

MAHG PROGRAM

DRILL SHEETS

Part 2 : #80-M to #210-JC



Objectives :

- MAHG 1: Carry the puck with two hands in a straight line.
- MAHG 2: Control the puck on both sides of the body.
- MAHG 2: Avoid an obstacle while maintaining puck control.

Drill Description:

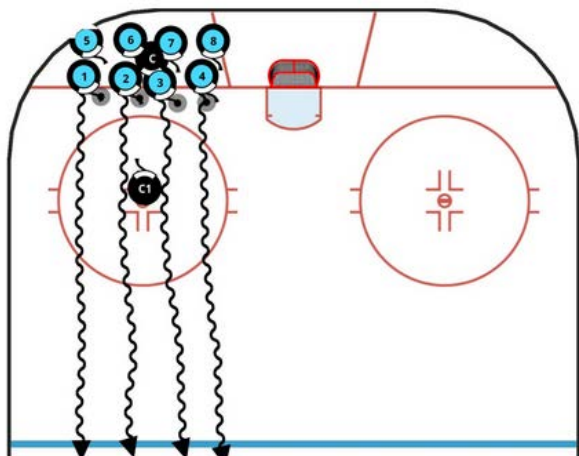
In waves, players carry the puck with two hands from one line to another (from the goal line to the blue line). This exercise helps develop two-handed puck control and strengthens overall coordination between the arms and lower body. It serves as an essential foundation to get players used to carrying an object while maintaining a stable and fluid skating posture.



Puck carry

Equipment :

- Pucks • Balls •

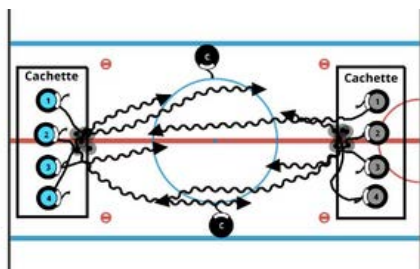


Master Coach's Tips:

- Speak to the players to remind them to keep their heads up.
- Maintain a pace that allows players to stay balanced.
- Give a clear objective focused on puck control, without racing between players.
- Wait until all players have completed one length before starting again.

Variations:

- Vary the types of starts: from a kneeling position, lying on the stomach, facing backwards, etc., to force the player to adopt a good base position and reposition their puck before moving forward.
- Use different objects to carry in order to develop proprioception and coordination.



Progression 2 :

Two teams, each with 10 pucks, start in their respective zones. Players must carry the pucks to the other team's zone. At the coach's signal, the game stops, and the team with the fewest pucks in their zone wins the game.

This variation should be introduced once players have mastered carrying the puck with two hands while moving, with control and stability. It encourages quick actions and following instructions, while making the exercise more competitive and engaging physically.

Objectives :

- MAHG 1: Carry the puck with two hands in a straight line.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

Drill Description:

In waves, players carry the puck with two hands from one line to another (from the goal line to the blue line). This drill helps players develop their coordination and balance by carrying the puck with both hands while skating. It builds the fundamentals of puck control by maintaining good postural stability and keeping the eyes forward, which are essential for effective stickhandling.

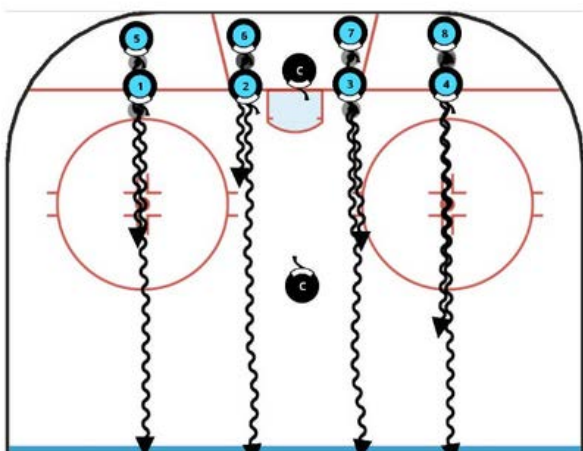


Puck carry

Equipment : • Pucks • Balls • Cones • Rings

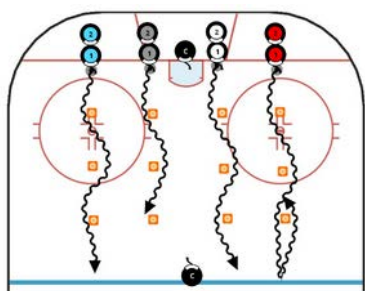
Master Coach's Tips:

- Encourage players to keep their heads up
- Vary the pace to encourage two-handed and one-handed puck carrying depending on the situation.
- Use waves of six or seven players.
- Wait until all players have completed one length before starting again.
- Introduce simple variations (e.g., penguin walk, skating backward, slalom) to enhance motor skills.



Variations:

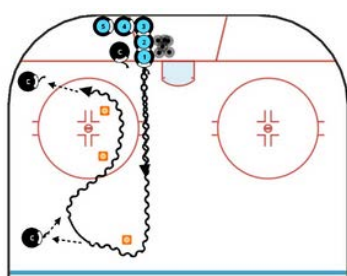
- Vary the types of starts: on knees, on the stomach, facing backward, etc., to force the player to adopt a good basic position and reposition their puck before moving forward.
- Place a coach along the course who makes approaches from the side or from behind to force the player to move their puck or accelerate.



Progression 2 :

Add cones to create a slalom course and vary the objects to carry by using balls, rings, etc. With these different objects, the child develops proprioception and learns to feel the object with their stick without having to look at it. Balls also force the player to maintain control of the object rather than constantly pushing it forward.

Use this progression when the child is able to carry the puck on their right side without losing it. The turns force them to move the puck from side to side and reposition it more frequently, all while keeping their head up.



Progression 3 :

The player completes the circuit with the puck, alternating between different puck-carrying techniques. They carry the puck with one hand, switch back to two-handed stickhandling, skate around the cone, and execute a sweep pass to the coach. The coach returns the puck, the player carries it one-handed to the second cone, and makes another pass. They retrieve their puck and get back in line.

Use this progression when the child is able to carry the puck one-handed without losing control. It helps the player understand the appropriate carrying technique for different game situations.

Objectives :

- MAHG 1: Carry the puck with two hands in a straight line.
- MAHG 2: Control the puck on both sides of the body.
- MAHG 2: Avoid an obstacle while maintaining puck control.

Drill Description:

The initiation coach forms teams of two players. Each team has one puck. At the coach's signal, the first player starts, carries the puck with two hands, stops at the blue line, and returns while still controlling the puck with both hands, passing it to their partner, who completes the same route. Once both players have completed the course, the race is over.

This exercise helps consolidate two-handed puck control while integrating precise movement with a controlled stop. It also encourages teamwork and the development of focus under light time pressure.



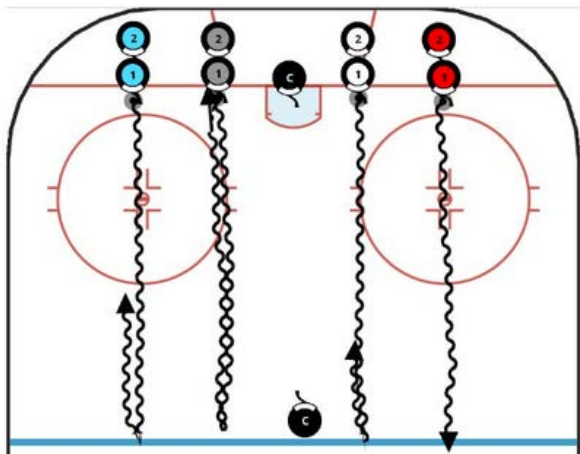
Puck carry

Equipment :

- Cones
- Pucks

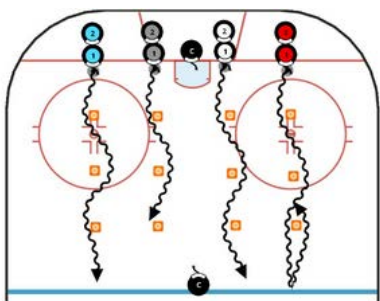
Master Coach's Tips:

- Ask for a complete and controlled stop on the blue line before returning.
- Make sure the puck is kept in constant contact with the blade and not pushed ahead and chased.
- Emphasize puck transport rather than stickhandling (dribbling).
- Keep the activity fun and engaging, focusing on control rather than speed.



Variations:

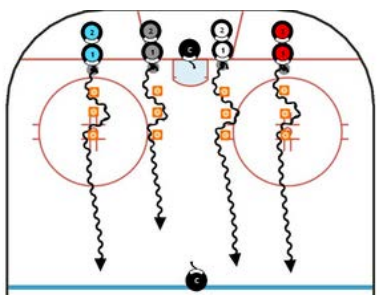
- Alternate between different starting positions: on knees, lying on the stomach, puck balanced on the helmet, etc.
- Draw a tic-tac-toe grid at the end of the course. Two teams compete. Use different colored pucks to represent the Xs and Os..



Progression 2 :

Set up cones spaced at least 3 meters apart to create a slalom course.

Use this progression when the child is able to carry the puck on their right side without losing it. The turns force them to move the puck from side to side and reposition it more frequently, while keeping their head up.



Progression 3 :

Place the cones 1 meter apart and closer to the starting line. This way, the course includes a section that requires two-handed puck control (for precision) and a section that allows for one-handed puck handling (for speed).

Use this progression to introduce the concept of one-handed puck carrying and to help players identify the appropriate type of puck control based on the situation.

Objectives :

- MAHG 1: Carry the puck with two hands in a straight line.
- MAHG 2: Control the puck on both sides of the body.
- MAHG 2: Avoid an obstacle while maintaining puck control.

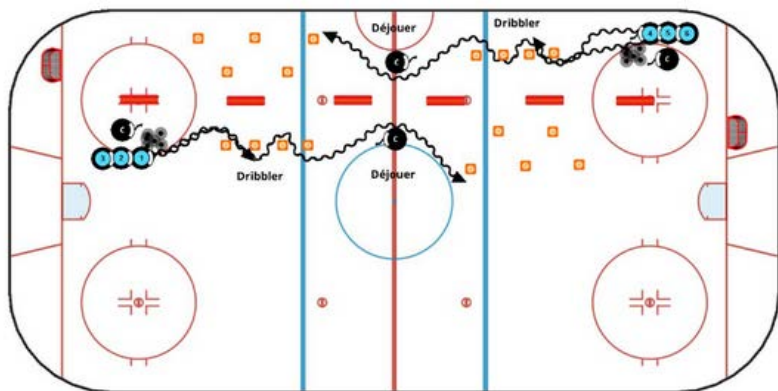
Drill Description:

Players complete the course with the puck while following the specific instructions and requirements for each skill. Along the length of the ice, set up three stations that players complete one after the other. Station 1: Players stickhandle the puck through cones placed in a straight line. Station 2: Players approach the coach and make a fake to the side opposite the stick. Station 3: Players perform tight turns through cones arranged in a slalom pattern. Throughout the course, the puck must remain in constant contact with the stick blade. This drill allows players to chain together different puck control and handling techniques.



Puck carry

Equipment : • Pucks • Cones



Master Coach's Tips:

- One coach demonstrates the drill while another explains the course.
- Ensure that players are not turning it into a race.
- Set a pace for the course that maximizes the number of players in action.
- Position the initiation coaches at the designated spots shown on the picture.
- Talk to the players throughout to keep them engaged and remind them to keep their heads up.

Variations:

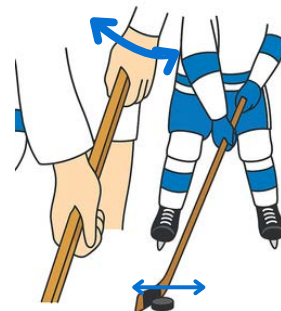
•

Objectives :

- MAHG 1: Move the puck in all directions while in a stationary position.
- MAHG 2: Control the puck on both sides of the body.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.

Drill Description:

Players are spread out across the zone, facing the lead coach. Each player has a puck and stickhandles in place. The lead coach moves around, occasionally lifting players' sticks to knock the puck away. If a player's puck is taken, she must drop to her knees before resuming stickhandling. This drill helps players solidify their stationary puck control while maintaining a stable and alert posture. It also promotes focus, awareness, and quick reactions to a simulated defensive challenge. Once players can stickhandle confidently while stationary, move on to Progression 2.



Puck control

Equipment :

- Cones
- Pucks

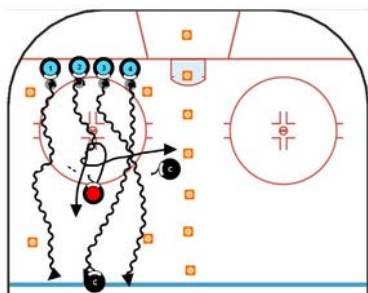


Master Coach's Tips:

- Remind players to keep their eyes on the puck while regularly lifting their gaze.
- Correct stick grip and wrist flexibility to improve dribbling control.
- Vary the coach's movement speed.
- Encourage players to quickly resume activity after dropping to their knees, without frustration.
- Emphasize staying active in place rather than standing still.

Variations:

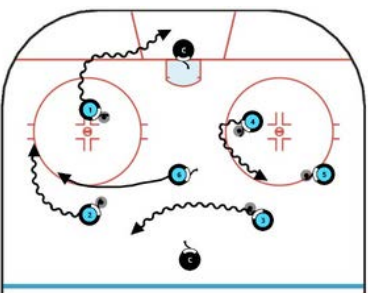
- Players must look and say out loud the number the coach shows with their fingers or the body parts the coach points to.
- The debris: The coach can slide objects (pucks, balls, cones, etc.) that the player must avoid by moving their puck or place obstacles within the area.



Progression 2 :

The players line up on the red goal line with their puck. One player without a puck (the "thief") tries to touch the puck of the players who are trying to cross the zone while dribbling. If the thief touches a player's puck, that player must join the coach. At the next signal, the new player becomes a thief. When the number of thieves is greater than the number of players remaining, the thieves are declared winners and a new round begins. To decrease the difficulty level, the thief can hold their stick upside down.

This variation helps develop puck control under pressure while forcing players to protect their puck by adjusting their posture and trajectory. It also introduces a fun challenge that enhances coordination and decision-making against opponents.



Progression 3 :

The Zombie: The game takes place freely throughout the entire zone. When a player loses her puck, she becomes a zombie who also chases pucks. The game ends when there is only one player left with a puck. The winner becomes the zombie for the next round. Increase the difficulty by reducing the playing space or by placing obstacles that allow players to better protect their puck.

This progression develops puck control under increasing pressure and encourages players to use their body and environment to protect their puck.

Objectives :

- MAHG 2: Avoid an obstacle while maintaining puck control.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Respect the rules of a competitive game.

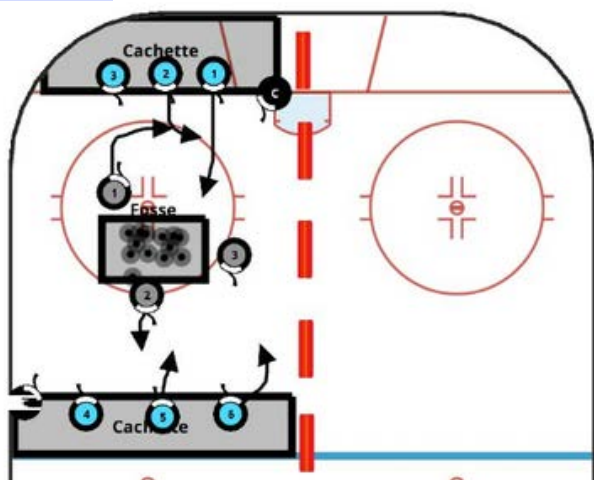
Drill Description:

Divide the group into three: two-thirds fish and one-third sharks. Draw two safe zones at the ends of the area and a pit filled with pucks in the center. The fish start in their safe zone, and the sharks start around the pit. The fish's goal is to retrieve a puck and bring it back to their safe zone without being tagged by a shark. If they are tagged by a shark, they must go to the pit and bring a puck there. Tagged fish can be rescued by a teammate who extends their stick to them and pulls them to the pit without being tagged again. After 4 minutes of play, count the pucks in the safe zones, then switch roles.



Puck control

Equipment : • Cones • Marker • Pucks



Master Coach's Tips:

- If needed, start the game without the rule of rescuing the fish and introduce it once the basic game is understood.
- Clarify the roles (fish, sharks, rescued) before starting the game to avoid confusion.
- Emphasize the role of the sharks, who are both hunters and guards. To be effective, they should stay as much as possible between the fish and the safe zone.
- Encourage the fish to vary their paths to avoid the sharks (getting open).
- Value communication during the stick rescues. Players must watch the sharks carefully to ensure the timing is right.

Variations:

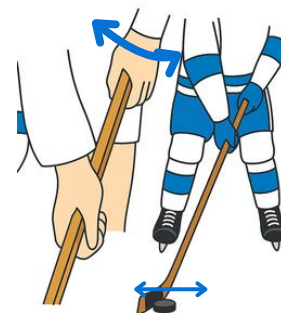
- The sharks must cause the fish to lose control of their puck to eliminate them.
- Adjust the player ratio to increase the difficulty level for one side or the other.

Objectives :

- MAHG 1: Move the puck in all directions while in a stationary position.
- MAHG 2: Control the puck on both sides of the body.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

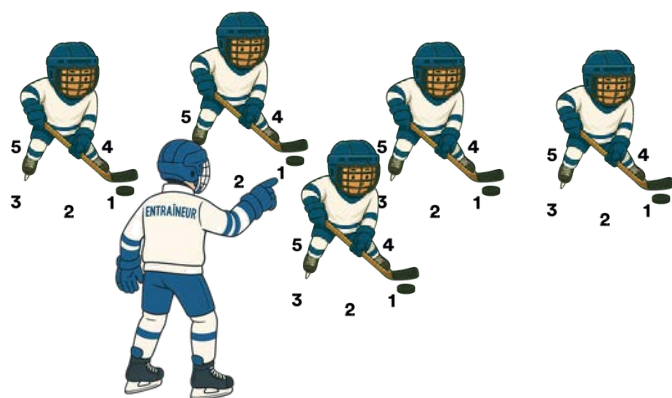
Drill Description:

The coach positions the players in front of them. Each player stands in the center of a numbered quadrant (1-2-3). Each player has a puck. They must dribble the puck within the zone corresponding to the number called out by the coach. This exercise helps develop puck control in place while requiring concentration. The coach's instructions force players to keep their heads up. The focus is on the basics of stickhandling: maintaining a good base position, keeping hands free, constant contact between the blade and the puck, and the top hand guiding the movements. Once players can move the puck and maintain control in a static position, progress to doing the exercise while moving within the zone.



Puck control

Equipment : • Cones • Marker • Pucks • Balls



Master Coach's Tips:

- Talk to the players to remind them to keep their heads up.
- Players should initiate the dribbling movement with the top hand on their stick.
- If needed, start with fewer numbers and gradually add more.
- Vary the speed at which numbers are called to stimulate focus.
- Correct posture: knees bent, hands spaced apart, eyes looking forward.

Variations:

- Replace the numbers with colors or objects (cone, glove, puck, etc.). Show the numbers with fingers instead of calling them out to force the player to keep their eyes forward.
- Place the players in pairs, facing each other. One player must mirror the movements of the other.



Progression 2 :

Players are either stationary or moving. The coach can roll balls that the player must avoid by moving their puck. If a ball causes the player to lose control of their puck, the player must drop to the ground and start again.

Use this progression once players are able to move the puck in all quadrants without losing control.



Puck control

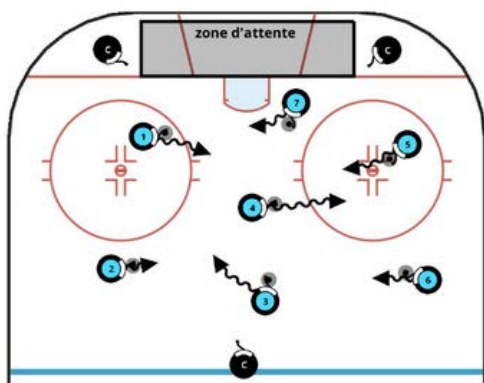
Objectives :

- MAHG 1: Move the puck in all directions while in a stationary position.
- MAHG 2: Control the puck on both sides of the body.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

Drill Description:

All players start with possession of an object (puck, ball, or balloon) which they handle with their stick. They move freely within the designated area while maintaining control of the object. When they lose possession, they move to the waiting zone and dribble stationary until the next round. This exercise helps develop object control while in motion—whether it's a puck, ball, or balloon—while also promoting autonomy, vigilance, and perseverance. It also strengthens players' ability to manage mistakes (loss of possession) and stay engaged by continuing to practice in the waiting zone. Switching objects (puck, ball, balloon) stimulates adaptability by requiring players to adjust their stickhandling technique depending on the type of object. This enhances the development of touch, fine control, and spatial awareness, while making the exercise more engaging and varied.

Equipment : • Pucks • Balls

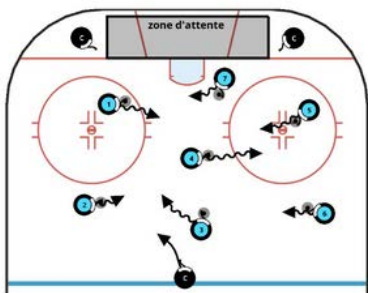


Master Coach's Tips:

- In all progressions, encourage players to move toward the center of the space rather than staying on the periphery.
- Remind them of the main objective: maintain control of the moving object, regardless of speed.
- Encourage a stable posture with eyes up, even while moving.
- Correct any abrupt movements by favoring controlled and consistent touches.
- Keep players engaged in the waiting area with varied and creative instructions.

Variations:

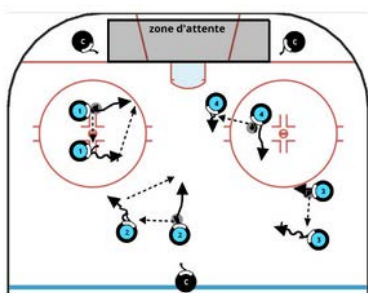
- Change the type of dribbling (with the stick, with the hands, with the feet) and the object (puck, tennis ball, ball), etc.
- The coach in the zone gives different instructions to be completed while handling the puck (e.g., sit down and stand up, spin around, march in place, etc.).



Progression 2 :

A coach or a player can move within the area to try to take the object away from the player. This progression forces the player to become more aware of their surroundings.

Use this progression when players are able to maintain control without opposition.



Progression 3 :

Place players in pairs, each with a puck. All players move freely within the area. Coaches also move around to intercept passes. Teams must complete the highest number of consecutive passes without losing puck possession. When a team loses possession, its players go to the waiting zone and perform stationary passing drills following the coach's instructions (kneeling, lying down, facing away, etc.).

Use this progression to develop passing skills in tight spaces and the ability to identify available passing lanes.

Objectives :

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

Drill Description:

Using cones, set up two entry gates at the front of the zone. One coach is the guard, watching over one of the two gates. Two players start at the same time: O1 starts with the puck and enters through the center of the zone. O2 follows closely and must take the secret path—the one that is not being guarded by the coach. As soon as O2 crosses the gate, O1 passes the puck to them, and both players continue together toward the net to perform a two-player attack. After the shot, both players retrieve a puck each and skate back through a cone course to rejoin the circuit.

This drill helps develop game reading and the ability to adapt based on open space on the ice. It also improves synchronization between teammates and transition into a two-player offensive attack.

Equipment :

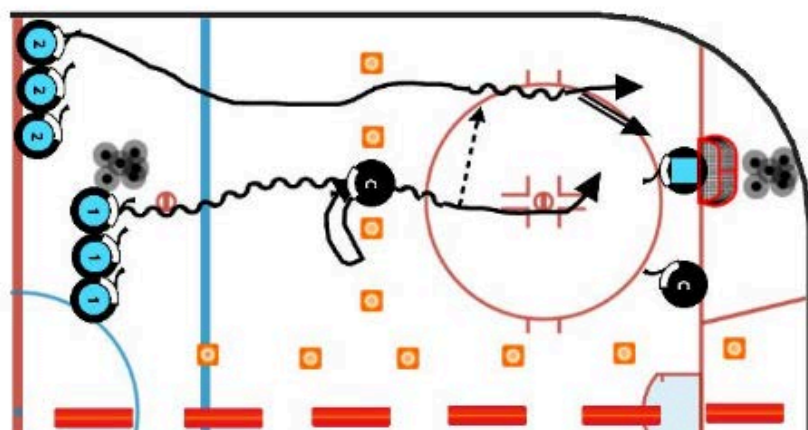
- Cones • Pucks



Pass reception

Master Coach's Tips:

- Encourage the non-puck carrier to quickly identify the open space and accelerate toward it.
- Correct the spacing between the two players: O2 should follow O1 closely without being too tight.
- Ensure the non-puck carrier keeps their stick in a ready position to receive a pass at all times.
- Promote a structured two-player attack, with proper spacing and clear shooting or passing options.
- Maintain a good pace by limiting hesitation at the zone entry, without rushing the technical execution.



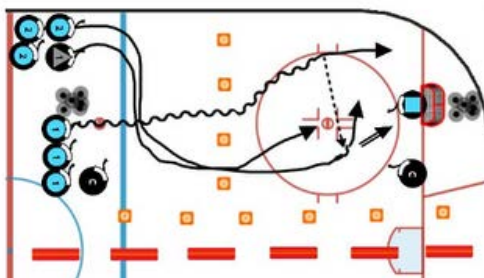
Variations:

- Add another set of gates.
- The coach waits before blocking a gate. The non-puck carrier must therefore delay before identifying the open space.

Progression 2 :

Same exercise, except the coach does not block a gate. He is replaced by a defensive player (with stick upside down) who starts next to O2 and must cover him all the way to the net. O1 must enter through the center and attempt at least one pass to O2 before being allowed to take a shot.

Use this progression when the non-puck carrier is able to identify open space upon entering the zone. The addition of a defender forces the non-puck carrier to get open between the puck and the defender.

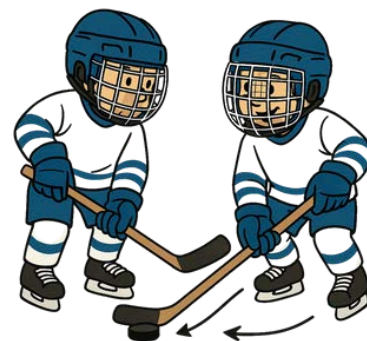


Objectives :

- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.
- MAHG 2: Avoid an obstacle while maintaining puck control.

Drill Description:

Set up four cones to form three aligned gates. A defensive player is positioned in the center gate and blocks a second gate with her stick. A coach or helper acts as a passer near the net. The offensive player starts with a puck and skates toward the center gate. Upon reaching the defender, she must perform a full fake (including stick, head, and torso movement), then quickly change direction to go through the open gate. After passing through, she makes a pass to the coach and receives the puck back to finish with a shot on net. Repeat the drill while practicing the fake on both sides. This drill helps develop the ability to effectively fake out an opponent by combining stickhandling, body movement, and head deception in a semi-controlled one-on-one scenario.



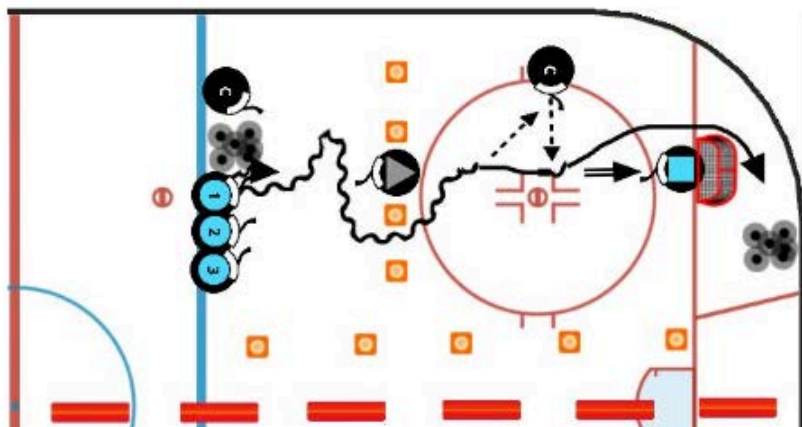
Deke

Equipment :

- Cones • Pucks

Master Coach's Tips:

- Maintain a steady pace.
- Ask players to keep their heads up throughout the sequence, even while stickhandling.
- Ensure players approach the defender head-on rather than going straight toward a gate.
- Return through the cones with a puck to continue working on stickhandling.



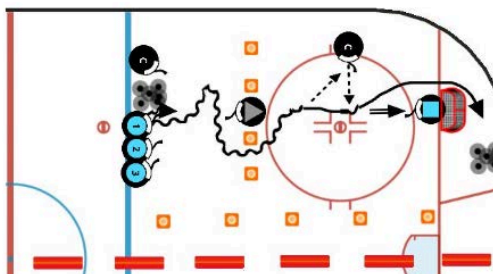
Variations:

- The defender can poke check if the attacker gets too close.
- Add various obstacles throughout the course.

Progression 2 :

Fake-out: The puck carrier must send the puck between the defender's skates or under their stick and retrieve it on the other side.

Move on to this progression to develop deking skills in tight spaces, when it's not possible to go wide.

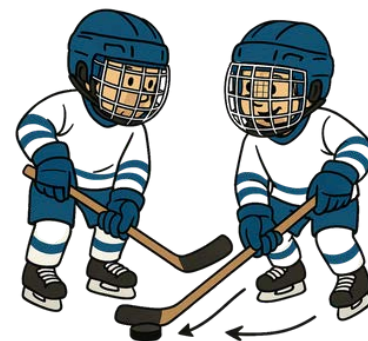


Objectives :

- MAHG 2: Avoid an obstacle while maintaining puck control.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

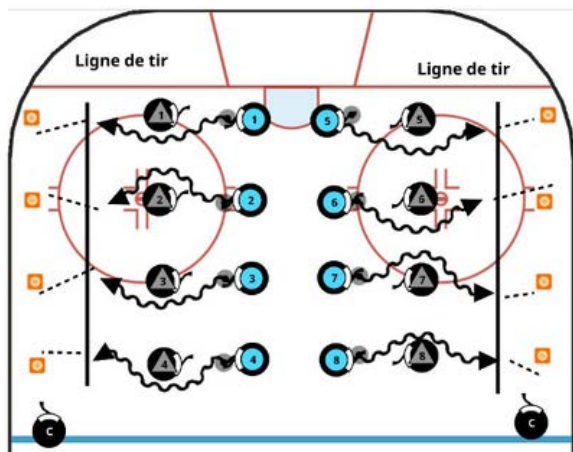
Drill Description:

Set four offensive players near center ice and four defensive players (on their knees and without sticks) halfway between the offensive players and the boards. The offensive players must deke past the defenders without leaving their lane, and once they cross the line, they can shoot at the cone. This drill helps players work on deking in a tight lane, forcing them to beat an obstacle without changing their trajectory.



Deke

Equipment : • Cones • Pucks

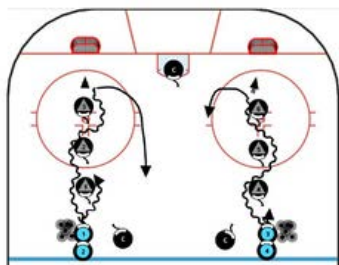


Master Coach's Tips:

- Encourage players to push the puck away by extending their arms while positioning themselves between the puck and the defender.
- Emphasize a full upper-body deke to fool the defender, even if they are passive.
- Remind players to keep their heads up to better judge the right moment to deke.
- Limit the lateral space to force quick and precise puck handling within a narrow lane.
- Change the defenders' kneeling positions (closer or farther) to adjust the difficulty level.

Variations:

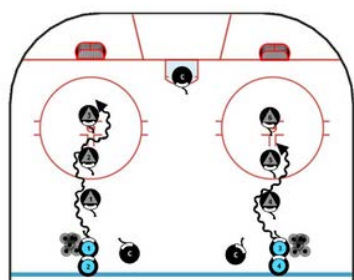
- Defensive players are either standing or kneeling and may hold their stick normally or upside down.
- Defensive players can move their stick from side to side but must not remove the puck from the offensive player's control.



Progression 2 :

Place three offensive players near the center of the ice and three defensive players (standing with their stick held upside down) each about 3 meters apart. The offensive players must fake the defensive players one after another without leaving their designated corridor, and once they cross the line, they may take a shot on goal. This drill develops the ability to chain multiple fakes while maintaining puck control in a tight space.

Players should be able to maintain puck control after a first fake before moving on to this progression.



Progression 3 :

The Crocodile: Repeat the course from progression 2. This time, defensive players can steal the puck from the carrier while remaining stationary (both skates on the ice). When the crocodile succeeds, they take possession of the puck and continue the course. The player who loses possession becomes a crocodile. If needed, reduce the space around the crocodiles to prevent the carrier from moving too far away.

Use this progression when players are able to keep the puck away from a stationary opponent while maintaining control of it.

Objectives :

- MAHG 2: Avoid an obstacle while maintaining puck control.
- MAHG 3: Transition from backward to forward skating without stopping.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.

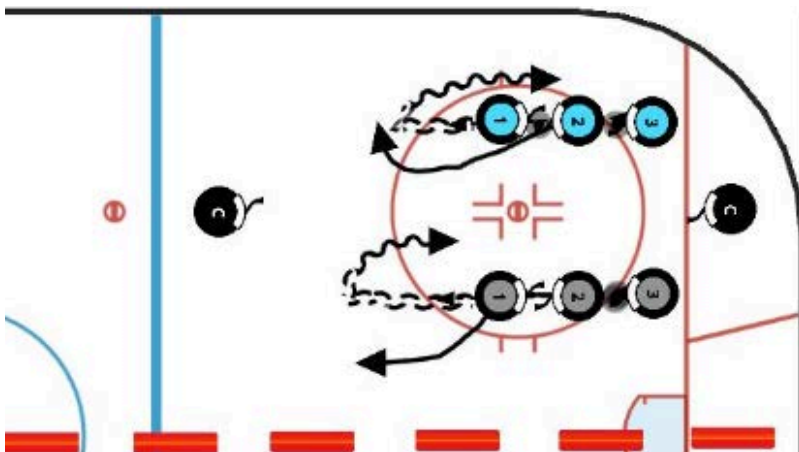
Drill Description:

Place the players in two or three lines, separated by cones or a line to define the playing corridors. The first player turns toward the second and then executes a backward start. When about 3 meters apart, the second player passes the puck to the first, then moves toward them to close the space on the left or right side of the line. The puck carrier must successfully escape to return behind the line while maintaining possession of the puck. The player who was the chaser then positions themselves to receive the pass and restart the exercise in the role of puck carrier. This drill helps develop reading the play and escaping under pressure, while incorporating a dynamic backward start. It also strengthens the ability to react quickly to an approach on the puck carrier.



Deke

Equipment : • Cones • Pucks



Master Coach's Tips:

- Ensure a clear demonstration for a good understanding of the exercise.
- If needed, have the puck carrier start in a stationary position with the puck to better understand the instructions.
- For the puck carrier, encourage transporting the puck toward the open space ahead of them.
- For the chaser, encourage closing off the center of the corridor first to push the puck carrier toward the outside.
- Place the coaches behind the play to force the puck carrier to move forward.

Variations:

- Start the exercise at different locations within the zone to reduce the available space.
- Instead of a direct pass, the player or a coach places a loose puck to be picked up behind the puck carrier.

Progression 2 :

Place the players in pairs (one puck carrier and one chaser). Add a cone or a goal further down the zone and start the exercise from different spots within the zone (e.g., along the boards) to vary the available space. The puck carrier must reach the goal while maintaining possession. The chaser can use different types of approaches and continues the pursuit until the end; roles are switched on the next repetition.

Use this progression when the puck carrier is able to correctly identify the free space on both sides. They then learn to accelerate and protect their puck to separate themselves from the chaser.



Objectives :

- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

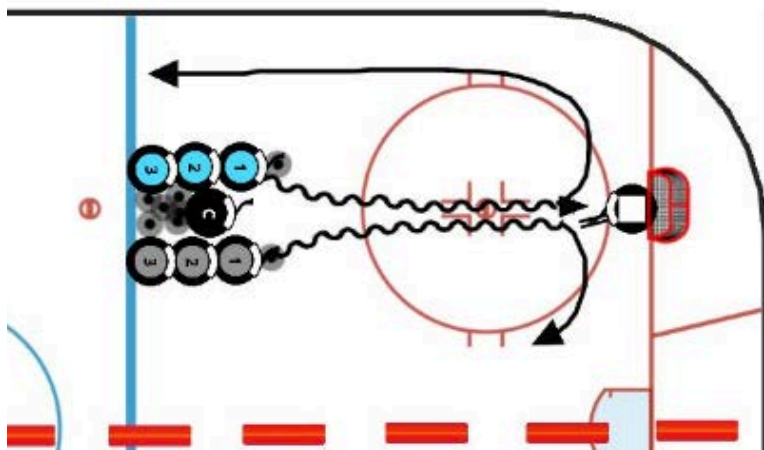
The players are divided into two teams of four to six players. Taking turns, they skate towards the goalie for a breakaway. This exercise helps work on breakaways by developing puck control, decision-making, and finishing skills. It also allows players to practice fakes or accurate shots in a fun and engaging context. For this exercise, it is ESSENTIAL to use intermediate-sized goals so that the difficulty level is realistic for the goalie. This also encourages the development of more effective fakes and more precise shots for the players.



Deke

Equipment :

- Pucks
- Intermediate goals



Master Coach's Tips:

- Encourage players to keep their heads up from the start to observe the goalie.
- Work on different options: deke, quick shot, or change of pace.
- Make sure the starts are spaced out enough to allow the goalie to reposition.
- Give varied objectives (e.g., aim for a specific area) to stimulate different techniques.
- At regular intervals, provide group feedback to give the goalie some rest.
- If needed, add a second net filled with objects to block space or with targets to aim at.

Variations:

- The chaser: A defensive player starts 3 meters behind the shooter and can catch up to steal the puck.
- Team relay: Each team has three pucks and takes turns. If the player doesn't score, they must bring the puck back to the next teammate. The first team to score with all their pucks wins.

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 1: Carry the puck with two hands in a straight line.
- MAHG 2: Avoid an obstacle while maintaining puck control.

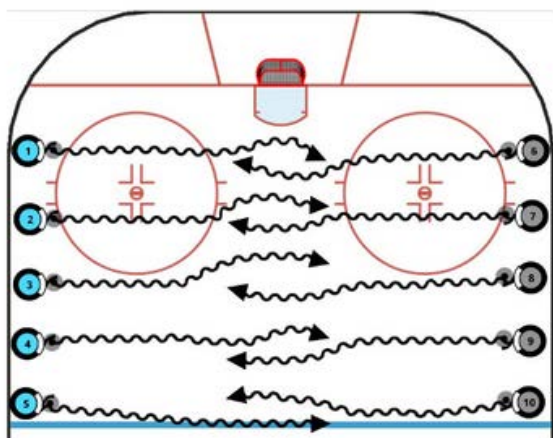
Drill Description:

The initiation coach positions players at the ends of the zone, each with a puck. On the signal, the players skate across the zone while keeping the puck on their stick blade. They must keep their heads up to avoid colliding with players coming from the opposite direction. Once they reach the other side, they wait for the signal to repeat the exercise going back. This drill helps develop puck control while moving, while also instilling a fundamental habit: keeping the head up to observe the environment. If needed, use cones to mark corridors and ensure players skate in a straight line.



Deke

Equipment : • Cones • Pucks

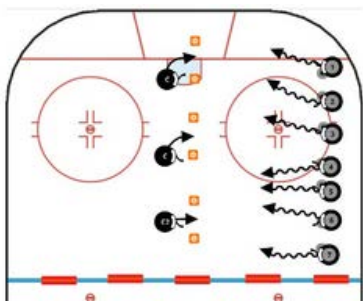


Master Coach's Tips:

- Place a initiation coach at each starting point.
- Remind players to keep their heads up—the risk of collisions is part of the learning process.
- Tell players to scan from left to right before and during the crossing.
- Give a clear and simple signal for each start.
- Clearly mark the starting lines.

Variations:

- Move in all directions, and at the initiation coach's signal, players drop to their knees and then get back up to continue.
- Vary the types of movement (speed, zigzag, light obstacles) to progressively increase the difficulty.



Progression 2 :

Set up a series of cones to form gates in the center of the area. All players start from the same side. At the signal, the coaches close some gates, and players must pass through the gates that remain open. Gradually add and remove gates or allow coaches to change which gates are open to vary the difficulty level. Narrow the gates so that only one player can pass through at a time, and encourage players to backtrack to wait for space to open up.

Use this progression to develop awareness of open space.

Objectives :

- MAHG 1: Pass the puck toward a target in front.
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

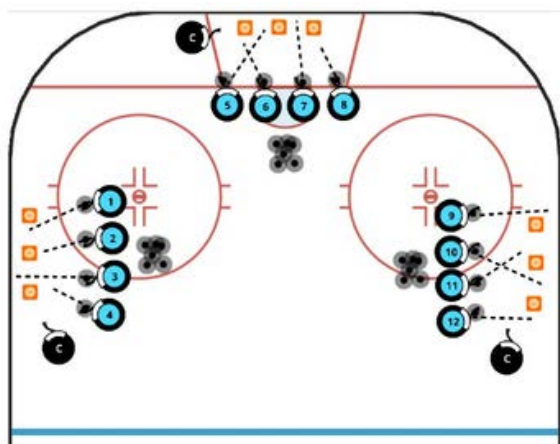
Drill Description:

The initiation coach positions the players about 3 meters from the boards. The players remain stationary and aim at the cones, trying to knock them over. Once all targets are hit, replace with different targets such as two cones with a stick balanced on top. The players then try to knock down the stick by aiming at the cones.



Sweeping pass

Equipment : • Cones • Pucks • Balls • Mini goals

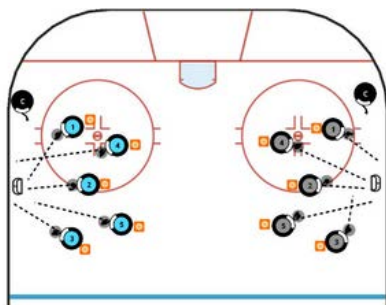


Master Coach's Tips:

- Emphasize a good basic stance and keeping the hands clear before making the pass.
- Remind players of the importance of aiming by pointing towards the target to complete the motion.
- Vary the targets (e.g., simple cones, stick balanced on cones) to encourage adaptation and challenge.
- Encourage controlled and accurate passing.
- Give a fun objective (e.g., stepping back after each successful pass) to maintain engagement.

Variations:

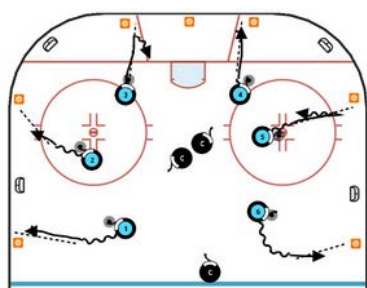
- Place a ball as a target. This way, the target changes position when hit.
- Face-to-face challenge: teams must push the ball into the other team's zone.



Progression 2 :

Create a large target using a mini-goal and set up five passing stations at various angles and distances. After each pass, players rotate to the next station.

Use this progression to develop passing accuracy from different angles and distances.



Progression 3 :

Place different targets along the boards. Players move freely within the zone with a puck and aim for the target of their choice, then retrieve their puck. Passes are made on the move.

Use this progression to develop passing while moving. Encourage players to look at the target before making a pass.

Objectives :

- MAHG 1: Pass the puck toward a target in front.
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

Drill Description:

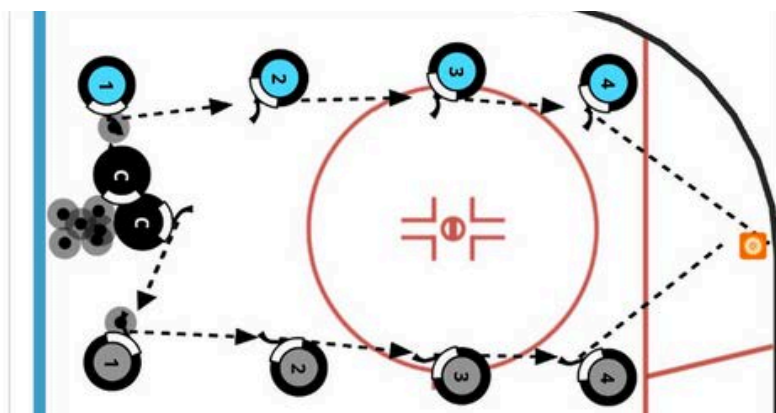
The group is divided into teams of three to four players spaced about 4 meters apart (mark positions on the ice). The coach places a target at the end of the zone. The first player on each team starts with the puck. Teams advance the puck by passing it to each other. Players are not allowed to skate with the puck and must stay in place. A team scores a point when they hit the cone with the puck. If a pass is missed or the target is not hit, the team must start over from the beginning. Only one puck is in play per team at a time. Rotate player positions between each round.



Sweeping pass

Equipment :

- Cones • Marker • Pucks



Master Coach's Tips:

- Remind players to face their target before making the pass, rather than throwing blindly.
- Remind the non-puck carrier to position their blade to offer a target for the passer.
- Correct floating or overly strong passes: aim for smooth, controlled passes.
- Encourage verbal and visual communication between players before each pass.
- Vary the distances or targets to adjust the difficulty according to the group's level.

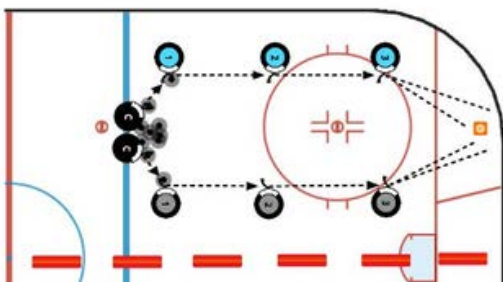
Variations:

- Modify the course. Position the players to form a square with the target placed at the center. Only the 4th player can reach the target.
- Change the type of passes: sweep, wrist, backhand.

Progression 2 :

Reduce the number of players per team. This forces players to position themselves at increasingly greater distances to make their passes.

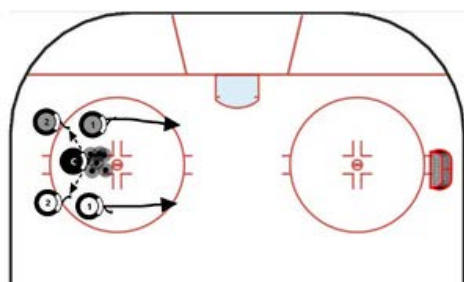
Use this progression once short passes are completed with ease.



Progression 3 :

Place players in teams of two, positioned behind the starting line. The player receiving the pass must get into position before the passer gives them the puck. The players decide the length of the passes they want to make. However, a player must return to the starting line to retrieve a puck whenever a pass is missed.

Use this progression to integrate decision-making concepts and to understand the role of the non-carrier player who offers themselves as an option. Success chances increase when they stay closer to the puck carrier.



Objectives :

- MAHG 1: Pass the puck toward a target in front.
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

Drill Description:

Players work in pairs, separated by a distance of 2 meters. Without moving, they perform sweep passes. Once the exercise is mastered in a static position, increase the distance and ask the passer to take a few steps forward followed by a slight braking before making the pass. This exercise helps learn and reinforce the sweep pass technique, emphasizing control, accuracy, and coordination. It serves as an essential foundation for developing good technical habits before introducing passing on the move.



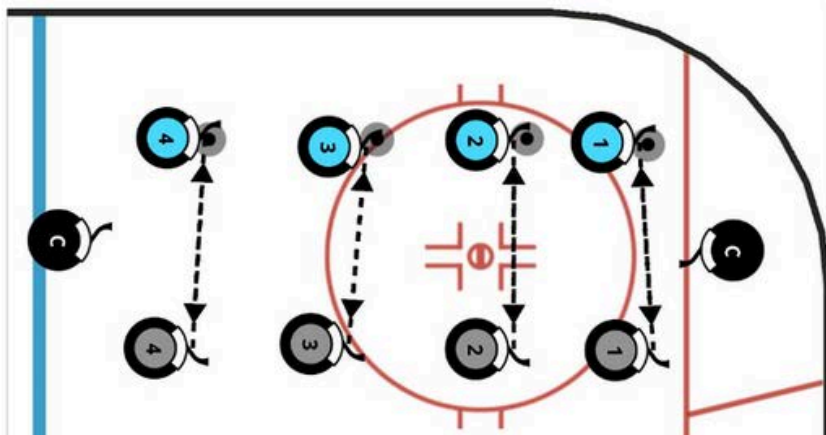
Wrist pass

Equipment :

- Cones • Marker • Pucks

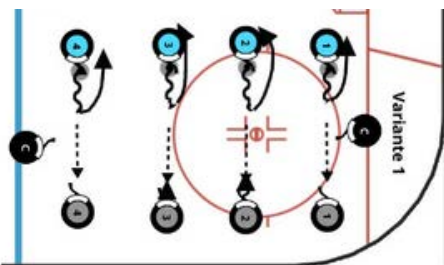
Master Coach's Tips:

- Show the correct starting position: hands spaced apart, blade flat behind the puck, complete sweeping motion of the puck.
- Remind players to keep their eyes on the target before and during the pass.
- Correct players who lift or strike the puck.
- Gradually vary the distances to develop strength and accuracy.
- For progression 3, the goal is to engage cognitive focus. Mark positions and directions on the ice only if needed.



Variations:

- Relay race: Place players in teams of three—two passers and one receiver on the opposite side of the zone. After making a pass, the passer takes the receiver's position, who then moves to become a passer. The first team to complete 9 passes wins.



Progression 2 :

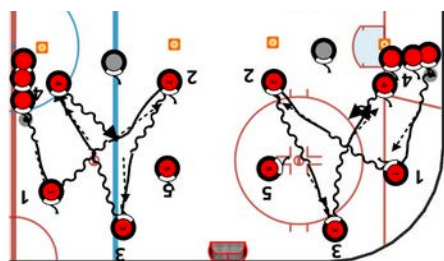
When moving, players are positioned face to face and are not allowed to turn before making their pass.

Use this progression when the player has mastered puck handling (pushing the puck rather than hitting it). Being face to face, the player performs a wrist pass instead of a sweep pass, developing a new variation of the passing technique.

Progression 3 :

The Star: Place five players to form a passing star and follow pattern. Player O1 passes to O2 and then moves to O2's spot. O2 passes to O3, and so on. O5 skates to the net to take a shot, then returns to the line. Increase the pace of starts to have more players and pucks moving at the same time.

If needed, number each position. This increases the players' need for attention. It also requires keeping their heads up while skating and passing to avoid collisions with moving players.



Objectives :

- MAHG 1: Pass the puck toward a target in front.
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 1: Follow instructions within the context of a game.

Drill Description:

Divide the playing area in two by drawing a line. Distribute an equal number of various objects (balls, rings, pucks) across both sides. Split the group into two teams, each positioned in their own zone. At the signal, players use their sticks to push the objects into the opposing territory. After 2 minutes, the team that “cleans up” the best (with the fewest objects remaining on their side) wins the game. This drill develops stick-object coordination, quick execution, and the ability to push different objects accurately in a specific direction. It also promotes team spirit, respect for instructions, and encourages active motor engagement in a fun and competitive setting.



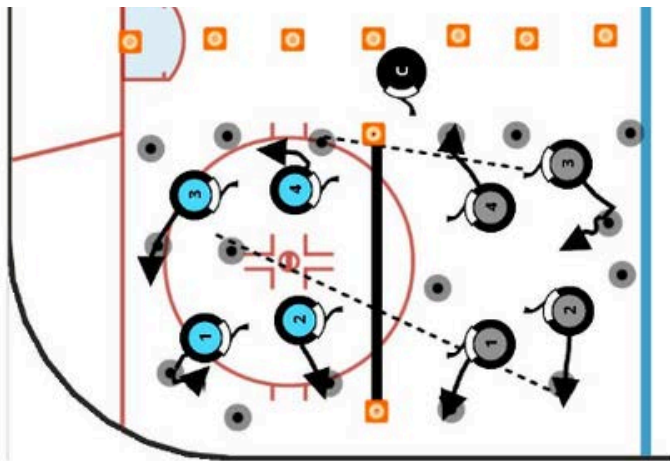
Sweeping pass

Equipment :

- Marker
- Balls
- Pucks
- Rings

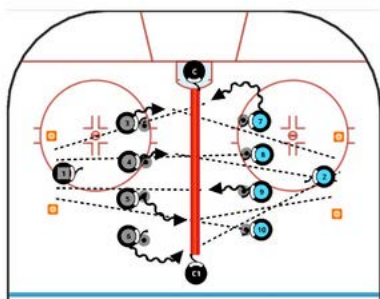
Master Coach's Tips:

- Explain clearly that the objects must be pushed (not hit) with the blade of the stick, to reinforce the skill of passing.
- Vary the size and shape of the objects to encourage motor adaptation.
- Encourage a low and stable stance for better control during movements.
- Position players to cover the entire playing area, not just the center.
- Keep the atmosphere fun and emphasize collective effort rather than just the final result.



Variations:

- Same game, but players must use their feet to push the objects.
- Replace some of the objects with pucks.



Progression 2 :

Same principle, but place one (or two) goals at the back of each zone. Assign one goalkeeper per team who must remain standing. Vary the size of the goal(s) or add more goals to adjust the difficulty level. Each team must now send the objects into the opposing team's goal without crossing the center line. When a goal is scored, the object is removed from play. After all objects have been scored or 3 minutes have passed, tally the points. Encourage players to aim for the open goals.

Use this progression once players are able to project the objects with greater accuracy.



Backhand sweep pass

Objectives :

- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

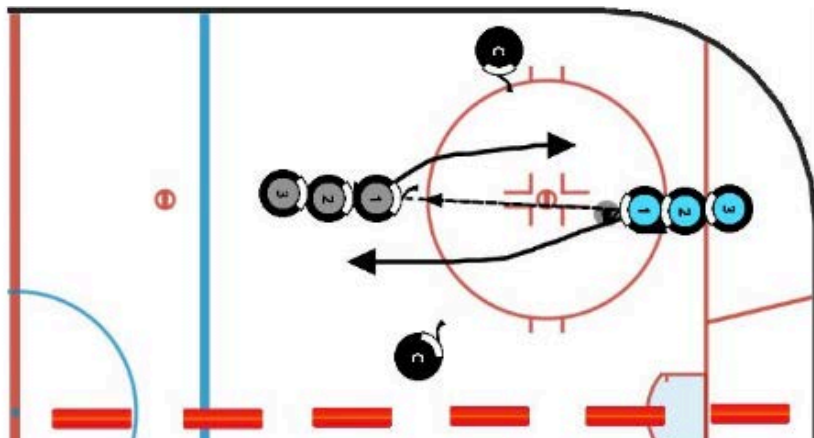
Drill Description:

The initiation coach places players into groups of two or three, facing each other at a distance of 3 meters. Add more groups to double the exercise if there are more players. Players position themselves sideways relative to the target to perform a backhand sweep pass, followed by a quick lateral start to move behind the opposite line.

This drill allows players to practice the backhand sweep pass with precision while incorporating a quick start after the pass (pass and move). It helps players connect the technical skill to a smooth transition, simulating a sequence of actions in a game situation.

Equipment :

- Cones
- Pucks

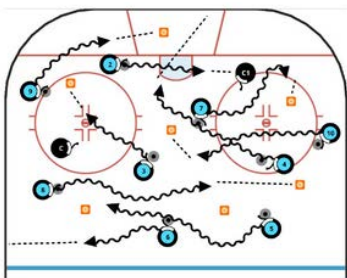


Master Coach's Tips:

- Position the players before explaining the exercise and demonstrating it.
- Make sure players are actually performing a backhand sweep pass.
- Encourage following through with the stick toward the target to improve accuracy.
- Keep extra pucks near the initiation coach to maintain flow, even if passes are less precise.

Variations:

- Increase the distance between players.
- The players are in motion before making their pass.



Progression 2 :

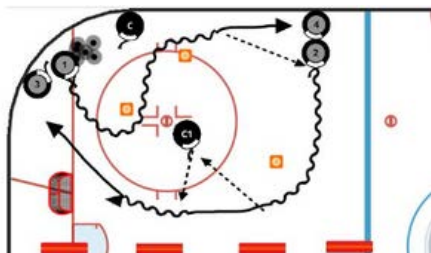
Place various targets scattered around the playing area. Players move freely while carrying a puck on their forehand side. At the coach's signal, they switch the puck to their backhand side and make a pass to hit the closest target.

Use this progression once players have mastered the backhand pass in a stationary position. This drill helps link the backhand pass to puck handling in motion. It also stimulates quick decision-making and adaptation to the positioning of targets, similar to a game situation.

Progression 3 :

Course: Player O1 starts the drill by carrying the puck through two cones and makes a backhand pass to O2. O2 skates around the first cone, makes a backhand pass to their coach, continues skating to receive the puck again, and then rushes to the net for a shot.

This drill develops backhand control while moving, both for passing and receiving. It also promotes the quick succession of technical actions.





Pass reception

Objectives :

- MAHG 2: Take control of the puck directly, both in a stationary position and while moving.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.

Drill Description:

The player starts facing the coach, who passes her the puck. She returns it to the coach, then quickly moves outwards to get open. The coach passes the puck to her again. The player receives it while moving and skates toward the second coach. She passes the puck to the second coach, skates around them, receives the puck while skating forward, and then heads to the net for a shot.

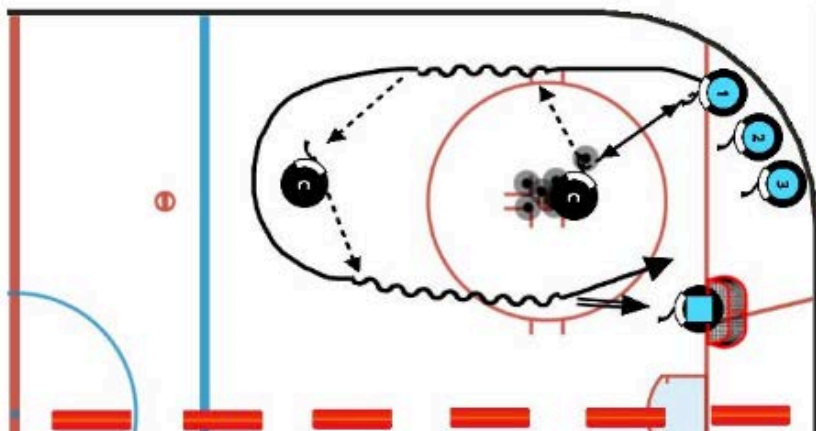
This drill works on passing and moving in motion, receiving the puck while on the move, and simulates a typical offensive sequence in progression.

Equipment :

- Cones
- Pucks

Master Coach's Tips:

- If needed, double the course and create two stations to increase player engagement and the number of repetitions.
- Emphasize an explosive move to get open immediately after the first pass to create space.
- Focus on precise passing rather than rushing through the drill quickly.
- Ensure receptions are made while moving, with the player's head up.
- Encourage the passer to make sure the teammate without the puck is ready to receive before making the pass.



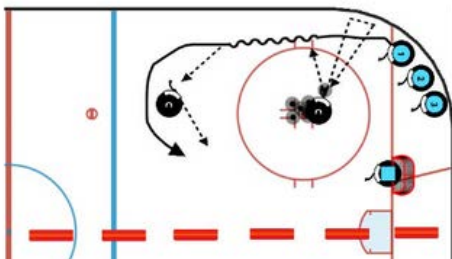
Variations:

- The second pass is made indirectly, either along the boards or in front of the player who picks it up on the move.
- The coach raises their stick and must lower it to signal they are available to receive the pass. The player keeps control of the puck until the coach is ready.

Progression 2 :

Same drill, but the player starts pressed with her back against the boards. The first pass is made indirectly, along the boards. The player can receive the puck using her skates.

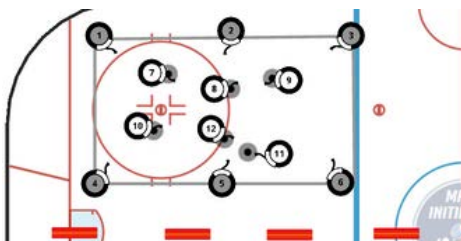
Use this progression to develop different passing reception techniques in tight spaces along the boards.



Progression 3 :

Mix-up: Divide the players into two groups. Half of them are positioned to form a square around the playing area. If needed, mark the spots with cones or chalk. The others start with a puck in the center of the square. They move freely, look for an open teammate to pass the puck to, and then switch places. The drill continues without stopping.

Use this progression to emphasize availability, eye contact, and communication between the puck carrier and the player without the puck. Encourage a quick move after the pass or reception to jump into open space (pass and go, pass and follow).



Objectives :

- MAHG 2: Take control of the puck directly, both in a stationary position and while moving.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.

Drill Description:

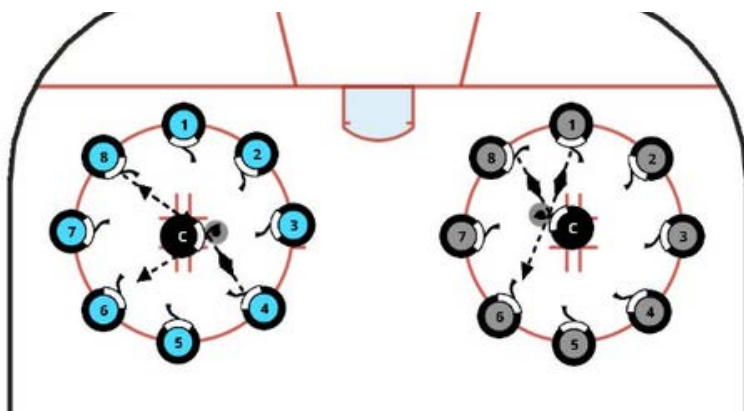
Form a circle of six to ten players. The coach stands in the center of the circle with a puck. One by one, the coach faces a player and passes the puck to them. At the moment of the pass, the coach gives the command “push” or “catch” to the player. If the coach says “push,” the player receives the pass and immediately pushes it back to the coach. If the coach says “catch,” the player receives the puck and holds onto it. After a few seconds, they return it to the coach to continue the game. If a player makes a mistake, they continue the game kneeling, then sitting. The game resumes when only one player remains standing. The coach can vary the pace to challenge the players’ concentration. This drill develops players’ alertness and cognitive reactivity. It also improves technical reception skills with the stick or skates, while keeping a fun and engaging atmosphere.



Pass reception

Equipment :

- Pucks

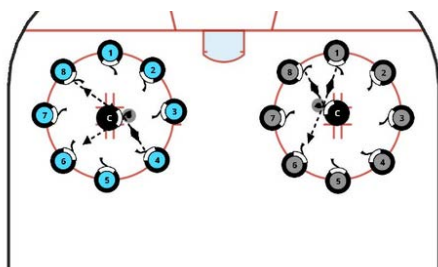


Master Coach's Tips:

- Clearly explain the instructions before starting.
- Quickly introduce variant 2 to keep players focused and increase the challenge.
- Start slowly, then gradually speed up the pace to raise the difficulty.
- Praise good reactions rather than focusing on mistakes, especially with younger players.
- Encourage players to keep their eyes on the coach to pick up visual signals.

Variations:

- Opposites: Reverse the instructions. The player must catch if the coach says push, and vice versa.



Progression 2 :

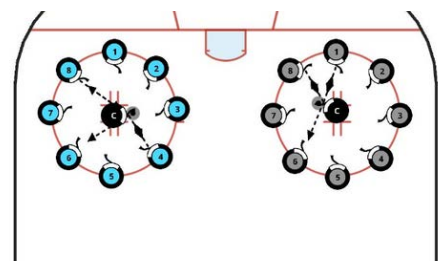
Backhand stick drill: Same principle, but the command determines the side of the pass reception—forehand or backhand.

Use this progression to incorporate receiving passes on both the forehand and backhand sides.

Progression 3 :

Skate-stick drill: Reception is made with the skates or the stick instead of push or catch.

Use this progression to develop hand-foot coordination once precise stick receptions are mastered.





Pass reception

Objectives :

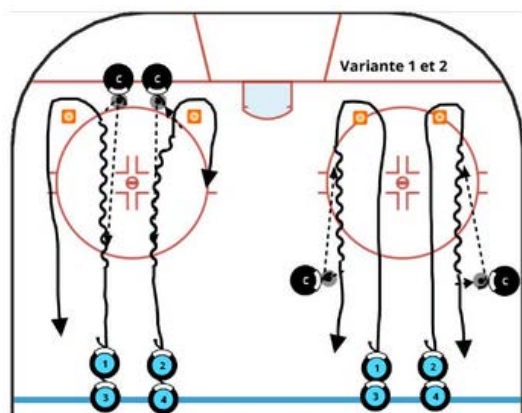
- MAHG 2: Take control of the puck directly, both in a stationary position and while moving.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.
- MAHG 4: Advance the attack by passing to an open teammate (carrier) and moving into open space to receive the puck (non-carrier).

Drill Description:

The initiation coach lines up the players in columns, who take turns skating toward them. They stop and receive a pass. They then skate with the puck back to the coach and return to the end of the line. Reception is done only on the forehand side. This drill aims to work on controlled pass reception while developing the ability to consistently combine reception, puck handling, and passing in preparation for game progression. Progressions 2 and 3 help develop the recognition of passing lanes.

Equipment :

- Cones
- Pucks

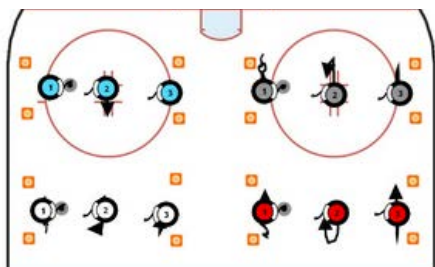


Master Coach's Tips:

- Make the pass only if the stick blade is on the ice.
- Ensure players come to a complete stop before receiving the pass.
- Remind players that reception is only on the forehand side, with the blade properly positioned to offer a good target.
- Emphasize a precise and controlled return pass to the coach. Accurate passes will be important for progressions 2 and 3.
- Maintain a steady pace in the lines to ensure smooth rotation and avoid downtime.

Variations:

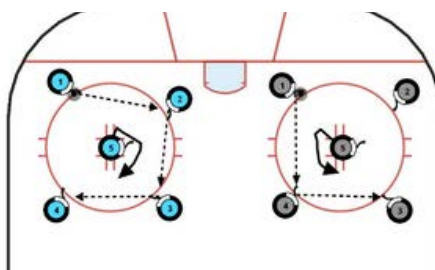
- Same drill, but the player must go around a cone, stop, and receive the puck. Change columns each turn.
- Same exercise as variation 1, but after receiving, the player drops to his knees before bringing the puck back to the initiation coach.



Progression 2 :

The spy who intercepts the message: Divide players into groups of three. Two players face each other, 5 meters apart, each with a 3-meter-wide zone to move sideways. The third player is in the middle with their stick turned upside down and must intercept the pass to take the passer's place. They are not allowed to directly steal the puck. The intercepted player becomes the new spy.

Use this progression once players are able to make passes to a target and consistently maintain puck control when receiving.



Progression 3 :

The initiation coach forms teams of four or five players. Each team spreads out around a circle. The spy (with or without a stick) stands in the center of the circle trying to intercept the wrist passes that the other players make around the outside of the circle.

Use this progression once players have mastered static passes. This format requires movement and puts more pressure on the passer.

Objectives :

- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.

Drill Description:

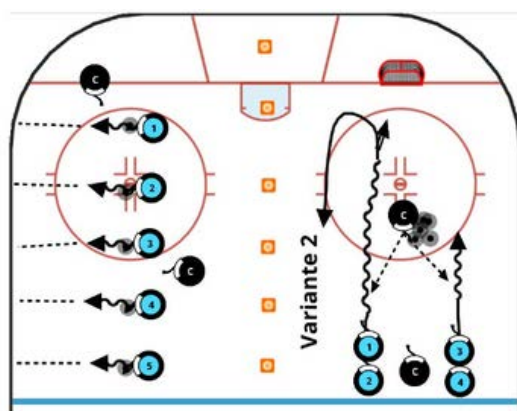
Set up stations so that every player has a target to aim for (cone, hoop, mini-net, target taped to the boards, etc.). About 3 meters from the boards, the player skates slowly, glides, performs a snowplow stop on one skate, and takes a shot. Each time the player makes two successful shots, they move back to shoot from a greater distance. The goal is to progressively succeed in making the longest shot that hits the target. Encourage the player to continue moving toward the target after the shot to emphasize forward weight transfer.



Sweeping shot and wrist shot

Equipment :

- Cones
- Pucks

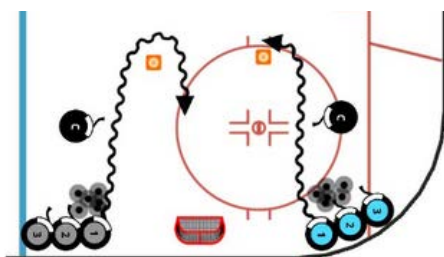


Master Coach's Tips:

- The coach signals when to shoot and when to retrieve the puck.
- If needed, set up multiple shooting stations.
- Encourage players to follow through their shot with a forward push to reinforce weight transfer.
- Remind players that accuracy is more important than power.
- Vary the types of targets to boost motivation and technical adaptation.
- Provide frequent encouragement and feedback to support individual engagement.

Variations:

- To break down the movement and emphasize weight transfer onto the stick, the player glides on one leg while lifting the leg opposite their stick before taking the shot.
- The coach sets up two lines. Players skate, receive a puck from the coach, and take a shot while moving.



Progression 2 :

The player starts level with the net. They skate around the cone while controlling the puck and take a shot on the move.

Use this progression to integrate shooting in motion and after a slight off-balance (turn). It forces the player to reposition properly before taking the shot to ensure effective weight transfer.

Progression 3 :

Shooting course: Player O1 starts with the puck, skates around the cone, and takes the first shot. Then, they head toward the second net, receive a pass from the coach, and take a shot while moving. They continue behind the net and stop at the boards. The coach passes the puck along the boards to the player. The player retrieves it and skates around the cone again for a third shot.

Use this progression to integrate a variety of shots in motion and after receiving a pass.



Objectives :

- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.

Drill Description:

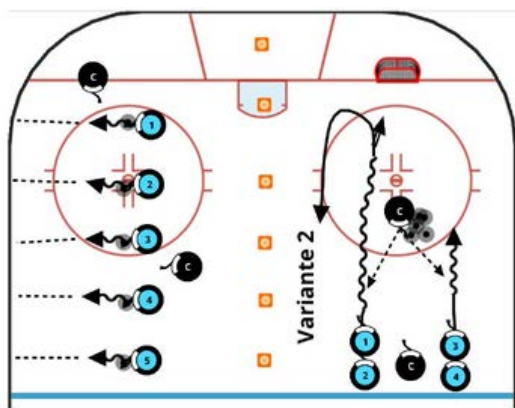
Set up stations so that every player has a target to aim for (cone, hoop, mini-net, target taped to the boards, etc.). About 3 meters from the boards, the player skates slowly, glides, performs a snowplow stop, and takes a backhand shot. Each time the player makes two successful shots, they move back to shoot from a greater distance. The goal is to progressively succeed in making the longest shot that hits the target. Encourage the player to continue moving toward the target after the shot to emphasize forward weight transfer.



Backhand sweep shot

Equipment :

- Cones
- Pucks

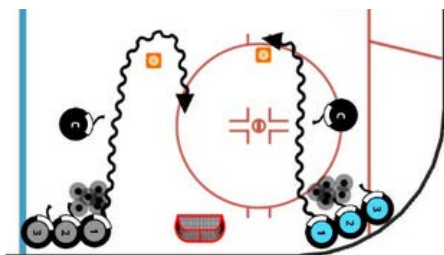


Master Coach's Tips:

- If needed, set up multiple shooting stations.
- Add targets and encourage players to aim for a specific part of the net (high/low, left/right).
- Provide frequent encouragement and feedback to support individual engagement.

Variations:

- The coach forms 2 columns. The players skate, receive a puck from the coach and take a shot while moving.



Progression 2 :

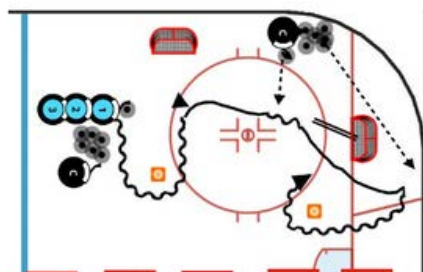
The player starts at the same height as the net. He goes around the cone with the puck and take a shot while in motion.

Use this progression to work on shooting in motion and after a slight loss of balance (turn). It forces the player to take the shot without pulling the puck back to their forehand side or by protecting it on the backhand side, depending on the direction of the turn.

Progression 3 :

Shooting course: Player O1 starts with the puck, skates around a cone, and takes a first shot. They then head toward the second net, receive a pass from the coach, and take a shot while in motion. The player continues skating behind the net and stops at the boards. The coach passes the puck along the boards. The player retrieves it, skates around the cone again, and takes a third shot.

Use this progression to integrate a variety of shots in motion and after receiving a pass.





Wrist shot

Objectives :

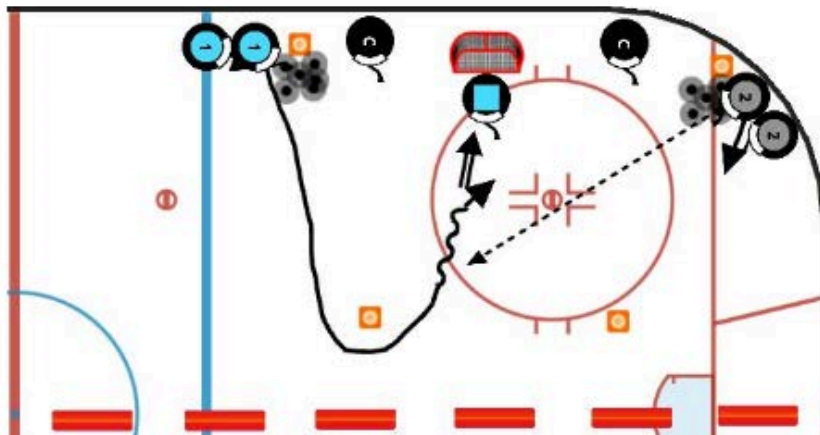
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.
- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.

Drill Description:

Place a line of players on each side of the net. If needed, double the drill by setting up one net along the boards and another on the goal line. Player O1 skates without a puck, receives a pass from O2, and takes a shot on goal. After making the pass, O2 then skates without the puck, receives a pass from O1, and takes a shot. This drill helps develop a quick transition between receiving a pass and shooting. It emphasizes the wrist shot, as the player is facing the net and moving toward it.

Equipment :

- Cones
- Pucks



Master Coach's Tips:

- Emphasize a well-placed, flat pass along the ice to make it easier for the shooter.
- Make sure the reception is done in motion, without slowing down or stopping.
- Encourage a stable ready position and free hands during the reception and the shot.
- Keep a steady rhythm between the two lines to avoid delays.
- Double the drill (with two nets) if needed to keep all players active and reduce waiting time.

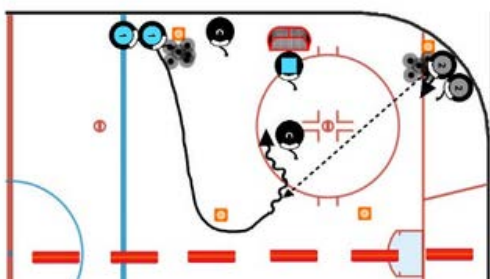
Variations:

- Give players a specific target to aim for (high/low, left/right).
- Reduce the time between receiving the pass and taking the shot.

Progression 2 :

Move the turn farther from the net to create space for the player to carry the puck after receiving it. In front of the net, a coach applies pressure, forcing the player to their backhand or forehand side. The player then takes the appropriate type of shot.

Use this progression to develop different shooting techniques based on puck protection or to force the player to reposition the puck before taking the shot.



Objectives :

- MAHG 2: Control the puck on both sides of the body.
- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.
- MAHG 4: Reach an opponent to regain puck possession (forechecker) or mark them (defender).

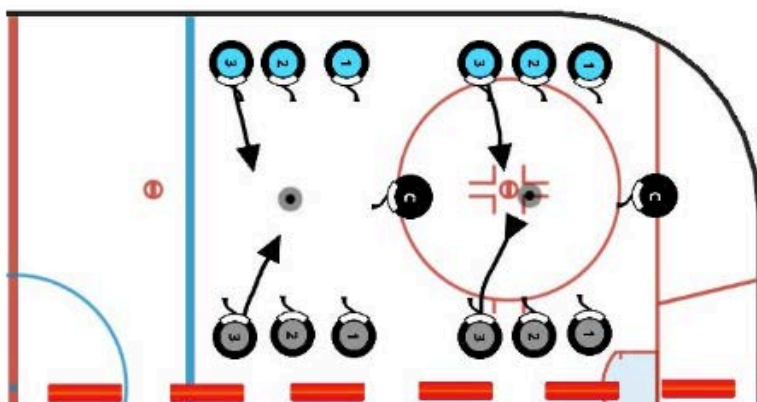
Drill Description:

Place players in teams of three, facing each other about 6 meters apart. Each player is assigned a number from 1 to 3. A puck is placed in the center. When the coach calls out a number, the two players with that number race to gain control of the puck and bring it back to their team's side to score a point. The two players can battle for the puck for a few seconds. This drill develops reaction speed, competitiveness, and puck control under pressure. It also improves the ability to engage in puck battles while encouraging quick thinking and effective puck protection.



Puck protection

Equipment : • Marker • Pucks • Cones

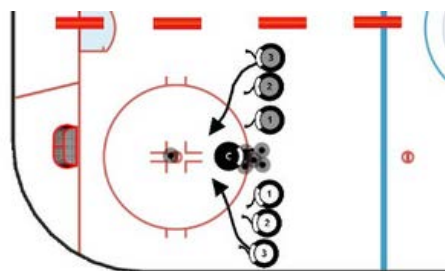


Master Coach's Tips:

- Watch for false starts.
- Manage the environment to ensure players gain puck possession with their stick—not through body contact.
- Use a clear and energetic vocal signal to start each battle.
- Emphasize a low, ready position for an explosive start.
- Encourage players to protect the puck with their body by pulling it to their own side.
- Call out numbers quickly and randomly to keep all players alert and engaged throughout the drill.

Variations:

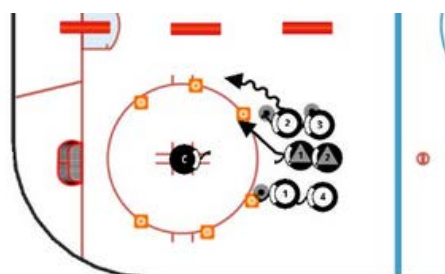
- Modify the players' starting positions (lying down, kneeling, etc.).



Progression 2 :

Place the players in a single line with a net at the far end of the zone. The puck is placed freely on the ice at least 3 meters away. At the coach's signal, the two players whose numbers are called sprint for the puck and then continue toward the net. After the play, players return to the line by skating around the outside. If needed, shorten the distances and double the number of stations.

Use this progression to encourage players to position their body between the opponent and the puck before gaining possession, and to protect the puck at high speed.



Progression 3 :

The Circle Race: Divide players into groups of three: two puck carriers numbered 1 and 2, and one chaser positioned between them. Set up two arcs using cones or mark a circle. At the coach's signal, the coach calls out either 1 or 2. The called player makes a quick start with the puck and tries to skate around the outside of the circle to reach the net. The chaser takes the path of their choice to try to steal the puck before the carrier reaches the net.

Use this progression to encourage the chaser to take a more direct line toward the net they are protecting rather than simply following the puck carrier. This also forces the puck carrier to keep the puck away from the defender.

Objectives :

- MAHG 2: Control the puck on both sides of the body.
- MAHG 3: Maintain static balance against an external force.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

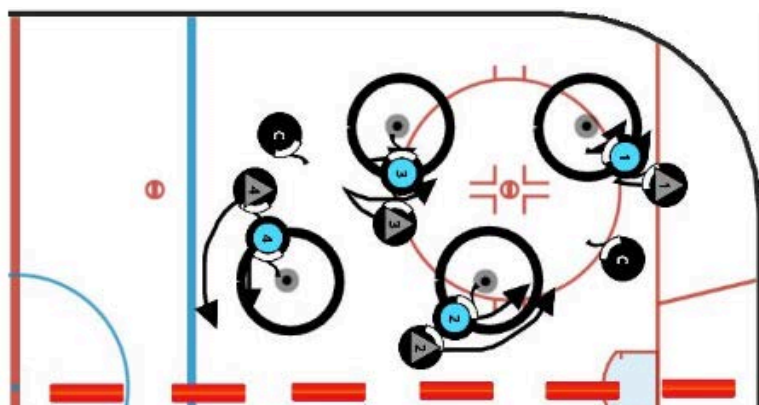
Players are paired up without sticks, one as the chaser and the other as the protector. Draw a circle about 0.5 meters in diameter and place an object to defend (cone, ball) at the center. The chaser starts outside the circle and aims to touch the object to move it. The protector starts inside the circle and must protect the object by blocking with their body. This exercise helps develop puck protection concepts, preparing players to use their body to shield a space or an object—an essential skill during game situations, with or without the puck.



Puck protection

Equipment :

- Cones • Marker • Pucks • Balls



Master Coach's Tips:

- Emphasize a stable and low stance for the protector.
- Remind the protector to keep their body between the chaser and the object.
- Remind the chaser to vary their angles of approach to force the protector to adjust.
- Encourage the protector to position themselves sideways or with their back to the chaser to avoid exposing the puck.
- Rotate roles frequently so each player experiences both attacking and defending.

Variations:

- With stick: The protector cannot touch the object directly and must use their stick to block the chaser's stick.
- Place the "nest" (circle) along the boards to reduce the available space.

Progression 2 :

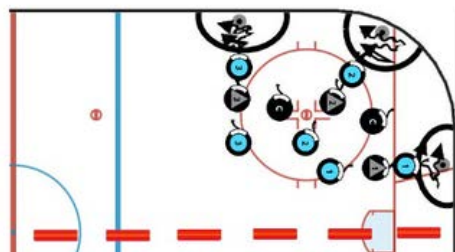
Replace the object with a puck. The protector starts with their back to the chaser, controlling the puck while staying inside the circle. The chaser's goal is to make the protector lose possession so that the puck leaves the circle. At the first signal, the players compete for about 15 seconds while remaining inside the circle. At the second signal, the battle continues throughout the entire zone for another 15 seconds. Then, switch roles.

Use this progression when players are able to use their body to protect the puck in a static situation. It introduces puck protection in motion and the use of stickhandling.

Progression 3 :

Two-on-one in a tight space: Add a second protector (supporting non-puck carrier) positioned statically about 2 meters behind the "nest." The chaser applies pressure on the first protector to take the puck away. The protector can protect the puck by passing it to their supporting teammate. Repeat the sequence by switching roles.

Use this progression to introduce the concept of support in a one-on-one battle and to encourage the puck carrier to find a free teammate when being pressured.





Puck protection

Objectives :

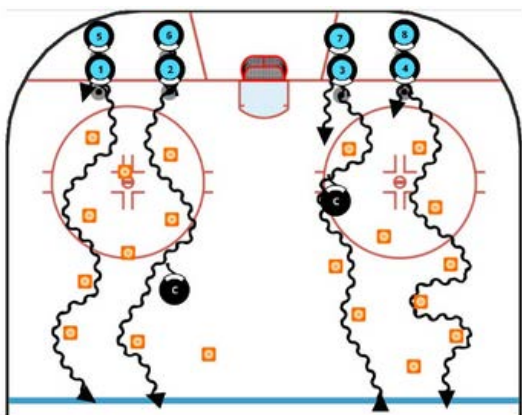
- MAHG 2: Control the puck on both sides of the body.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

The initiation coach organizes the players in waves. On the signal, the players must skate across the zone while dribbling the puck through cones placed in the area and feinting the coaches. Encourage the players to keep the puck as far away from the cones as possible. This drill helps develop puck-handling skills while progressively building the ability to protect the puck in motion and maintain control in the presence of opponents. It also encourages players to adjust the distance between the puck and the opponent to maintain possession.

Equipment :

- Cones • Marker • Pucks

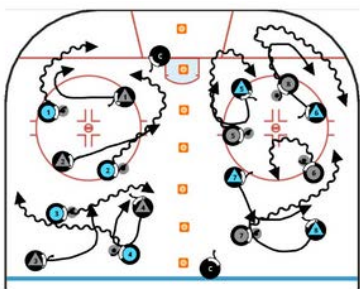


Master Coach's Tips:

- Encourage players to keep their eyes forward rather than looking down at the puck.
- The focus is on puck protection (using hands and body) rather than getting open (speed and changes of direction).
- Correct body positioning: bent knees and hands clear to stay stable while protecting the puck.
- Emphasize the importance of keeping the puck away from the cones to exaggerate the feinting movement.
- Play an active role as the coach by feinting and varying your position to stimulate game reading.
- Adjust the cone setup (spacing, alignment) to modify the difficulty level.

Variations:

- Rather than skating in waves, players move freely within the zone.



Progression 2 :

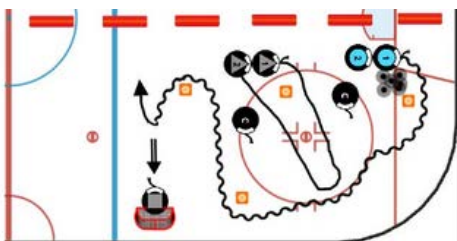
Place the players in pairs, one puck carrier and one chaser with their stick upside down. At the coach's signal, the puck carriers move within the zone, protecting their puck from the chaser. After 1 minute, switch roles. Allow the chaser to hold the stick normally (right side up) to increase the difficulty level.

Use this progression when players are able to maintain control of the puck by keeping it away from their body and dribbling on both sides.

Progression 3 :

Individual run: The coach forms two groups. The offensive player starts with the puck, skates around the cone, fakes the defensive player who is moving toward them, then goes around the defender and takes a shot on goal. Coaches can intervene during the course to try to make the player lose possession of the puck.

Use this progression to emphasize the combination of different progression techniques in a more controlled environment.



Objectives :

- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Reach an opponent to regain puck possession (forechecker) or mark them (defender).

Drill Description:

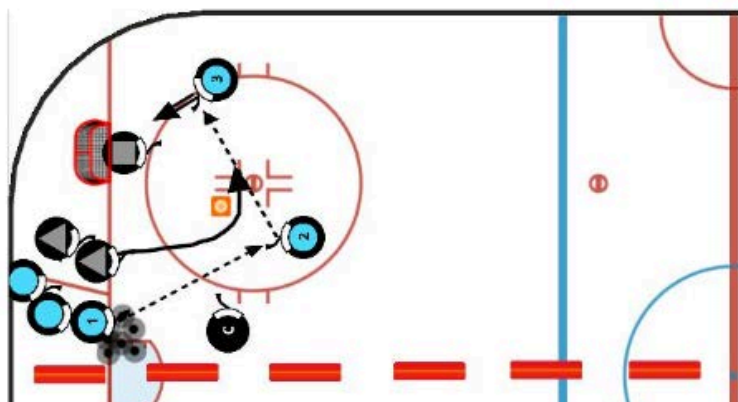
The coach positions three offensive players in a triangle around the net and one defensive player between O1 and the goal. The defensive player holds their stick upside down. At the coach's signal, O1 must pass to O2, then O2 to O3 for a shot on goal before the defensive player can intercept the puck. The defensive player's role is to chase the puck while staying inside the triangle to protect the net. This exercise develops quick passing execution in the offensive zone and the ability to create a fast shooting lane under defensive pressure. It also allows the defensive player to work on anticipation and stick positioning to cut off passing lanes.



Angling

Equipment :

- Cones
- Pucks
- Goal

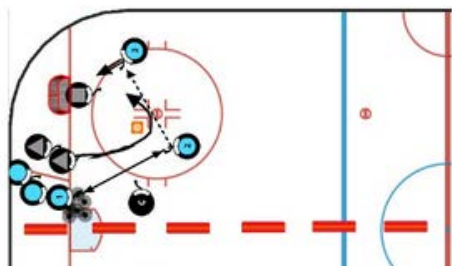


Master Coach's Tips:

- The defensive player must follow the puck and not go directly to the shooter.
- After each attempt, rotate the offensive players.
- Clarify the chaser's role: pursue the puck while protecting their net.
- If needed, set up multiple stations of the same drill along the boards.

Variations:

- The defensive player holds his stick in the normal (right) position.



Progression 2 :

Same positioning, but the offensive players can pass the puck back to their previous teammate instead of only moving it forward from O1 to O2 and then O2 to O3. Passes directly between O1 and O3 remain prohibited, and O3 is still the only one allowed to take a shot.

Use this progression when the defensive players are able to keep up with the puck's movement. The backward passes force the defender to quickly change direction while working on different passing and receiving techniques.

Objectives :

- MAHG 4: Reach an opponent to regain puck possession (forechecker) or mark them (defender).

Drill Description:

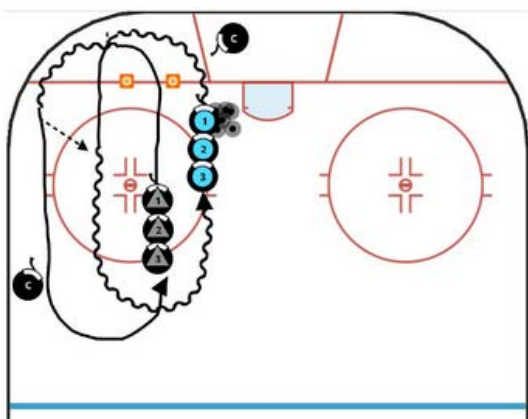
Place the players in two lines and set up two cones to guide their skating path. Double the exercise if needed. The offensive player skates with the puck toward the corner, following along the boards. The defensive player (the chaser) follows closely and approaches the puck carrier to try to take the puck away. Once she recovers the puck, she carries it and passes it back to the offensive player who has moved to open space. Switch roles after several repetitions so all players experience both carrying the puck and chasing. This drill develops the approach angle to the puck carrier and proper stick positioning in a controlled environment. Emphasize approaching at an angle—from the center toward the boards—instead of taking a direct path to the puck.



Angling

Equipment :

- Cones
- Marker
- Pucks

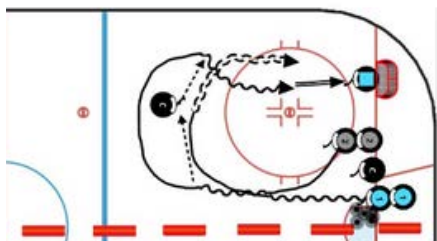


Master Coach's Tips:

- Ask the offensive player to adjust their speed to allow the defensive player to make their approach.
- Ensure the puck recovery happens within the area marked by the square.
- Keep the restarts quick to keep players active and increase repetitions.
- Remind the defensive player to approach at an angle, keeping the stick on the ice to cut off passing options.
- Encourage the player to look for available options as soon as they regain possession of the puck.

Variations:

- Adjust the distance between players at the start to vary the level of difficulty.
- Change the chaser's starting position (kneeling, sideways, lying down) to emphasize a quick start.



Progression 2 :

O1 starts the drill with the puck. O2 approaches the puck carrier and lifts O1's stick to gain possession of the puck. O2 then skates, passes to the coach, circles around them, and must try to get past O1, who has now become the defender. Afterwards, the players switch roles.

Use this progression to introduce the concept of role change following a puck recovery or a turnover.

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

Drill Description:

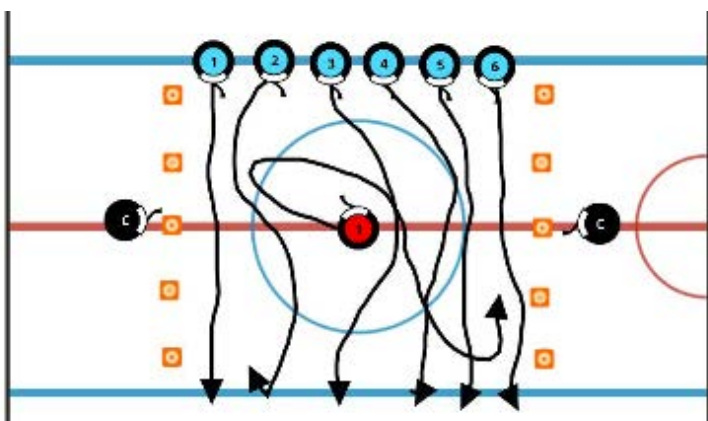
Mark a starting line on each side of the zone, as well as a central zone where the bulldogs stand. The exercise is done without sticks. At the signal, the players must cross the central zone while avoiding being tagged by the bulldog. If a player is tagged, they also become a bulldog for the following rounds. The game ends when only three players remain untagged. For each wave, players must wait for the signal before crossing again. This game promotes agility, marking, and getting open in a fun and motivating context.



Marking/Getting open

Equipment :

- Cones



Master Coach's Tips:

- This exercise helps teach concepts of marking and getting open.
- Emphasize the importance of keeping the head up and watching the movements of the chaser.
- Monitor contacts to ensure tags are made without pushing.
- Encourage players to vary their paths and to slow down or speed up to avoid being tagged.
- Encourage the bulldogs to identify a specific player to chase.
- Give a clear signal for each start to prevent premature runs and maintain safety.

Variations:

- Reduce the playing area to create “mini-games” of bulldog in a confined space, with one-on-one or groups of 3-4 players.



Progression 2 :

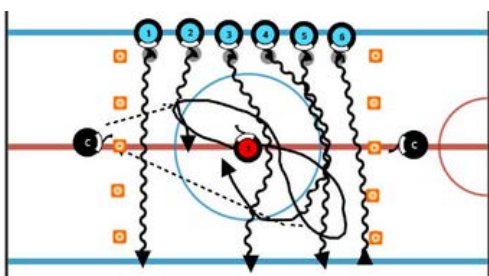
The exercise is done with sticks. The bulldog must touch the blade of the player's stick to eliminate them.

Use this progression once players have integrated the concepts of changing direction and speed for getting open (démarquage) and identifying the player to chase for marking (marquage). It introduces the idea of approaching the puck carrier using the stick.

Progression 3 :

Same exercise, but the players have a puck. The bulldogs do not have a puck and must force the puck carriers to lose possession as they cross.

Move to this progression to develop puck control and one-on-one fakes in tight spaces.



Objectives :

- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Advance the attack by moving into open space to receive the puck (non-carrier).

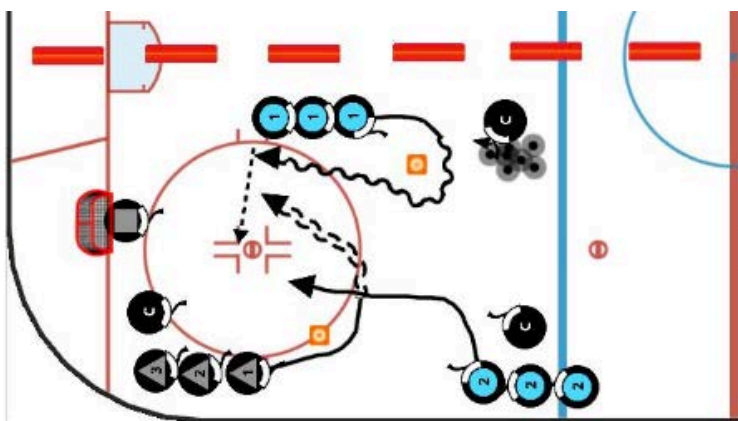
Drill Description:

Divide the group into three lines: two offensive and one defensive. The players will rotate through all roles during the exercise. The players start at the same time. The defensive player skates around the cone and pivots to skate backwards, facing the two offensive players. While the defender is pivoting, the coach passes the puck to one of the two offensive players. The offensive players must get free from the defender's coverage by passing the puck to each other. The defender must close the gap to the puck carrier to cut off space and can only take possession by intercepting a pass. The attack continues until a shot on goal or an interception by the defender. This drill develops the non-carrier offensive player's ability to get open intelligently in a two-on-one situation. It encourages reading the defensive play and creating a clear passing lane to support the puck carrier while maintaining offensive pressure.



Marking

Equipment : • Cones • Pucks • Goal



Master Coach's Tips:

- Encourage the non-carrier player to move away from the puck carrier to create a passing lane that gets them open from the defender.
- Emphasize the importance of keeping their head up to read the defender's position and the right moment to make the pass.
- Ensure the non-carrier player stays at a realistic distance to receive the pass.
- Introduce visual and verbal communication cues between the two attackers.
- Allow several repetitions in the same role before switching positions.

Variations:

- The defensive player has his stick reversed to reduce the difficulty level.
- Vary the starting position of the defender relative to the carrier or non-carrier.

Objectives :

- MAHG 3: Take control of the puck directly and indirectly without stopping its movement.
- MAHG 4: Reach an opponent to regain puck possession (forechecker) or mark them (defender).

Drill Description:

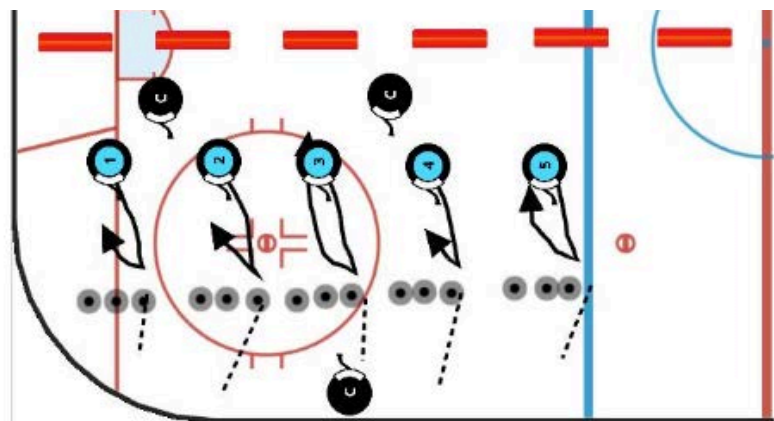
Place the players in their basic positions scattered throughout the zone and place three pucks about two stick lengths in front of each player. At the coach's signal, the players quickly move forward to sweep the puck on the left, then return to their position. Repeat for the next two pucks. Once the technique is well mastered, add a stationary player in front of the pucks to create an obstacle. This drill develops quick execution and stick control during the poke check. It prepares players to quickly intervene with their stick to make the opponent lose puck possession.



Poke checking

Equipment :

- Cones
- Pucks

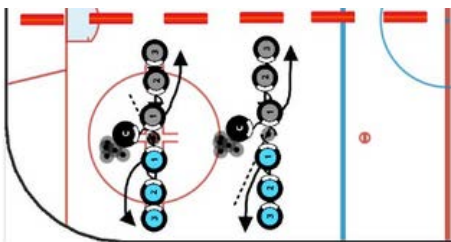


Master Coach's Tips:

- Ensure the player attacks the puck or the opponent's stick blade directly, rather than sweeping the ice with their stick.
- Check that the player's base position is stable before attempting the poke check: knees bent, stick on the ice, eyes looking forward.
- Encourage explosive starts to reach the puck quickly and with speed.
- Gradually add a protector to stimulate reading the opponent's body and stick movements.
- Emphasize the importance of quickly returning to the base position after a poke check.

Variations:

- The player protecting the pucks is allowed to move.
- Add targets where the player must direct the puck when performing the poke check.



Progression 2 :

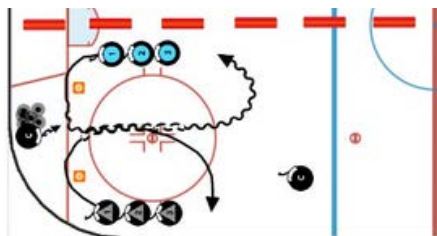
One-on-one challenge: Divide the group into two teams of two to four players per coach. Each team lines up so that the first players of each team are about one stick length apart from the center point. When both players are ready, the coach drops a puck on the ice between them. To win the duel, the player must poke check the puck behind their opponent.

Use this progression when players are able to perform a precise poke check directly toward a stationary puck. This challenge helps increase execution speed and varies the direction of poke checks randomly.

Progression 3 :

Both players start at the same time. The offensive player skates around the cone and receives a pass from the initiation coach while the defensive player skates around their cone, pivots, and positions themselves facing the attacker. The attacker stays facing the defender and keeps the puck on the blade in front of them. The defender tries to poke check the puck.

Use this progression to work on poke checking in a one-on-one skating situation. The defensive player can be positioned directly in front of or beside their opponent to vary the direction of the poke check.



Objectives :

- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Reach an opponent to regain puck possession (checker) or to mark them (defender).
- MAHG 4: Know the difference between attacking the opponent's goal and defending your own goal.

Drill Description:

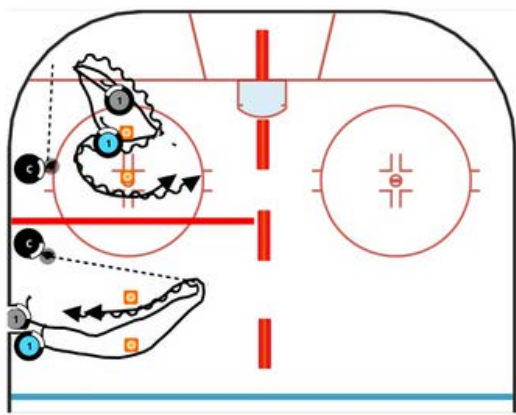
Set up two playing areas per zone. Place two cones to form a gate at the center of each playing area. The game is played one-on-one. The coach drops a loose puck between the two players. A player scores a point each time they successfully carry the puck through the gate. Switch players every 15 seconds. Encourage the defensive player to position themselves between the puck carrier and the gate to defend their territory. This drill helps develop one-on-one skills with direct opposition, emphasizing puck protection for the carrier and defensive positioning for the non-carrier.



Poke checking

Equipment :

- Cones
- Pucks



Master Coach's Tips:

- Remind the puck carrier to keep the puck close and use their body to protect it.
- Emphasize that the chaser should position themselves between the gate and the carrier, staying low and mobile.
- It is not necessary to keep score; points serve only to give a clear objective to the game.
- Limit each duel to 10–15 seconds to maintain intensity and rotate players frequently.
- Value defensive efforts as much as scoring points to reinforce role balance.

Variations:

- Identify a defensive player and an offensive player before each repetition.
- Players should already be positioned at the start of the exercise.



Progression 2 :

Increase the number of players (two against two). Players can also score a point by completing a pass through the gate.

Use this progression to introduce the concept of marking and getting open. The non-puck carrier must position themselves between the gate and their defender to open a passing lane that counts as a point.

Objectives :

- MAHG 2: Accelerate forward from a static position.
- MAHG 3: While moving, dodge an obstacle by changing your body position.
- MAHG 4: Reach an opponent to regain puck possession or to mark them.

Drill Description:

Form two teams: the cops and the thieves. Place a ball (the “diamond”) on a cone about 2 meters in front of the cops’ baseline. The thieves start behind their own baseline, opposite the cops’ line. Their goal is to grab the ball and bring it back behind their line without being tagged. The cops must protect the ball. They can leave their zone to tag a thief, but only if the thief has left their own zone. If a thief successfully brings the ball back, their team scores a point. If a cop tags a thief (with or without the ball) before the thief returns to their zone, the thief is out. However, if the cop misses the tag, the cop is out instead. Thieves can use fakes and aren’t required to try to steal the diamond every time. Switch roles after each attempt, whether the theft is successful or not.



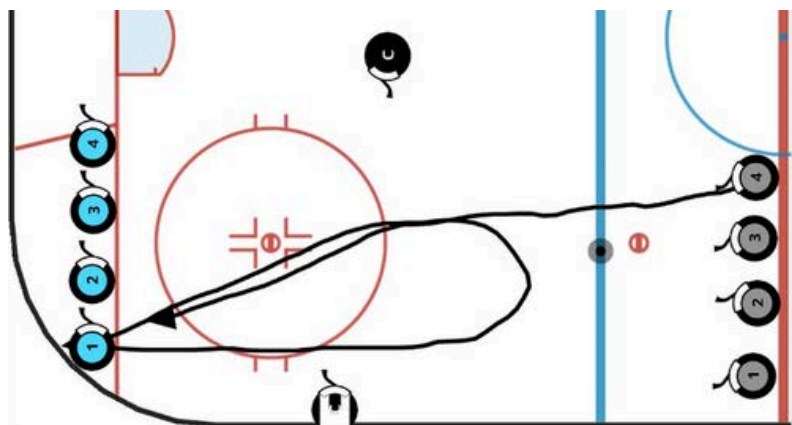
Marking

Equipment :

- Cones
- Balls

Master Coach's Tips:

- Clearly mark the zones with cones to avoid any confusion about when players can be tagged.
- Encourage the thieves to vary their approaches: fakes, changes of speed, and dodging to develop their evasion tactics and agility.
- Emphasize to the cops the importance of timing when stepping out: too early risks elimination, too late means a successful theft.
- Promote safe play: tags must be light and without excessive contact.
- Cops should keep their eyes sweeping the opponents and communicate with each other to identify which thieves to watch closely.



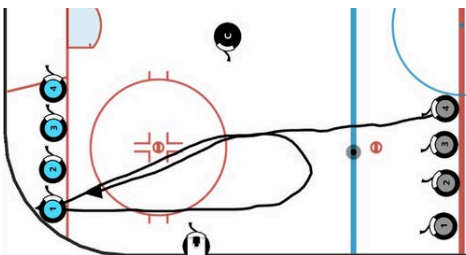
Variations:

- Add more diamonds or reduce the number of players to vary the difficulty level.
- Eliminated players go to the active waiting area where a coach gives them movements or exercises to do.

Progression 2 :

The coach determines the number of thieves sent out in each wave. The others can stay in the safe zone. If the diamond is stolen, the police can double-team the marking. Otherwise, encourage them to maintain close or loose coverage.

Use this progression to emphasize the defensive roles (chaser/marker) of the police.



Objectives :

- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.
- MAHG 4: Reach an opponent to regain puck possession or to mark them.

Drill Description:

The initiation coach divides the players into three groups: O1 (puck carrier), O2 (support player), and D1 (defender). The defender is positioned in the center of the zone, facing the attackers and ready to move to protect their net. Both attackers start at the same time, making sure not to go offside, and attempt to beat the defender by passing or skating around them. This drill is designed to work on offensive play in a two-on-one situation, emphasizing teamwork between the puck carrier and the support player to create an opening against an active defender. It also introduces offside awareness, timing the zone entry, and reading the defender's movements. On the defensive side, the drill helps players develop gap control, staying between both attackers without overcommitting, and using the stick to cut off passing lanes.

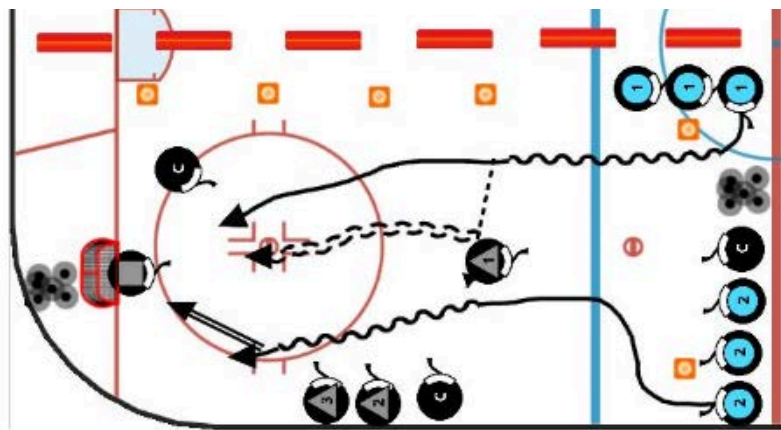


Marking/Getting open

Equipment : • Cones • Pucks • Goal

Master Coach's Tips:

- Emphasize a good support angle from the non-puck carrier, always staying available for a pass.
- Remind players to avoid offside by matching their speed to that of the puck carrier.
- Encourage the puck carrier to force the defender to commit before making the pass.
- Instruct the defender to play actively but with control, keeping their stick on the ice.
- Rotate roles so that all players get to practice each position.



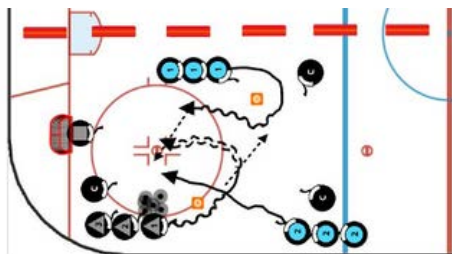
Variations:

- Vary the starting distance between the attackers and the defender.

Progression 2 :

The players start at the same time. The defensive player skates around the cone and passes O1. Then, the defensive player pivots and skates backward to mark the puck carrier. The offensive players must pass the puck and either place it on the cone or take a shot on net.

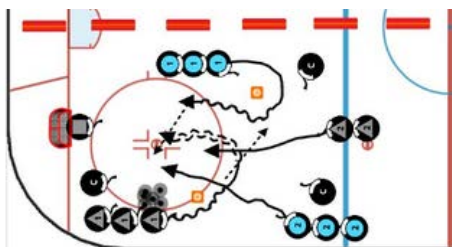
Move on to this progression to force the player who starts with the puck to shift from an offensive role (puck carrier) to a defensive one (chaser/checker) and take responsibility for the puck carrier.



Progression 3 :

Add a second defensive player (D2) at the blue line whose role is to apply back pressure. D2 can start as soon as O1 receives the puck.

Move on to this progression to introduce the concept of coverage during a defensive regroup. Encourage the tracker (D2) to take responsibility for the non-puck carrier, since there is already a defender engaged in the play.



Objectives :

- MAHG 2: Avoid an obstacle while maintaining puck control.
- MAHG 3: Take on challenges and show competitiveness.
- MAHG 4: Know the difference between attacking the opponent's goal and defending your own goal.

Drill Description:

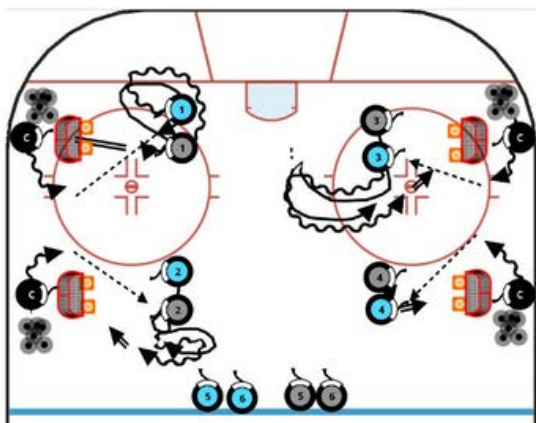
Players are paired up and compete one-on-one in a small-area game. The coach stands behind the net to put new pucks into play. The objective is to knock down two out of three cones to "escape from prison." This drill develops puck control under pressure in tight spaces and improves the ability to protect or steal the puck in a one-on-one situation. Targeting the cones adds a tactical dimension, forcing players to make quick decisions and manage the puck intelligently, rather than just shooting at the net without purpose.



Small zone game

Equipment :

- Cones
- Goals
- Pucks



Master Coach's Tips:

- Position the waiting players along the sides to reduce space and keep the puck in play.
- Maintain a high tempo by quickly putting pucks back into play to sustain intensity.
- Remind players to keep their body between the opponent and the puck to protect it better.
- Watch each battle closely and provide immediate feedback.
- Emphasize improvement and effort, not just points or success.

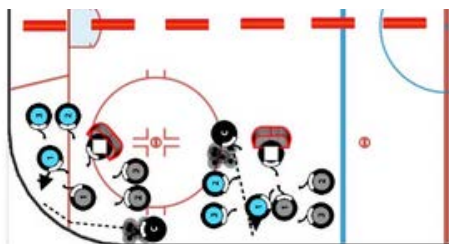
Variations:

- Same exercise, but two against two.
- The exercise can be done with a goalkeeper (MAHG 3-4).

Progression 2 :

The coach places the net about 3 meters from the boards. Then, two players are matched up and can take shots whenever they want.

The position of the net further reduces the available space and increases the number of puck battles along the boards.

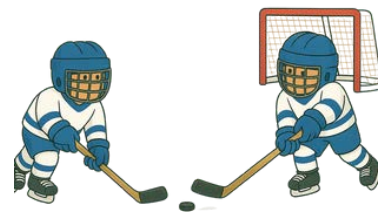


Objectives :

- MAHG 4: Choose from a variety of technical gestures to solve a problem.
- MAHG 4: Advance the attack by passing to an open teammate (carrier) and moving into open space to receive a pass (non-carrier).

Drill Description:

Two players compete in a continuous one-on-one, switching between offense and defense depending on puck possession. They can use the waiting players near the circle to make a pass and create space from their opponent. The passers must remain in their designated areas. Switch players every 30 seconds. This drill develops quick transitions between offense and defense. It also encourages the use of support players to get open, a key principle in team play.



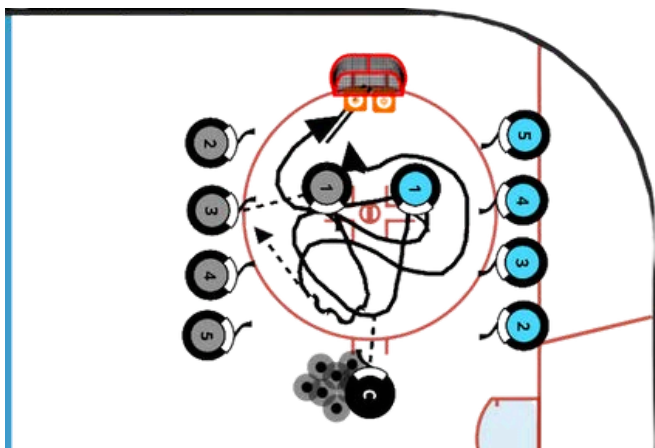
Small zone game

Equipment :

- Cones
- Pucks
- Goal

Master Coach's Tips:

- Add stations to reduce waiting times.
- Encourage players to keep their heads up to spot available passers.
- Remind players of the importance of positioning themselves between the puck carrier and the goal immediately after losing possession.
- Ensure passers stay focused and available within their zones.
- Recognize the efforts of all players.



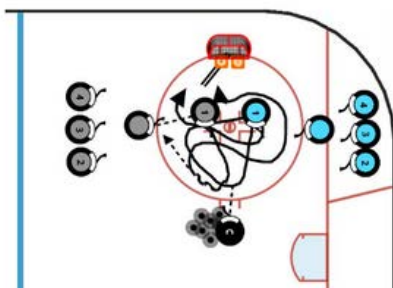
Variations:

- Each time the player takes possession of the puck, he must pass it to the support before taking a shot on goal.

Progression 2 :

The coach designates two players to face off. Then, he places a stationary support player "S" on each side of the net, who can make passes to the players. Additionally, the coach can also act as a support player.

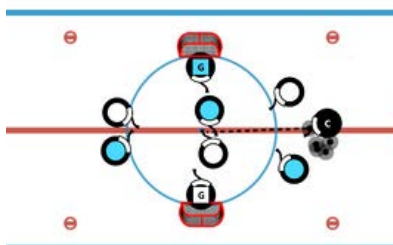
Progress to this stage to reduce the number of available support options and thus force players to gather information on the support's position before passing the puck.



Progression 3 :

Three-on-three opposition. Add a second net. For each team, two support players are positioned outside the faceoff circle on the offensive side. The supports may only move outside the circle and cannot interfere with opposing players. The players inside the circle can shoot, block passing lanes, or take the puck away from the opposing player inside the circle.

Progress to this stage to develop the concept of off-puck information gathering by the support players. Players must observe the opponent's stick position to find passing lanes.



Objectives :

- MAHG 2: Remember and apply the instructions of a drill.
- MAHG 3: Take on challenges and show competitiveness.
- MAHG 4: Know the difference between attacking the opponent's goal and defending your own goal.

Drill Description:

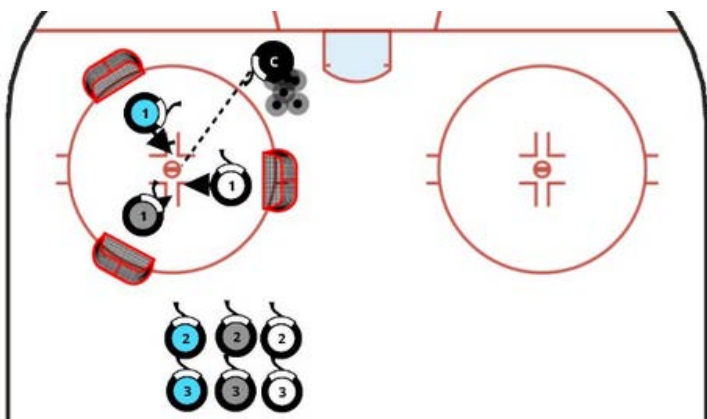
Place three nets around a circle with three players positioned inside the circle in opposition. Each player must defend their own net while trying to score on one of their opponents' nets. A puck is put back into play immediately after a goal is scored or the puck leaves the circle. This drill promotes decision-making, as each player must quickly switch between attacking an opponent's net and defending their own. Encourage players to stay between the puck and their net when they don't have possession.



Small zone game

Equipment :

- Cones
- Pucks
- Pinnies
- Mini goals



Master Coach's Tips:

- Put the pucks into play in a neutral zone where there is no contest.
- Change teams every 30 seconds or after 10 pucks have been put into play.
- Add stations to maintain a balanced action-to-wait ratio.
- Encourage players to double-mark the puck carrier to regain possession.

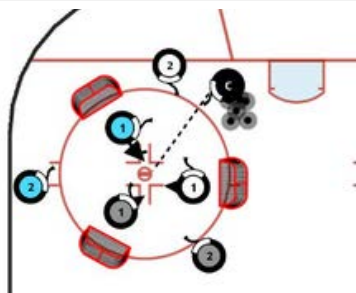
Variations:

- Reduce the number of goals. The player must pass the puck back to the coach before being allowed to take a shot.
- Replace the goals with three cones. Players must knock down the cones to eliminate their opponent.

Progression 2 :

The players waiting are positioned as support around the circle and can receive a pass, but cannot move or enter the circle. They must return the puck to the player who passed to them.

Move to this progression to introduce the concept of support from the non-puck carrier and the give-and-go pass as an attacking tactic for creating space.



Objectives :

- MAHG 2: Remember and apply the instructions of a drill.
- MAHG 4: Reach an opponent to regain puck possession or to mark them.
- MAHG 4: Advance the attack by passing to an open teammate and moving into open space to receive a pass.

Drill Description:

Divide the group into two teams and set up an area equivalent to a face-off circle. For each shift, two players from each team face off. Players must try to place the puck on the opposing team's cone to score a point — shooting is not allowed. Players must stay inside the face-off circle. If the puck leaves the circle, the coach puts a new puck in play to continue the drill. By removing the goal and shooting elements, this drill focuses on positioning, getting open, and puck control in tight spaces.



Small zone game

Equipment :

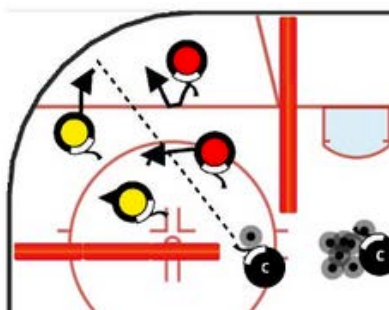
- Cones
- Pucks
- Pinnies
- Goals

Master Coach's Tips:

- Rotate players every 30 to 40 seconds.
- If there are more than eight players, set up two stations.
- Focus on puck control and possession.
- Emphasize on the importance of a strong ready position to react quickly in all situations.
- Reinforce the importance of second-effort plays after losing the puck.
- Remind players not to shoot the puck, but to gently place it on the cone.

Variations:

- Same drill, but add a “coach-joker” positioned in the center of the circle. The joker can try to knock the puck away but must remain stationary.
- Same drill, but place an obstacle in front of the cone to force players to go around it before scoring a point.



Progression 2 :

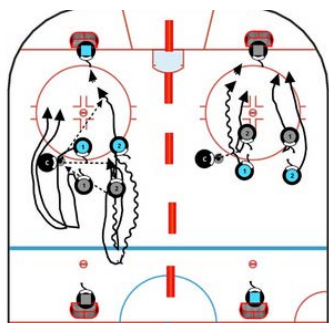
The Jail: Using dividers or waiting players, close off the space so that the 2-on-2 takes place in a corner of the rink or along the boards, leaving only a small exit open. The objective is to escape the “jail” while maintaining puck possession.

Progress to this variation to reduce space and encourage close support during board battles. The defender acting as a monitor must block access to the exit, similar to how they would defend the net.

Progression 3 :

2-on-2 game. Teams can use the support player (S/coach), who moves along the center line to help them advance the play. Encourage the puck carrier to pass to an open teammate or the support to move the attack forward.

Use this progression once the principle of puck possession is well understood. This small-area game allows for a transition into a more game-like situation, while still working within a confined space.



Objectives :

- MAHG 4: Reach an opponent to regain puck possession (forechecker) or mark them (defender).
- MAHG 4: Know the difference between attacking the opponent's goal and defending your own goal.

Drill Description:

Draw a line to divide the playing surface into two zones. The coach creates teams of three players: two in the offensive zone and one in the defensive zone, creating two separate 2-on-1 situations. The game plays out normally, but players must stay in their designated zone. Rotate players every 30 to 40 seconds. This drill develops offensive tactics in outnumbered situations (2-on-1) by forcing players to quickly read passing options and get open in tight spaces. Defensively, it encourages defenders to stay active and become support options when possession is regained.

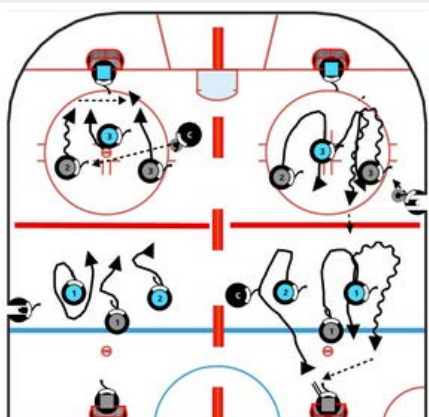


Small zone game

Equipment : • Marker • Pucks • Goals • Pinnies

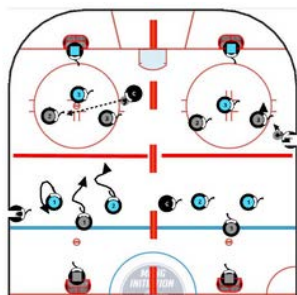
Master Coach's Tips:

- Encourage passing in the offensive zone to take advantage of the numerical advantage.
- Rotate roles regularly (offense and defense) to promote well-rounded learning.
- Correct the defensive positioning of the lone defender (stay between the puck and the net).
- Encourage players to stay active in getting open or marking, even when the puck is in the other zone.
- Keep shifts short to maintain intensity and maximize learning.



Variations:

- Each player must touch the puck before a shot can be taken.
- Limit offensive possessions to 15 seconds to ensure equal involvement.



Progression 2 :

For each team, one player is designated as a “joker” who can move between both zones, following the puck, in order to maintain numerical balance (2-on-2) during all phases of play. This forces attackers to act quickly in transition to take advantage of the temporary 2-on-1 before the defensive support arrives.

Introduce this progression once players are able to exploit 2-on-1 situations through passing and off-the-puck movement without back pressure.

Objectives :

- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Chase the puck carrier to regain possession (Chaser).
- MAHG 4: Overcome challenges and demonstrate perseverance.

Drill Description:

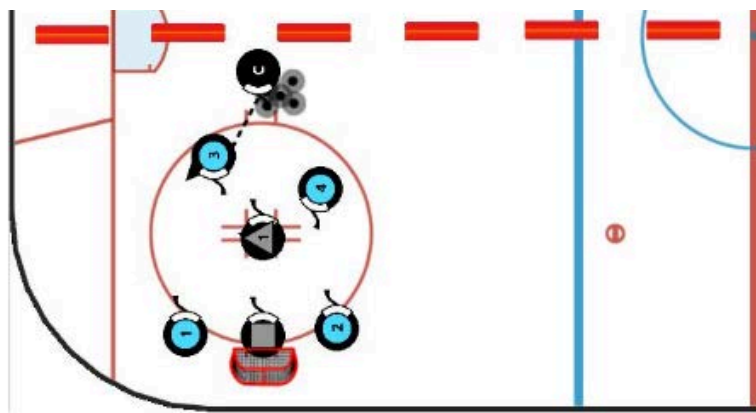
Place two offensive players and one defensive player battling for the puck inside the circle. Add one stationary offensive support player on each side of the net who can only make passes. The offensive players try to score a goal, while the defensive player scores a point for each intercepted pass or puck lifted (harpooned) outside the circle. Rotate players every 20 seconds so everyone gets a good number of defensive repetitions. The focus is on the defensive player, who must stay between the puck and the net while using their stick to block passing lanes.



Small zone game

Equipment :

- Pucks
- Goals

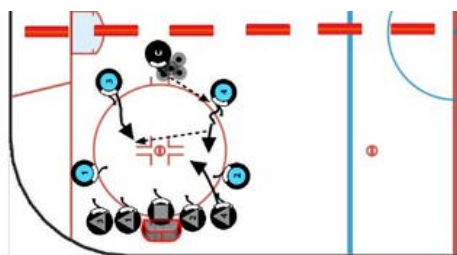


Master Coach's Tips:

- Encourage the defensive players and acknowledge their efforts.
- Add playing zones based on the number of players to maintain active engagement.
- Remind the defensive player to keep their stick active on the ice to cut passing lanes.
- Emphasize the importance of staying positioned between the puck and the net.

Variations:

- All offensive players may take a shot, but must remain around the circle at all times.



Progression 2 :

Place four defensive players kneeling close to the net. Before starting, the team identifies which offensive player each defender will cover. The coach passes the puck to an offensive player to start the play. The defender assigned to that player jumps into the play and defends the 4-on-1 situation.

This progression helps develop team communication skills and individual defensive coverage. To aid understanding, the coach can assign the matchups for the first few repetitions.



Small zone game

Objectives :

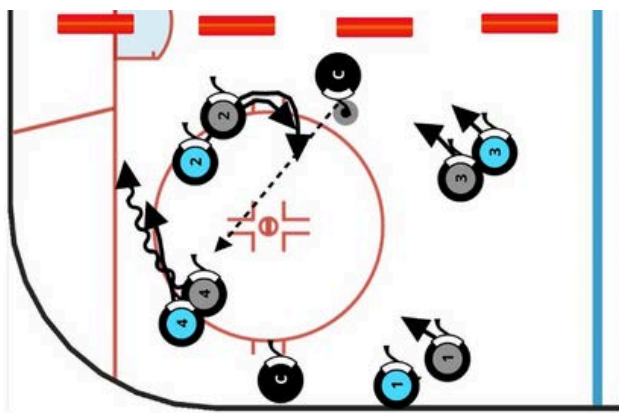
- MAHG 4: Know the difference between attacking the opponent's goal and defending your own goal.
- MAHG 4: Advance the attack by carrying the puck or passing it to an open teammate (carrier).

Drill Description:

Divide the group into two teams competing 4-on-4 on a quarter of the ice. There are no goals. The objective is to maintain puck possession for as long as possible. Each time a team loses possession, all players on that team must perform a jump in place before switching to defense. This drill helps develop players' ability to quickly recognize the transition between offense and defense. It also reinforces the importance of maintaining possession with support from teammates by linking a consequence to losing the puck.

Equipment :

- Pucks
- Goals

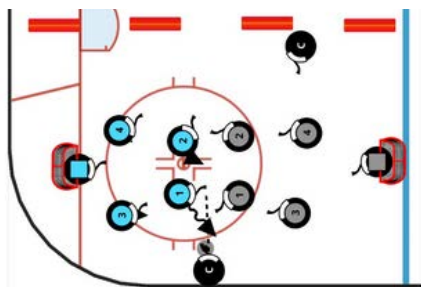


Master Coach's Tips:

- Emphasize the immediate recognition of the role change (offense/defense).
- If needed, the coach shouts "Jump!" when possession changes to remind players of the rule.
- Remind players of the importance of constant support for the puck carrier, even without the puck.

Variations:

- Replace the jump with a jumping jack, a roll, a spin in place, etc.
- Increase the playing area to encourage longer possessions.



Progression 2 :

Repeat the drill but in a mini-game format with goals. All players do a jumping jack whenever their team loses puck possession, regardless of the zone where it happens.

Progress to this version to introduce the concept of offensive and defensive zones alongside the phases of play. If I lose the puck in the offensive zone, I switch to defense, and vice versa.

Objectives :

- MAHG 1: Encourage your teammates.
- MAHG 2: Share the puck with your teammates.
- MAHG 3: Follow the rules during a game.

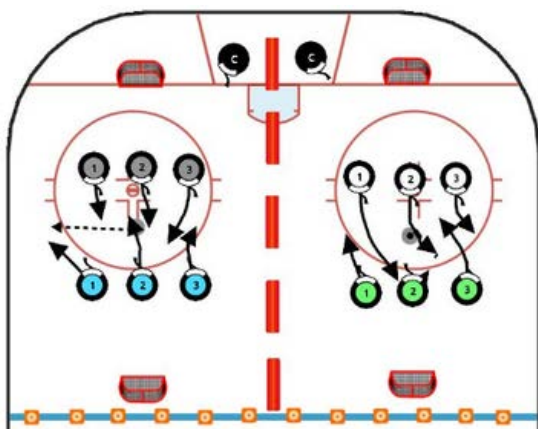
Drill Description:

Divide the area into two playing surfaces and split the players into four teams of three or four players. Pair two teams on each surface for a 2-minute mini-game. After two minutes, rotate the teams to face new opponents. For MAHG 1-2, the playing surface is 1/6 of the ice (progression 1). For MAHG 3-4, use 1/4 of the ice (progression 2). This drill aims to boost player engagement by offering several short game situations against varied opponents. By reducing the playing space, it also encourages each player's involvement in the action.



Small zone game

Equipment : • Pucks • Pinnies • Goals

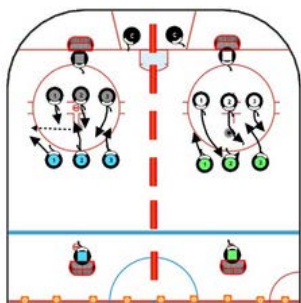


Master Coach's Tips:

- Focus on attitude: encourage effort, perseverance, and the joy of playing.
- Limit stoppages to maintain a high pace and maximize active time.
- Encourage team play but allow players to move freely.
- Ensure smooth rotations: organize groups in advance to keep the flow without waiting.

Variations:

•



Progression 2 :

1/4 Mini-Festival: Divide each half of the ice into two playing surfaces (quarters). Split each subgroup into four teams of four or five players. Pair two teams on each playing surface for a 2-minute mini-game. After two minutes, rotate the teams to face new opponents. If needed, make player changes every minute. Players waiting stay along the boards.

Use this progression only for MAHG programs 3 and 4.

Objectives :

- MAHG 3: Take on challenges and show competitiveness.
- MAHG 4: Choose from a variety of technical skills to hit a target with the puck.

Drill Description:

Form two teams of three players (with sticks) competing against each other. Place three different objects (blue puck, tennis ball, ring or ball) on the playing surface to create three separate 1-on-1 battles, clearly identifying which players are contesting each object. When a goal is scored with an object, the players involved can join another pair. The game ends when all three objects are in a goal or after 1 minute. This drill simultaneously develops individual technical and tactical skills in 1-on-1 battles while progressing toward collective tactical situations (support, marking/off-the-puck movement).



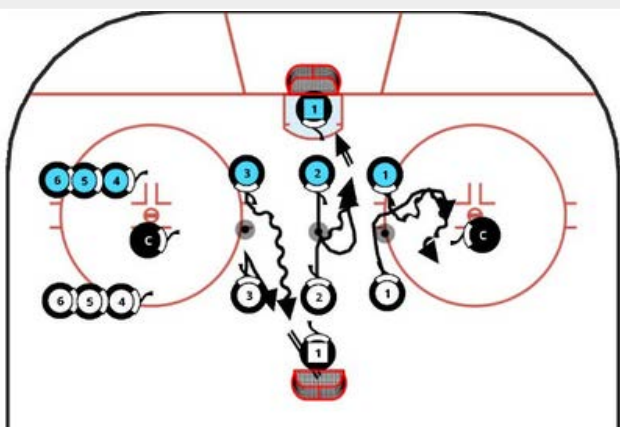
Small zone game

Equipment :

- Pucks
- Balls
- Rings

Master Coach's Tips:

- Make sure each player knows their object to avoid confusion.
- Encourage quick transitions to support the puck carrier after a goal is scored.
- Use the balls to stimulate fine motor skills and creativity.
- Encourage communication between players when joining a teammate.



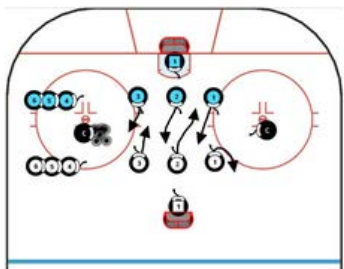
Variations:

- Add loose objects in the zone to create more 1-on-1 battles.
- Replace the objects with pucks.

Progression 2 :

Players start 1-on-1 without a puck on the surface. The coaches have the puck, so the players are both non-puck carriers and defenders. After 10 seconds, the coaches put three pucks into play (passing to an open player or releasing a free puck).

Use this progression once players understand the four roles in a situation where puck possession is clearly identified. You can then present scenarios where they must identify their role and switch during the game.



Objectives :

- MAHG 4: Advance the attack by moving into open space to receive the puck (non-carrier).
- MAHG 4: Know the difference between attacking the opponent's goal and defending your own goal.

Drill Description:

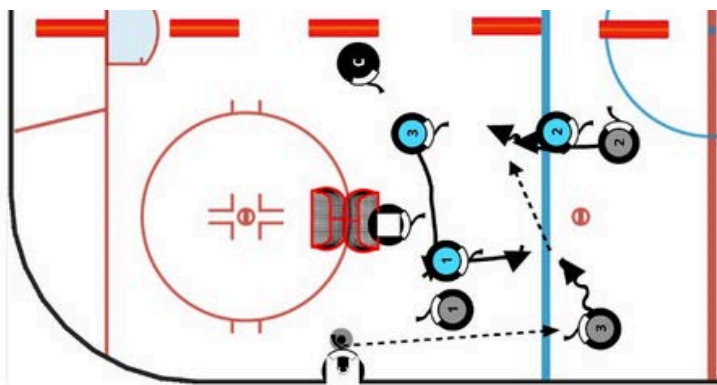
The coach places two goals back-to-back in the center of a circle. One goalie defends both nets simultaneously. The game is played 3-on-3. Each team must score on a different goal assigned at the start of the game but use both zones with the puck. This drill develops off-the-puck movement in open space and offensive transition during puck recovery in tight spaces.



Small zone game

Equipment :

- Pucks
- Intermediate goals
- Mini goals



Master Coach's Tips:

- Encourage non-puck carriers to move into open space near the undefended net.
- Use intermediate nets or mini-goals to adjust the difficulty level for the goalie.
- Recycle the pucks into open areas to keep the game moving.

Variations:

- Play 4-on-4 to reduce the playing space.
- Set up goals using cones so the goalie can skate through to switch sides.

Progression 2 :

Add a second goalie. However, teams can score in either of the two goals. Use this progression when non-puck carriers are able to use open spaces to get free. This progression introduces the concept of changing the point of attack.

Objectives :

- MAHG 3: Pass and shoot the puck toward different targets while moving forward.
- MAHG 4: Advance the attack by passing to an open teammate (carrier) and moving into open space to receive a pass (non-carrier).

Drill Description:

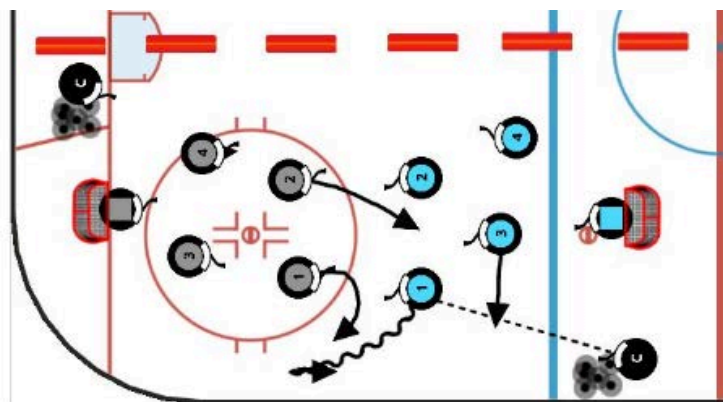
4-on-4 mini-game on a quarter ice surface. Before shooting on goal, a team must complete three consecutive passes without the puck being touched by the other team. This drill emphasizes passing in game situations and off-the-puck movement by non-puck carriers.



Team game

Equipment :

- Pucks
- Goals

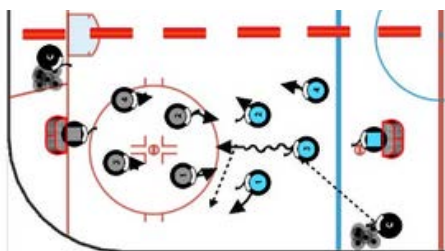


Master Coach's Tips:

- If needed, count the passes out loud so players can hear.
- Emphasize constant off-the-puck movement by non-puck carriers to open passing lanes.
- Value short passes to maintain possession.
- Ask players to keep their heads up to anticipate options when they don't have the puck.
- Adjust the drill by reducing or increasing the number of required passes based on the group's level.

Variations:

- Change the number of passes required before a shot.



Progression 2 :

The Record: The minimum number of passes to complete increases by one each time a team completes a sequence ending with a shot. The coach must ensure to announce the required number of passes to the players during the game. At the end of the game, the team with the longest successful sequence wins. If needed, progress each team individually to balance the difficulty level. This progression gradually increases the difficulty during the game.

Objectives :

- MAHG 4: Advance the attack by carrying the puck or passing it to an open teammate (carrier).
- MAHG 4: Respect the rules of a competitive game.

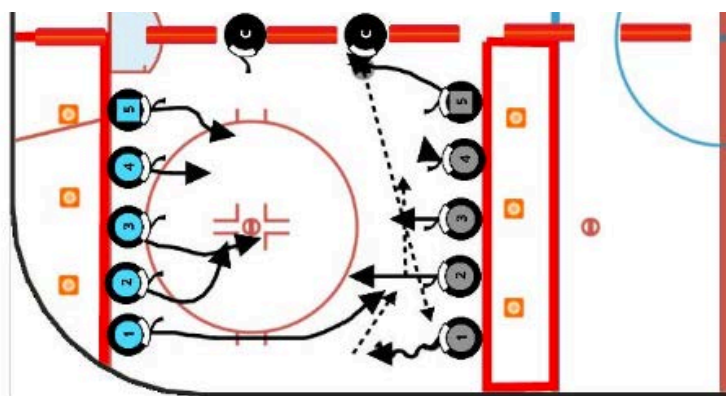
Drill Description:

Five-on-five team game on 1/4 ice, with a puck. The goalies also play as skaters. Draw an end zone at each end and place three cones there. To score a point, the puck carrier must carry the puck to a cone in the end zone. Gradually add the following rules: 1. Only backward or lateral passes are allowed. 2. The carrier must stop if an opponent touches their stick. This drill develops the puck carrier's game vision, who must decide between carrying the puck through an open corridor or passing to a teammate if space is unavailable. Encourage defenders ("chasers") to double-team the puck carrier to limit their space and force a pass.



Team game

Equipment : • Cones • Pucks • Balls



Master Coach's Tips:

- Introduce the rules gradually to reach the learning objective.
- Encourage off-the-puck movement to create passing options.
- Remind players of the importance of passing to advance the attack as a team.
- Let players take ownership of the game and guide them to develop their understanding of the objective.

Variations:

- Replace the puck with a ball. Loss of possession if the ball is dropped.
- Add "joker" coaches who close space and can cause the puck carrier to lose possession.

Objectives :

- MAHG 2: Maintain balance on one foot in a straight line.
- MAHG 3: Follow the rules during a game.

Drill Description:

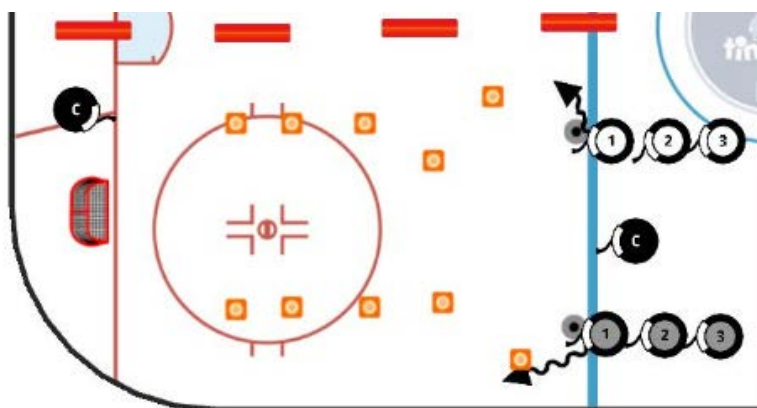
Divide the group into teams of three to four players and set up an obstacle course with cones in front of each team. The player must go through the course while keeping control of their ball, then take a soccer-style shot on net until they score a goal. Once they score, they pick up their ball with their hands and quickly bring it back to the next player in line. The first team to complete the course wins the race.



Team game

Equipment :

- Soccer balls
- Goals



Master Coach's Tips:

- Move among the players, speak to them to help keep their heads up and ensure they follow safety guidelines.
- Slightly deflate the balls to reduce rolling and make control easier.
- Encourage players to keep their knees bent for better balance when striking the ball.
- Add more obstacle courses to maximize physical engagement.

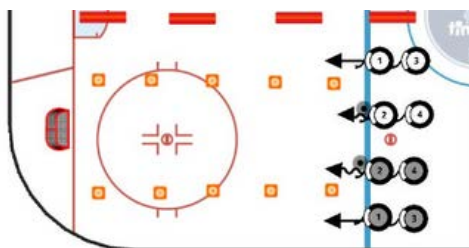
Variations:

•

Progression 2 :

Set up a new course with successive gates. Players must move toward the net by passing the ball to each other through each gate to advance along the course. Once they reach the net, one player takes a shot, then retrieves the ball. After completing the task, both players return to their line with the ball so the next pair can start. The first team to finish wins the race.

Use this progression when players are able to control the ball using only their feet. It introduces an additional challenge and increases the level of coordination required to complete a pass.



Progression 3 :

Soccer Mini-Game: Create teams of four players. Set up the goals to allow one game per half-zone. When a player gains possession of the ball, they must attempt to make a pass with their feet to a teammate. Players must remain standing at all times and get up immediately if they fall. This drill develops dynamic balance on skates and coordination within a game context. Add more goals and balls to maximize motor engagement and ball possession time.

Use this progression when players are able to follow safety instructions (stay upright, push the ball with the skate, kick without lifting the blades) within a game setting. Active coach supervision is required.



Objectives :

- MAHG 3: Follow the rules in a game.
- MAHG 4: Overcome challenges and demonstrate perseverance.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

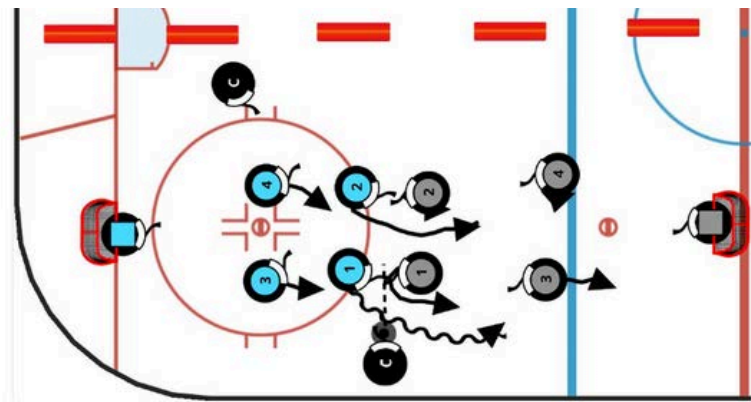
Drill Description:

Divide the players into two teams and play a 4-on-4 mini-game on a quarter-ice surface. Before each shift, the coach announces how the goal must be scored. Examples: on a breakaway, after two passes, on a rebound, with a low/high shot, only one designated player can shoot, by passing behind the net, etc. This drill develops quick information processing and adaptability in game situations. It encourages players to vary their offensive strategies and understand different ways to create scoring opportunities.



Team game

Equipment : • Goals • Pinnies • Pucks



Master Coach's Tips:

- Clearly explain the instructions before the start of the game.
- Emphasize following the specific scoring condition rather than the number of goals scored.
- Remind players to stay creative and patient.
- Let players try different solutions to reach the objective and guide them as needed.

Variations:

-

Objectives :

- MAHG 1: Change direction in a controlled manner.
- MAHG 2: Change direction quickly without slowing down.
- MAHG 3: While moving, dodge an obstacle by changing your body position.

Drill Description:

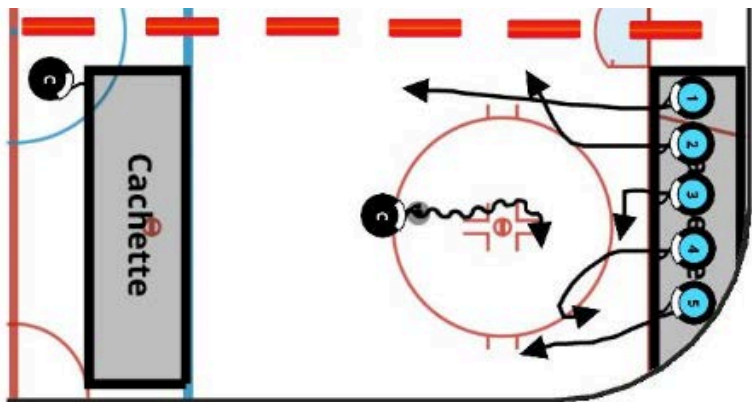
Players start behind the goal line and must reach the opposite neutral zone. Coaches are positioned in the center of the playing area and must throw balls to try and hit the players as they pass through the zone. Players must dodge the balls thrown by the coaches. Once hit, a player goes to the neutral zone to complete 10 on-the-spot jumps. After finishing, they can rejoin the game. This drill helps develop agility and the ability to anticipate moving trajectories. It's a fun activity that improves reaction time while encouraging focus in a playful setting.



Team game

Equipment :

- Balls

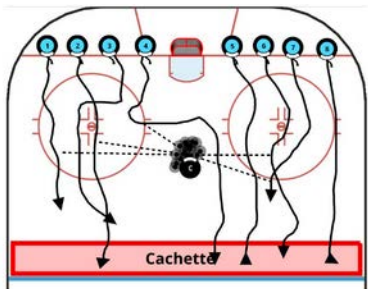


Master Coach's Tips:

- Encourage players to keep their heads up and anticipate the throws.
- Encourage players to dodge the balls by changing direction rather than diving on the ice.
- Reinforce fun and perseverance by praising successful dodges.
- Encourage players to focus on dodging the balls rather than rushing through the zone.

Variations:

- Add obstacles in the zone to slow down players' movement and force them to change direction.
- Two coaches are positioned to eliminate players.



Progression 2 :

Players start behind the goal line and must reach the other safe zone. Players must avoid being hit by the coach's ball. Once hit, the player kneels in the neutral zone and waits for the next round. If a player catches the ball in the air, they are not eliminated and free all their teammates.

Objectives :

- MAHG 1: Follow instructions within the context of a game.
- MAHG 2: Remember and apply the instructions of a drill.
- MAHG 4: Choose from a variety of technical gestures to solve a problem.

Drill Description:

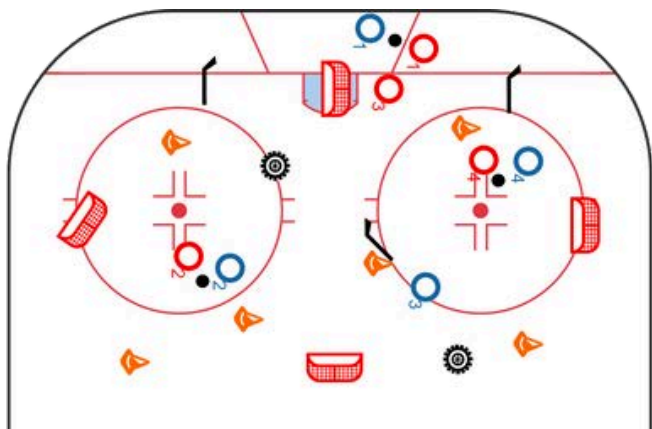
Form at least two teams. Place nets at different locations in the zone and assign each net a color corresponding to a team. Players must score in the goal that matches their team's color. Throughout the game, the coach can add or remove pucks, move the goals, add obstacles, etc. Always maintain a minimum of one puck for every four players. This game stimulates environmental awareness and information processing in an unstructured game situation. It also creates a fun environment where all players are involved.



Team game

Equipment :

- Pucks
- Goals



Master Coach's Tips:

- Clearly define the colors associated with each team.
- Add pucks to increase puck possession time.
- Encourage players to keep their heads up to spot obstacles.
- Allow players to freely explore the environment.

Variations:

•

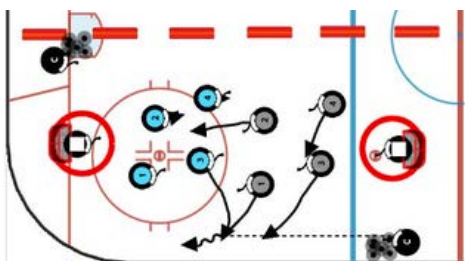


Progression 2 :

Four-team game: Place four mini-goals (one on each side of the zone) and divide the group into teams of three or four players. A team can score in any of the other three goals. This progression encourages players to identify open and undefended spaces.

Progression 3 :

Puck-Tchouk: A 4-on-4 mini-game. Form two teams and place a goal at each end of the zone. Draw a 1-meter radius circle around each net to mark the restricted area. Teams can attack both nets but are not allowed to enter the restricted zones. If a puck remains loose inside the restricted zone, the goalie retrieves it and the coach puts a new puck into play. After three shots on the same side, the coach can intervene to clear the puck further. This progression emphasizes recognizing open spaces and changing the point of attack.



Objectives :

- MAHG 4: Advance the attack by passing to an open teammate (carrier) and moving into open space to receive a pass (non-carrier).
- MAHG 4: Respect the rules of a competitive game.

Drill Description:

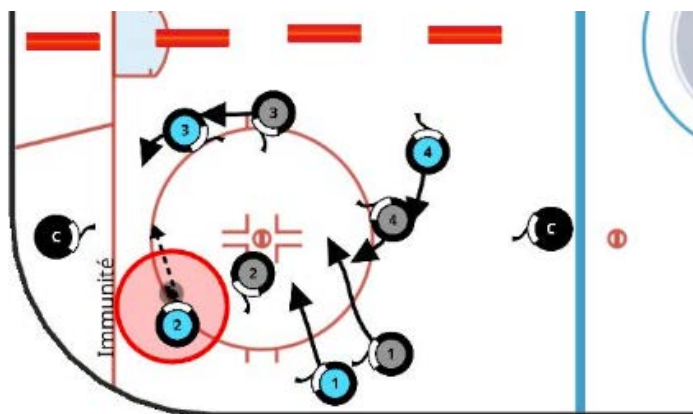
Form two teams that compete in a restricted zone (1/6 or 1/4 of the ice). The players do not use sticks, and the game is played with a ball. The objective is to complete as many consecutive direct passes as possible without the ball being dropped or intercepted. When this happens, possession switches to the other team. The player holding the ball cannot move, but the defender is not allowed to get close enough to take the ball away. This game strongly emphasizes the importance of off-the-ball movement and close support from teammates to complete passes and receive the ball.



Marking/Getting open

Equipment :

- Cones
- Balls
- Pinnies
- Bins

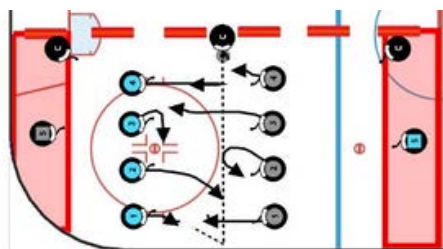


Master Coach's Tips:

- Stay vigilant to manage the level of intensity and ensure safety. Take a break if needed.
- Encourage constant changes of direction by players without the ball to get open.
- Intervene to correct rushed or blind passes.
- Give players time to get comfortable with the game. Avoid progressing too quickly.

Variations:

- Add a time limit (3 seconds) to make a pass.
- Use a puck to apply the principles in a game situation.



Progression 2 :

Ultimate/Football: Draw a goal zone at each end of the playing surface, like on a football field, and place one player (pass receiver) who can move freely within that zone. The game is played like "hot potato" (with a ball, stationary carrier, turnovers), but with a different objective. To score, the team must successfully pass the object to their receiver in the opponent's goal zone. Rotate the receivers every minute. When players are able to consistently get open and complete passing sequences, adding the goal zones allows the application of spacing principles while advancing the object toward the opponent's territory.



Progression 3 :

Basketball: The game follows the rules of progression 2. Inside each goal zone, place a bin (the basket). The objective is to complete a pass to the receiver located in the zone, who then earns the right to take a free throw from the spot where they catch the pass to score a point for their team. This progression forces players to advance the object forward and as close as possible to the basket, similar to attacking the opponent's goal. To increase the difficulty level, allow players to move with the ball by dribbling with two hands.

Objectives :

- MAHG 1: Pass the puck toward a target in front.
- MAHG 1: Follow instructions within the context of a game.
- MAHG 2: Pass and shoot the puck from the front and side, in a stationary position, to hit a target.

Drill Description:

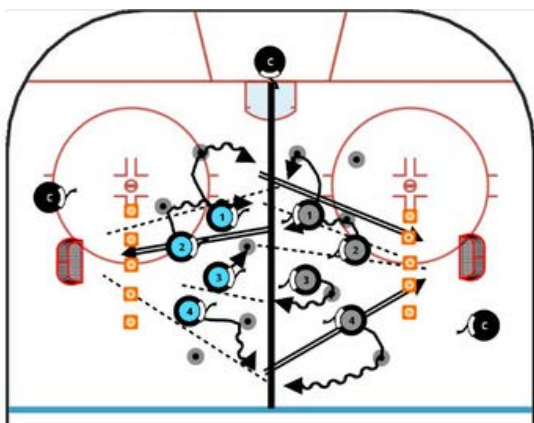
The initiation coach divides players into two teams separated by a drawn line. Players score points by shooting pucks toward the opponent's targets (five to six cones and one goal). Each object hit or goal scored earns the team 1 point. Start a new round every 3 minutes. Each team begins with five pucks. This exercise introduces players to the concepts of territory, offense, and defense. Players must protect their goal and zone by retrieving loose pucks and attack the opponent's zone by aiming at the targets when they have the puck.



Team game

Equipment :

- Cones
- Marker
- Pucks
- Goals



Master Coach's Tips:

- Encourage players to move closer to the line to take their shots.
- Move around the play area to guide players toward available targets.
- Players must remain standing at all times.
- Position a initiation coach or an assistant at each end to prevent pucks from going out of bounds.

Variations:

- Same game, but place 1 puck on 1 or 2 cones. If the puck falls, award 2 points.
- Place defenders in front of the targets to protect them. The roles are defined.

Objectives :

- MAHG 1: Encourage your teammates.
- MAHG 2: Share the puck with your teammates.

Drill Description:

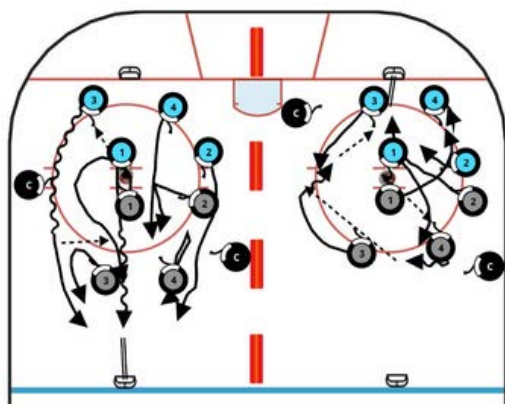
Mini-game with three or four players per team. Rotate players every minute without stopping the game. Encourage enjoyment of play in a free context where players can explore and create without constraints. The restricted space game promotes the development of technical skills, puck control under pressure, and decision-making in dynamic situations where players are constantly involved in the action.



Guided play

Equipment :

- Pucks
- Mini goals



Master Coach's Tips:

- Let the players play with minimal intervention, while staying attentive and involved.
- Value enjoyment and engagement more than performance.
- Encourage experimentation, creative passing, and risk-taking.
- Create a relaxed atmosphere by keeping instructions to a minimum.

Variations:

- In a 3-on-2 format, each team has a "wild card" coach as support in the defensive zone. The wild card is stationary and positioned on the side of the zone. When he receives the puck, he must pass it to a defensive player.

Objectives :

- MAHG 1: Encourage your teammates.
- MAHG 2: Share the puck with your teammates.

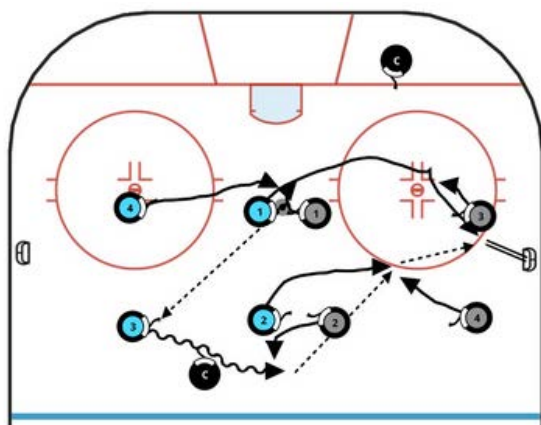
Drill Description:

Mini-game with three or four players per team. Rotate players every minute without stopping the game. Encourage enjoyment of play in a free context where players can explore and create without constraints. The restricted space game promotes the development of technical skills, puck control under pressure, and decision-making in dynamic situations where players are constantly involved in the action.



Guided play

Equipment : • Pucks • Mini goals • Cones • Marker

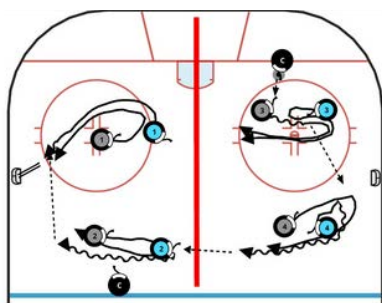


Master Coach's Tips:

- Let the players play with minimal intervention, while staying attentive and involved.
- Value enjoyment and engagement more than performance.
- Encourage experimentation, creative passing, and risk-taking.
- Create a relaxed atmosphere by keeping instructions to a minimum.

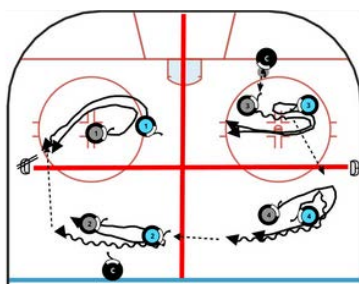
Variations:

- In a 3-on-2 format, each team has a "wild card" coach as support in the defensive zone. The wild card is stationary and positioned on the side of the zone. When he receives the puck, he must pass it to a defensive player.



Progression 2 :

Divide the playing area into two zones using a center line, creating two separate 2-on-2 situations. Players are not allowed to switch zones.



Progression 3 :

Divide the playing surface into four zones using a center line across the width and length, creating four separate 1-on-1 situations. Players are not allowed to switch zones.

Objectives :

- MAHG 3: Follow the rules during a game.
- MAHG 4: Overcome challenges and demonstrate perseverance.

Drill Description:

Mini game with three or four players per team. Rotate players every minute without stopping the game. Emphasize the enjoyment of playing in a free environment where players can explore and create without constraints. Playing in a confined space encourages the development of technical skills, puck control under pressure, and decision-making in dynamic situations where players are constantly involved in the action.



Guided play

Equipment :

- Cones
- Marker
- Pucks
- Goals

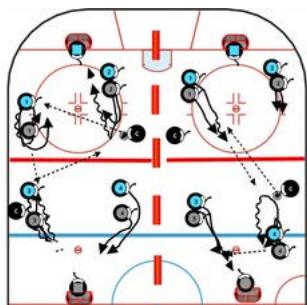


Master Coach's Tips:

- Let the players play with minimal intervention, while staying alert and engaged.
- Value enjoyment and effort more than performance.
- Encourage attempts, creative passes, and taking risks.
- Intervene to emphasize the importance of roles: chaser, checker, puck carrier, and support player.

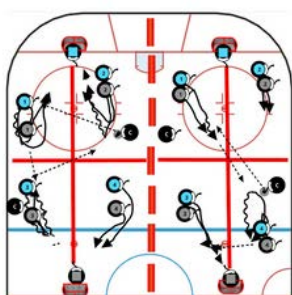
Variations:

- In a 3-on-2 format, each team has a "wild card" coach as support in the defensive zone. The wild card is stationary and positioned on the side of the zone. When he receives the puck, he must pass it to a defensive player.



Progression 2 :

Divide the playing surface into two zones using a center line to create two separate 2-on-2 situations. Players are not allowed to change zones.



Progression 3 :

Divide the playing surface into four zones by drawing a center line both lengthwise and widthwise, creating four separate 1-on-1 situations. Players are not allowed to change zones.

Objectives :

- MAHG 3: Follow the rules in a game.
- MAHG 4: Overcome challenges and demonstrate perseverance.
- MAHG 4: Respect others and demonstrate good sportsmanship.

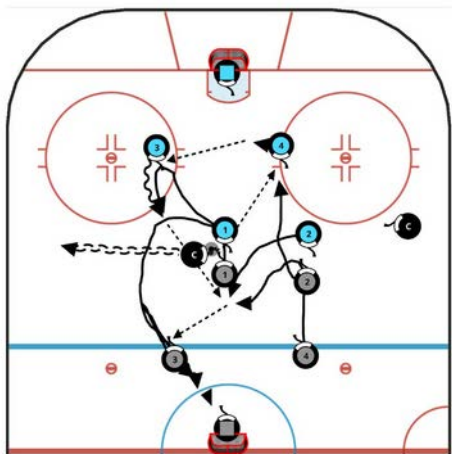
Drill Description:

Mini game with three or four players per team. Rotate players every minute without stopping the game. Emphasize the enjoyment of playing in a free environment where players can explore and create without constraints. Playing in a confined space encourages the development of technical skills, puck control under pressure, and decision-making in dynamic situations where players are constantly involved in the action.



Guided play

Equipment : • Cones • Marker • Pucks • Goals

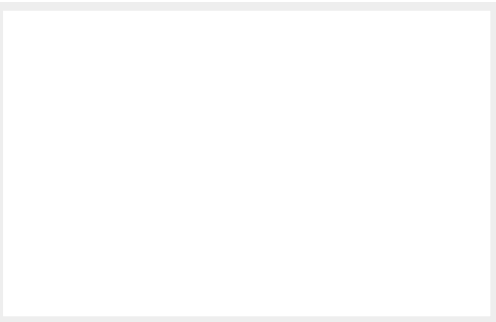


Master Coach's Tips:

- Let the players play with minimal intervention, while staying alert and engaged.
- Value enjoyment and effort more than performance.
- Encourage attempts, creative passes, and taking risks.
- Intervene to emphasize the importance of roles: chaser, checker, puck carrier, and support player.

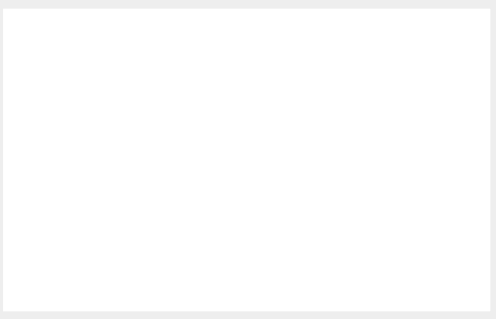
Variations:

- In a 3-on-2 format, each team has a "wild card" coach as support in the defensive zone. The wild card is stationary and positioned on the side of the zone. When he receives the puck, he must pass it to a defensive player.



Progression 2 :

Divide the playing surface into two zones using a center line to create two separate 2-on-2 situations. Players are not allowed to change zones.



Progression 3 :

Divide the playing surface into four zones by drawing a center line both lengthwise and widthwise, creating four separate 1-on-1 situations. Players are not allowed to change zones.

Objectives :

- Encourage fun and free experimentation.
- Allow a gradual return to training activities at the child's pace.

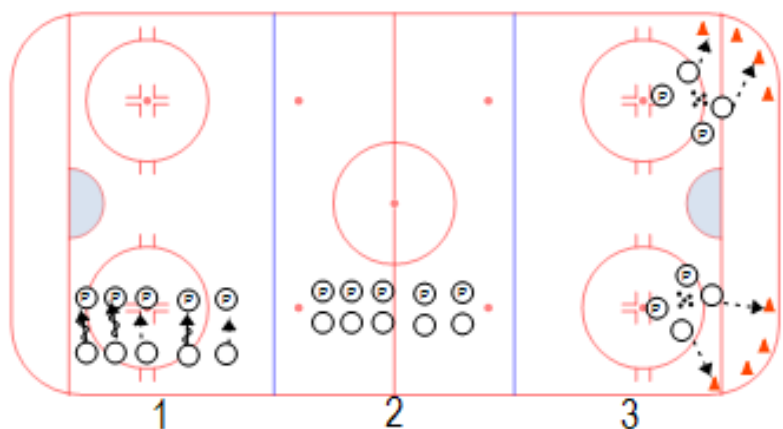
Drill Description:

During this period, the children move freely on the ice and explore various game stations and individual exercises set up by the coaches. Each station focuses on a different individual skill: shooting at the goal, agility drills, puck handling, balance, etc. The children choose their own activities and can switch stations at their own pace. Free play allows young players to explore, take initiative, and develop their motor skills according to their own rhythm and interests. It is a powerful driver of learning, especially at a young age.



Free play

Equipment : • Cones • Marker • Pucks • Goals



Master Coach's Tips:

- Set up four to six simple and engaging stations that develop a variety of skills.
- Promote the autonomy of young players by limiting instructions.
- Allow players to return to their favorite games without mandatory rotation.
- Observe and encourage spontaneous discoveries rather than correcting.
- Allow players to leave the practice whenever they wish.

Variations: