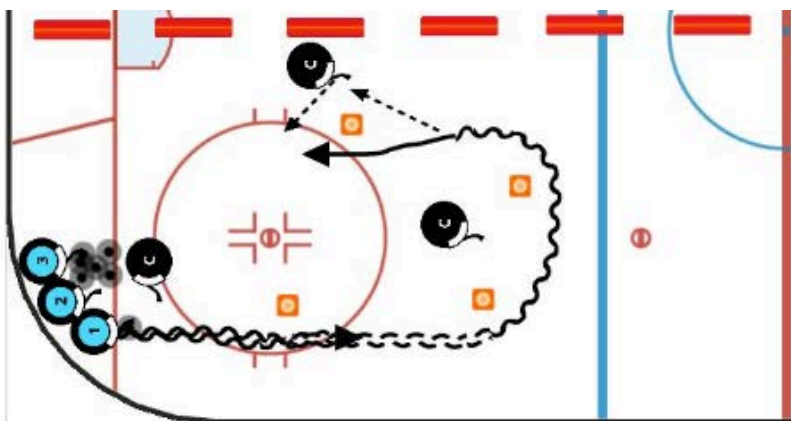


Pivots

Equipment : • Cones • Pucks

Master Coach's Tips:

- Emphasize quality over speed.
- Ensure the first player completes their second pivot before the next player starts.
- Perform pivots in both directions.
- Switch sides after 4 minutes so all players can practice the backhand pass.



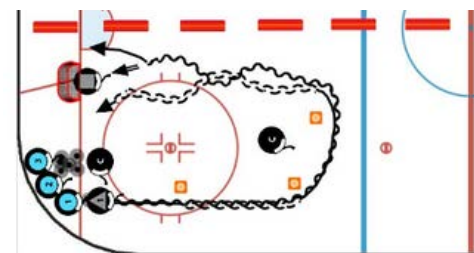
Variations:

- Add cones to increase the number of pivots to be performed.

Progression 2 :

One-on-one: An offensive player completes the circuit skating forward with the puck. The defensive player starts first and pivots at the first cone. Once the pivot is complete, the offensive player begins. When the defender is caught up, they pivot forward again to go around two cones, then pivot backward to defend one-on-one on the way back. Add a net to finish the drill with a shot on goal.

Use this progression to develop pivots as a strategy to stay facing the puck carrier when playing as the chaser.



Objectives :

- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 4: Choose from a variety of technical skills to solve a problem.

Drill Description:

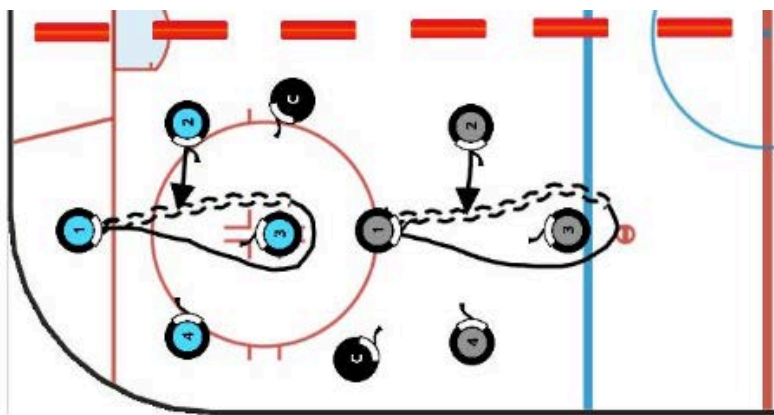
Place players in groups of four, positioned in a cross shape about 3 meters apart. One at a time, each player skates forward toward the player directly across from them, performs a forward-to-backward pivot around that player, and returns to their original spot skating backward. Repeat using a pivot in the opposite direction. Once players understand the movement, add Variation 1. This drill works on smooth transitions between forward and backward skating through a controlled pivot around a fixed point. It is a technical progression toward mastering the forward-to-backward pivot, which is essential for directional changes and defensive adjustments in game situations.



Forward-backward turn

Equipment :

- Pucks

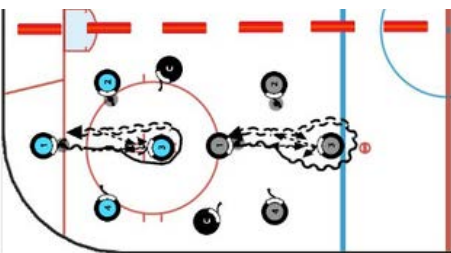


Master Coach's Tips:

- Emphasize a stable and balanced posture before, during, and after the pivot (knees bent, head up).
- Encourage players to lighten the weight on their blades to initiate the rotation.
- Correct overly wide pivots: players should stay close to their partner without making contact.
- Ensure the transition into backward skating is smooth and controlled, without stopping or braking.
- Introduce the variation only once players have mastered the basic movement in both directions.

Variations:

- Relay Race: Each group of four forms a team. When a player returns to their position, they kneel down.
- The player glides on the inside foot of the turn and completes the turn on one foot to develop balance and control of the inside edges.



Progression 2 :

Each player starts with a puck. While skating and pivoting, the player tries to complete as many puck exchanges as possible with their partner, all while staying in motion.

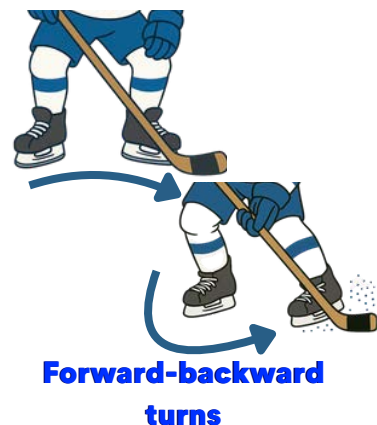
Introduce this progression once players are able to skate, pivot, and maintain control of their puck individually, so that adding exchanges does not negatively impact their posture, balance, or fluidity.

Objectives :

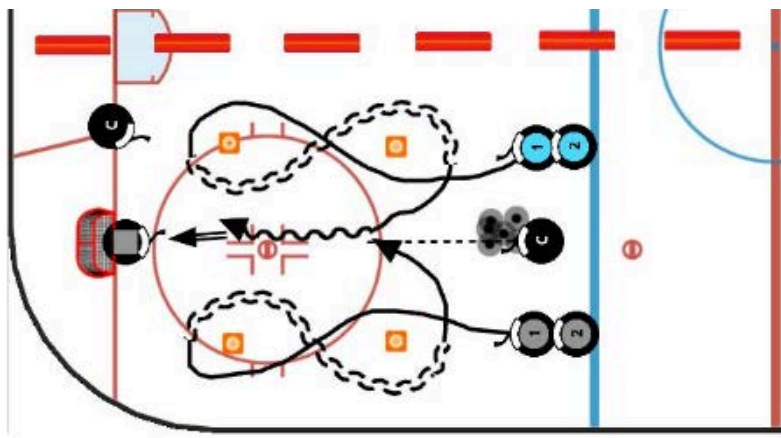
- MAHG 3: Transition from forward to backward skating without stopping.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

Divide the players into two teams. Place two cones on each side of the net to form a figure-eight course. The coach places a loose puck in front of the net. The player must always face the net. At the signal, the player skates between the cones, executes a forward-to-backward pivot around the far cone, then skates backward between the cones, performs a backward-to-forward pivot at the first cone, and heads toward the puck. The player retrieves the puck and takes a shot. This drill helps develop mastery of forward-backward and backward-forward transitions while maintaining constant orientation toward a target (the net).



Equipment : • Cones • Pucks



Master Coach's Tips:

- Add cones or stations to increase player engagement.
- Remind players to keep their shoulders and gaze directed toward the net throughout the sequence.
- Ensure the forward-to-backward transition is controlled, without a full stop or loss of balance.
- Encourage an explosive start after the last turn to quickly recover the puck.
- Add a fun challenge element: award a bonus point to the team that recovers the puck and scores first.

Variations:

- The player has the puck while making their turns.
- Race for the puck: same course. The first player from each team competes in a race for the puck.

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Change direction quickly without slowing down.

Drill Description:

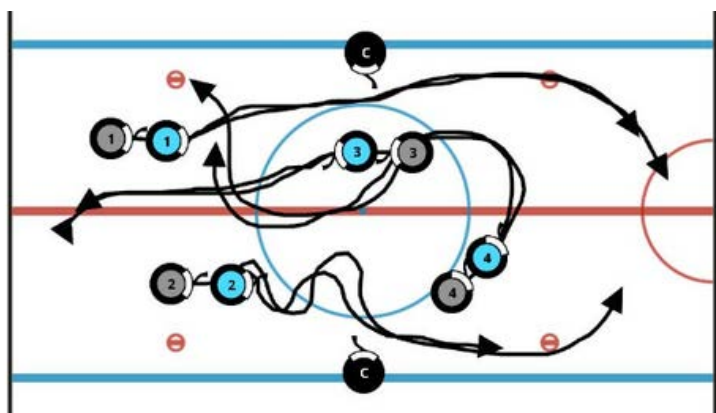
The coach divides the players into teams of two. The coach designates one player as the “locomotive” (who will be chased) and the other as the “wagon” who must pursue (chaser) the locomotive. The players start one meter apart. The locomotive must move within the designated area without being touched. When the locomotive is tagged or at the coach’s signal, the players switch roles. This drill develops reaction speed, direction changes, and trajectory control in evasion situations. It serves as a fun progression to work on creating separation and pursuit, two fundamental skills in game situations.



Tight turn

Equipment :

- Cones
- Pucks

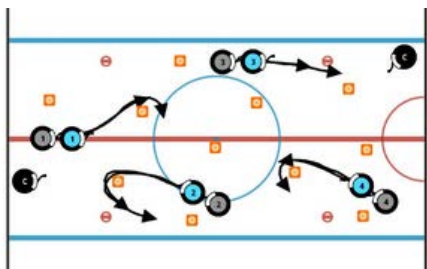


Master Coach's Tips:

- Remind players to maintain a low and mobile posture to react quickly to changes in direction.
- Move among the players and talk to them to keep their heads up.
- Encourage frequent changes of direction from the locomotive.
- Group players according to their skill level.
- Frequently switch roles so each player develops both evasion and pursuit skills.

Variations:

- Increase the distance or change the starting positions to vary the difficulty level.
- Same exercise, but both players have a puck.



Progression 2 :

Set up cones throughout the zone. When the locomotive reaches a cone, it must make a tight turn to change direction. The chaser must also go around the same cone.

This progression should be used once players have mastered the roles of chasing and evading and are able to move with control in the zone. It introduces the tight turn as a strategy for evasion, adding a reaction element to the exercise.