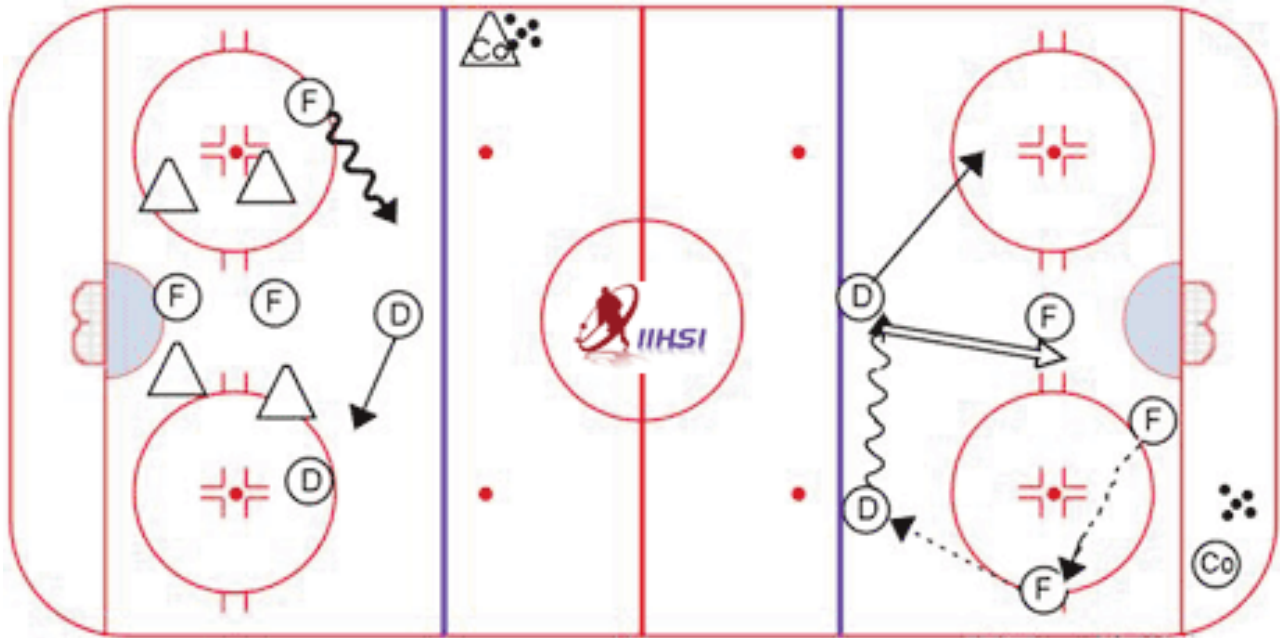




Coach's Drill Zone

Enio Sacilotto



5 ON 0 . 5 ON 4 SPECIALTY TEAM DRILL

Description

- at one end, 1 unit executes their specific PP options
- at the other end another unit executes, 5 on 4 PP options vs. aggressive PK
- after about 30 seconds, coach blows his whistle, the 5 man unit executes their PP breakout on a puck spotted by the coach
- the PP unit at the other end now become penalty killers, the defending unit goes to the box, the 4th unit becomes the 5 on 0 unit.

Teaching Points

- great drill to get everyone involved, can train both PP and PK, drill has some flow element, can make it into a contest to see who scores the most.

Enio Sacilotto is a professional coach with over twenty six years of experience. Enio has coached in the elite leagues of England, Italy, Denmark and Switzerland. He currently coaches the Stavanger Oilers of the Norwegian Elite League. You can learn more about Coach Enio and his summer hockey camps, IHSI Hockey Development, and get more coaching resources at www.coachenio.com