



# Coach's Corner

**Enio Sacilotto**

## 4 ON 4 HOCKEY

### DEFENSIVE ZONE

- One D plays in the corner, other D in front of the net
- F's play the slot and the point. Slot F sag to the net zone . Like a box
- 1 D should try to jump into the offense
- Smart use of sticks – active, keep on the ice, take away passing and shooting lanes.

### FORECHECK

- F's start in I formation, must pick up the D on the rush. (1 - 3)
- Our D pick up their F's.

### FACE OFFS

- DFZ FO – on lost draw center fights through to point
- PFZ FO – C blocks out opponents C on won draw.

### GENERALLY

- Control the puck, don't shoot unless you have a GOOD shot
- F's use speed, crosses, go to open ice
- F's (on rush) don't have to worry about covering opponents F
- F's Pressure their D, BUT DON'T GET TRAPPED DEEP
- D's move up quickly follow play up ice
- Smart line changes (even when we have the puck)
- Short shifts – a lot more skating!

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, IIHSI Hockey Development, and get more coaching resources at, at [www.coachenio.com](http://www.coachenio.com)

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