



*Ontario Minor Hockey Association*  
Toronto Marlies  
Game Day Coaches Clinic  
Saturday, January 6, 2007  
Ricoh Coliseum





January 6, 2007

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## Agenda

Location: Ricoh Coliseum

Time	Component	Speaker
5:15 - 5:45 pm	Registration/Introduction/Review Agenda	
5:45: - 6:10 pm	Concepts to Look For in Game vs. Binghamton ➤ Includes question and answer period	Greg Gilbert Head Coach
6:10 - 6:40 pm	Techniques and skills, mindset needed to be a professional hockey player ➤ Includes question and answer period and autograph session	Toronto Marlies Player(s) and possible Toronto Maple Leafs Personnel
6:40 - 7:00 pm	Lunch and Free Time Before the Game	
7:00 pm	Gametime Toronto Marlies vs. Iowa Stars	
Post-Game	Wrap-up of Game Including Questions and Answers	Greg Gilbert Head Coach



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## Biography of Guest Speaker

### ***Greg Gilbert- Head Coach***

Gilbert, 44, spent the past three seasons as head coach of the Ontario Hockey League's Mississauga IceDogs where he compiled a won-loss-extended record of 91-82-19-12 and guided the team to both their first Conference Championship and first OHL Finals' appearance in 2003-04. Prior to arriving in Mississauga, Gilbert spent parts of four seasons as head coach and assistant coach of the NHL's Calgary Flames.

In addition to his coaching experience, Gilbert played 837 games over a fifteen year National Hockey League career with the New York Islanders, Chicago, the New York Rangers and St. Louis. Upon retiring from the Blues in 1996, he remained with the organization immediately assuming coaching duties with the American Hockey League's Worcester IceCats. Gilbert led the IceCats to 145 victories over four seasons and helped the team qualify for post-season play in each year that he was behind the bench. He was awarded the Louis A.R. Pieri Memorial Award for outstanding coach as voted upon by AHL Broadcasters and Writers following a 43 win season in his rookie campaign of 1996-97. Gilbert became an NHL assistant coach with the Flames prior to the 2000-01 season and was promoted to their head coaching position less than one year later.

The Mississauga, Ontario native replaced promoted Maple Leafs' head coach Paul Maurice.



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*From the Playbook: Greg Gilbert*

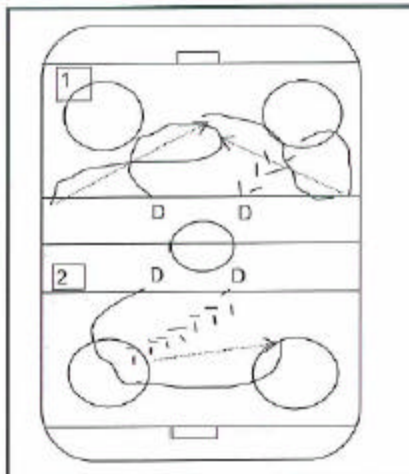
OFFENSIVE AND NEUTRAL ZONE FORECHECKS	DATE:
N.Z. F/C 1-2-2 with TRANSFER	O.Z. / F/C 1-2-2
1-2-2 N.Z. F/C with transfer F1 cuts & tracks Opp D1/ pass is made D1 to D2 / F2 will transfer across and down to cut / track opp D2 F1 back over C supp. Option/ F3 slide over wall F D always staggered until puck contained or controlled	F1 hard pressure force D1 finish hard F2 down wall support / F3 read can jump D overs If puck contained in corner / slide across high F3 support / D adjust accordingly D always staggered until puck contain or controlled
O.Z. F/C ROTATION ON D OVERS / REVS	ROTATION ON F/C IF F3 DOES NOT READ OVER / REV
Rotation on F/C if F3 anticipates over / rev. F3 down hard contact / F2 across high supp so D can pinch / F1 back to slot	F3 slides above wall option / F2 becomes pressure man / F1 back to high slot supp. D adjust accordingly / always staggered until we have puck contained or controlled



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DEFENSEMEN DRILLS FOR SUPPORT PUCK CONTROL DATE: \_\_\_\_\_

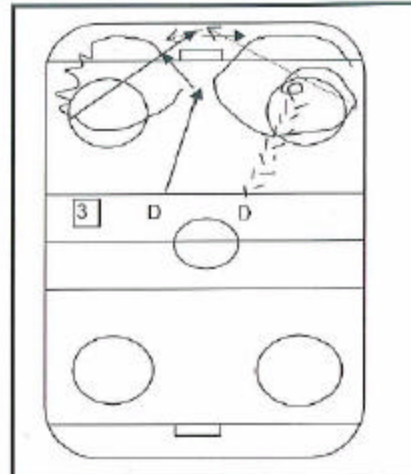
DRILL D support passing



1 / D under 1/2 ice support / open up going up wall  
2 / D drags across ice partner underneath / pass continuous / 1 way then the other  
**COMMUNICATE**

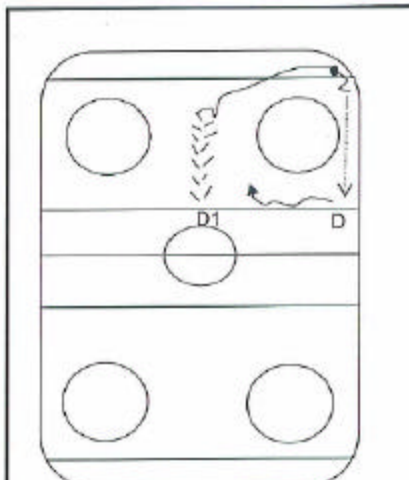
DRILL D Circuit

DRILL D support passing

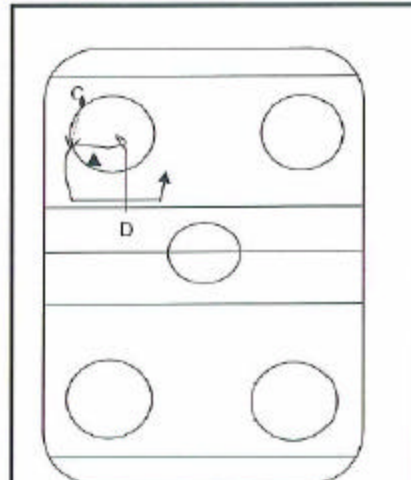


3 / D support overs / know angles / bounce patterns support / cut ice in half  
**COMMUNICATE**

DRILL D quick feet / agility / shot drill



D1 starts hard b/wards / pivots to corner picks puck passes to D2 and pressures shot / D2 drags / slides to mid ice for quick shot / stops pivots etc...  
**Continuous**



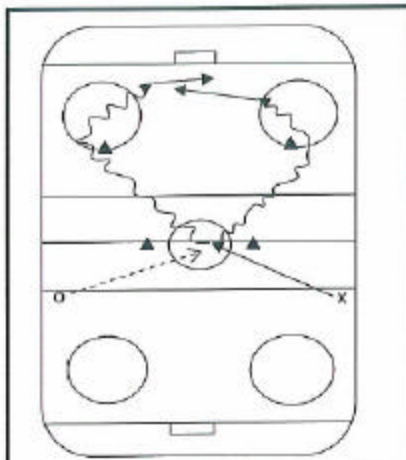
D drives hard around cone / pivots f/ward to b/ward drags puck to near blue / slides / drags puck across blue for quick wrist shot / slap shot at net



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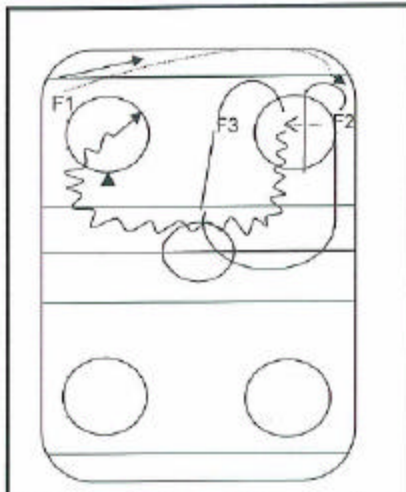
QUICK ATTACK DRILLS FOR FORWARDERS DATE: \_\_\_\_\_

DRILL Forward Drive / F/hand B/Hand



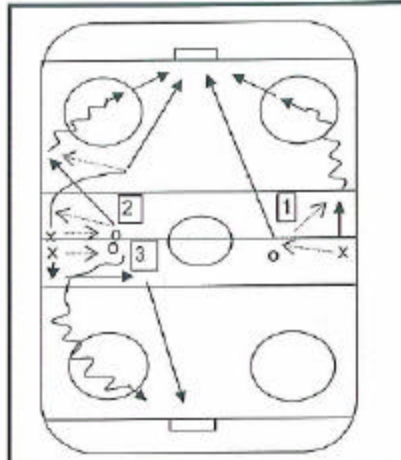
X across mid ice for support get pass from O / 1 cut back drive wide protect puck / shot or drive across net / then O goes gets pass from X / alternate sides

DRILL Forwards Circuit



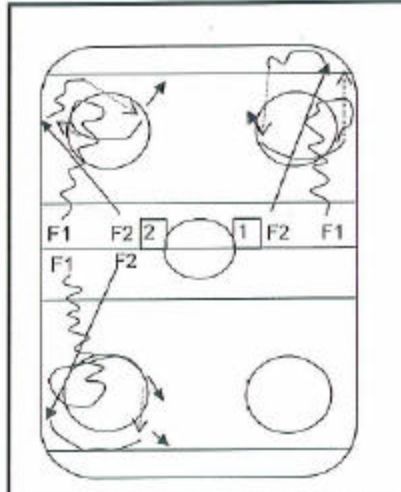
Timing/ passing / support/ rim retrieval  
F1 rims hard to F2 / F2 pass to F3 support  
F3 out around cone for shot then into line  
F1 becomes F2 / F2 becomes F3 continuous

DRILL Forward 2 man entries



1 / drive drive  
2 / cut and tuck  
3 / screen

DRILL Forwards 2 man Cycles

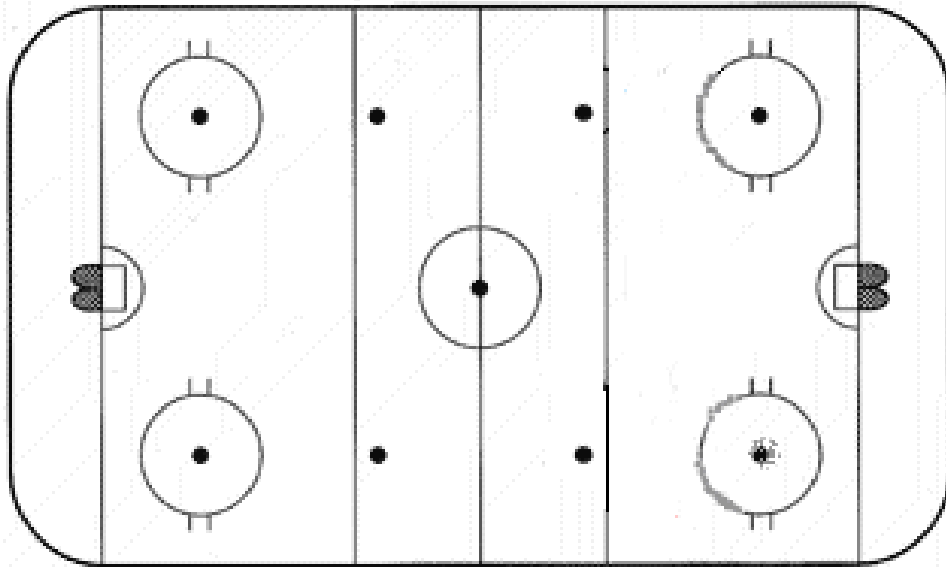


1 Turn up soft chip to corner support spin out / shot  
2 F1 drives gains space / F2 behind / pass / shot  
3 F1 drives gains ice / F2 behind / F1 feels pressure spins off has shot or down low to F2 goal line



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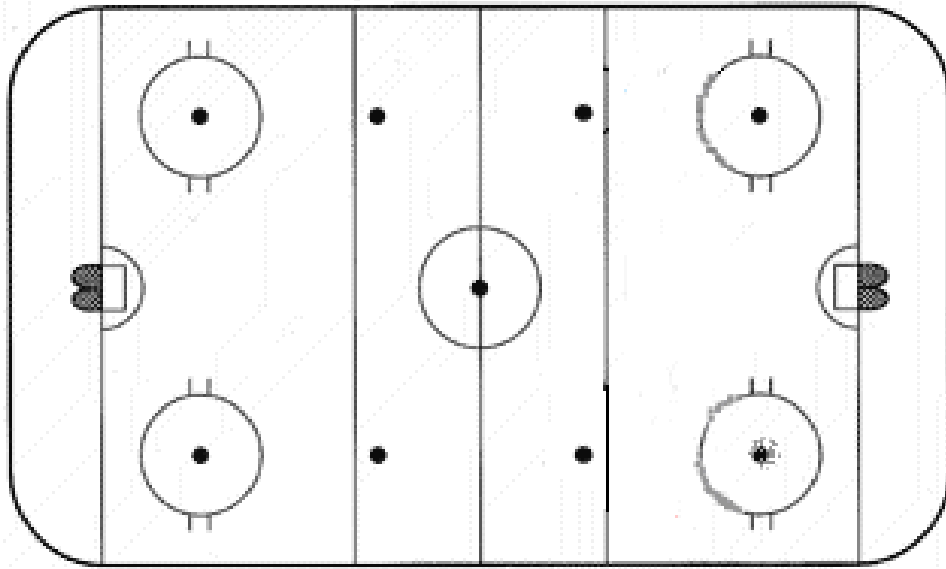
Notes





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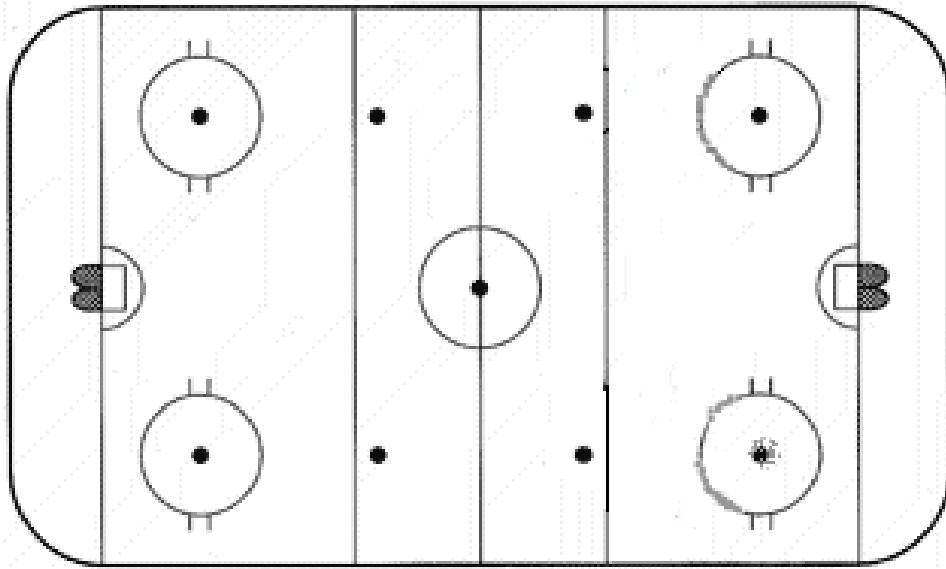
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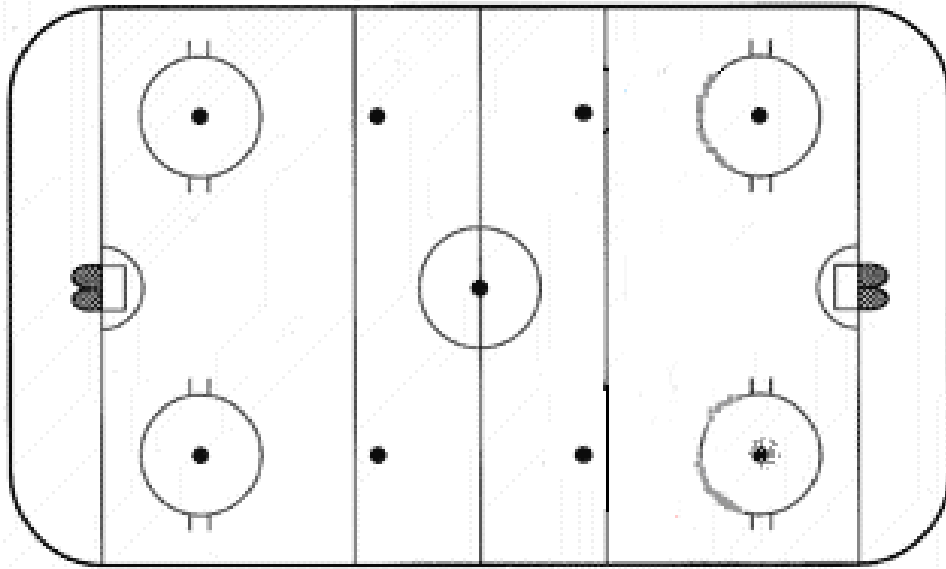
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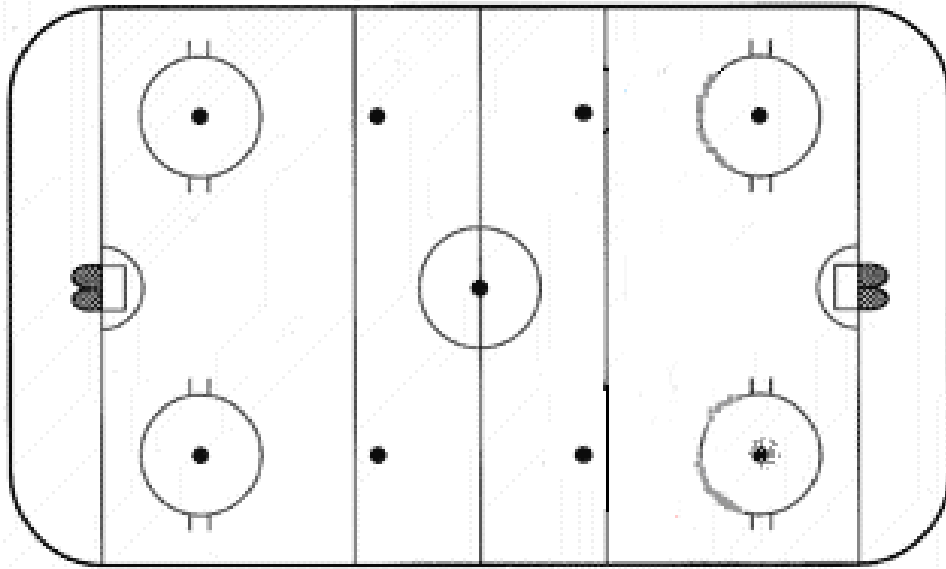
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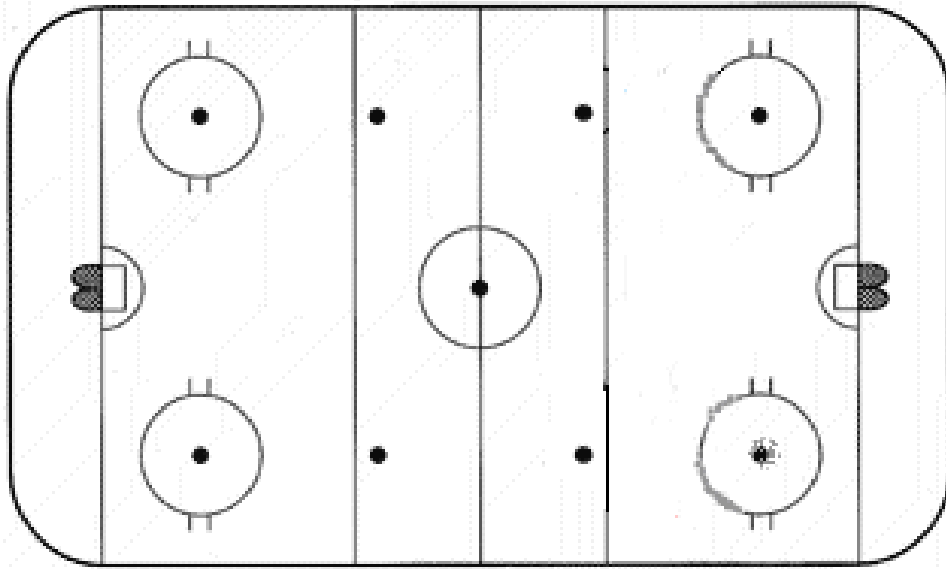
*Notes*





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## Notes





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# CHECK THIS OUT AT



VINCENT LECAVALIER 21-DAY WORKOUT CD with TRAINING BALL  
4 Disks Available - \$19.95 each

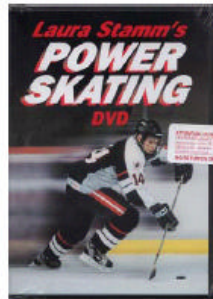


SMARTHOCKEY TRAINING BALL  
Same weight and feel as a Puck! - \$9.95 each

## NEW VIDEOS & DVD'S



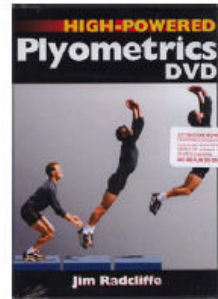
THE PUCK STOPS  
HERE 2  
JIM PARK



POWER SKATING DVD  
LAURA STAMM / HK

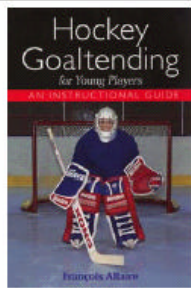


EXPLOSIVE STICK  
HANDLING & MOVES  
STEVE SERDACHNY



HIGH POWERED  
PLYOMETRICS DVD  
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## NEW BOOKS



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BEYOND BELIEF  
5 Volume Set - Now  
available in DVD!



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