



TAMPA HOCKEY
PLAYER DEVELOPMENT

“Train with Purpose, Perform with Excellence”

For 17 years, Tampa Hockey Player Development, Head Coach Lee Gilner has been creating comprehensive individualized training programs designed to maximize an athlete's potential on and off the ice. Every program designed is centered around each athlete's specific needs and unique skill set to address deficiencies while harnessing the athlete's strengths to improve performance. Athlete's consistently grow and develop faster using THPD's scientific approach to human performance and athlete development.

Coach Lee Gilner, CPT, BCS, FNS, PES, FRCms

Certifications & Accreditations

- USA Hockey Level 5 Coach
- Skating Mechanics & Technique Expert
- Certified Personal Trainer
- Performance Enhancement Specialist
- Corrective Exercise Specialist
- Functional Range Conditioning Specialist
- Behavior Change Specialist
- Fitness Nutrition Specialist
- Strength & Conditioning Specialist
- Certified Scout – SMWW
- Tuition Planning Specialist
- Player Development Specialist

Training and Services Offered

On-Ice Training

- Skating Mechanics
- Explosive Speed & Quickness
- Puck Control/Protection
- Passing
- Shooting Mechanics
- Shot Development
- Stick Handling & Applicability
- Body Positioning
- Checking & Battling
- Playing Style Development
- Position Specific Training
- Forechecking
- Defensive Zone Coverage
- Zone Entry & Possession
- Power-Play & Penalty Kill
- Hockey Sense & Concepts

Off-Ice Training

- Functional Range Conditioning
- Mobility & Movement Patterns
- Speed, Agility & Quickness
- Strength & Explosiveness
- Athleticism
- Injury Prevention
- Injury Rehab Protocol
- Active Recovery
- Sauna & Cold-Water Therapy
- Cupping & Scraping
- Trigger Point Therapy – Passive
- SMR – Active
- Passive ROM
- Conditioning Programming
- Nutrition & Supplementation
- Combine/Camp Preparation

Consulting

- Cognitive Behavior Training
- Mentoring
- Recruiting Strategy & Planning
- Communication Training
- Team & Player Scouting
- Team Development Planning
- Player Development Planning
- Video/Game Analysis
- Injury Prevention
- Injury Rehab Protocol
- Concussion Protocol
- Nutrition & Supplementation
- Game & Skill Education
- Combine/Camp Preparation
- NHLPA/Pro Representation
- Contract Analysis Review

Take the next step now.

Step 1: Contact Coach to Set up Consultation @ Coach@tampahockeytraining.com or (813) 928-2938

Step 2: Player Development Plan Proposal

Step 3: Training Program Implementation & Monitoring



Player & Parent Testimonial's

First and foremost, Lee is not just a coach; he's a mentor who genuinely cares about the development and well-being of his players. His passion for the game is contagious, and it reflects in every aspect of his training sessions. He fosters a positive and supportive environment where players are encouraged to push their limits and strive for excellence.

One of the things that impressed me the most was Lee's personalized approach to coaching. He took the time to understand my son's strengths, weaknesses, and goals, and tailored his training sessions accordingly. Whether it was working on skating techniques, improving stickhandling skills, or off-ice training, Lee provided targeted and effective guidance that significantly enhanced my son's performance on and off the ice.

Moreover, Coach Gilner possesses a wealth of knowledge and experience in the sport, which he effortlessly imparts to his players. His attention to detail is unparalleled, and he goes above and beyond to ensure that every player receives the individualized attention they need to thrive. Under his guidance, my son was selected to attend the 2022 USA Hockey Player Development camp in Amherst, New York.

In conclusion, I wholeheartedly recommend Coach Gilner to any parent looking to provide their child with top-notch hockey training. His dedication, expertise, and genuine love for the game make him a truly exceptional coach, and I am immensely grateful for the positive impact he has had on my son's development as a hockey player and as a young man.

-Ray Jacobs

Parent of Sam Jacobs, Florida Alliance





Player & Parent Testimonial's

I began working with Coach Lee around 6 years ago and in the time that has passed I have grown greatly as a player and more importantly a person. Coach Lee helped me make the transition from A to AA and eventually to AAA while always offering wise words to guide the path.

In addition, he helped me prepare for the United States Hockey National Camp through his personalized and highly effective training where I was able to play with the best players in the country and get scene by College and NHL teams. Whether it is on the ice in the early morning or late nights in the gym Coach Lee was always present and enthusiastic in his training. Going to college this coming year, I know I have a friend in Coach Lee who is always available if I ever need anything.

-Sam Jacobs

Florida Alliance & Jesuit 2024





Player & Parent Testimonial's

I started playing hockey at 5 years old, but it wasn't until I reached high school that my game reached the level where I considered myself good enough to play "elite" hockey. I owe taking that next step to Lee. In all my years playing youth hockey, there has never been a coach who devoted as much time or energy to my development as Lee. I never played on one of Lee's teams, but he became my personal head coach, spending countless one-on-one hours with me on the ice and in the gym.

Lee dedicated so much of his time to my development - waking up for an hour of ice time and another 90 minutes in the weight room, all before 9 AM - that I owe most of my progression from average to high-level player to him. We spent hours improving my edgework, shooting, and stickhandling; working on my on-ice vision; talking through gameplay scenarios; and sweating through high-intensity workouts. For as much as he helped me up my game, our time spent together taught me even more about believing in myself and becoming a better man - to always work harder and hold myself accountable.

We spent every morning together in the summers before I went to prep school and college, and he helped me believe that I could compete and excel at the next level. Without the time he invested in me, I know I wouldn't have made those teams. More importantly, though, I know I wouldn't appreciate the process and the grind it takes to get better, on and off the ice.

-Elliot Polur
Jesuit - Tampa
Choate Rosemary Hall
Wesleyan University





Player & Parent Testimonial's

I would not be where I am today with the help of Coach Gilner. The older you get, the harder the game gets and I find that Coach Gilner's tips are more and more helpful each year. The little things that skill coaches teach end up being just as important as the big concepts that coaches preach.

-Chris Konin
Kimball Union
Eden Prairie HS
Minnesota Magicians NAHL
Sioux Falls USHL
Army – United States Military Academy



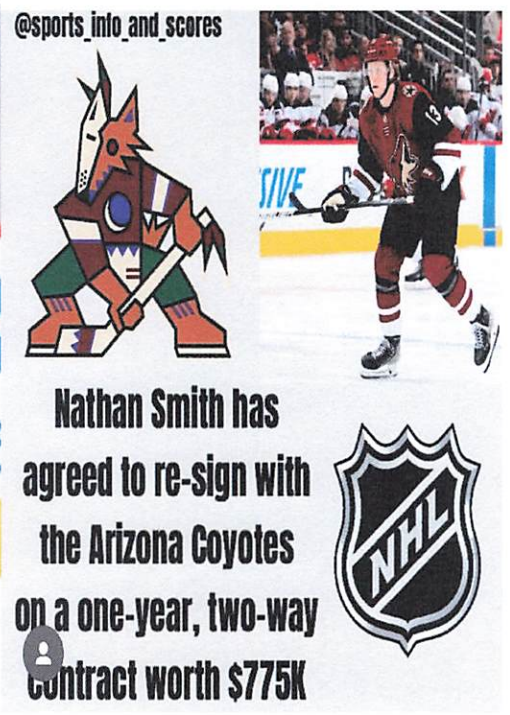


Player & Parent Testimonial's

From a parent perspective, my experience was excellent. Top notch. Lee did an outstanding job helping Nathan rehab his surgically repaired ankle, as well as get him physically prepared for the upcoming hockey season. I've been around many trainers over many years and Lee is one of the best. He's incredibly knowledgeable and passionate about his work and makes sure his clients are involved with every step of the process.

Nathan is definitely a higher performer because of Lee's input and training. I'd recommend Lee to any athlete looking to get to that next level.

-Eric Smith (Nathan Smith's Father)

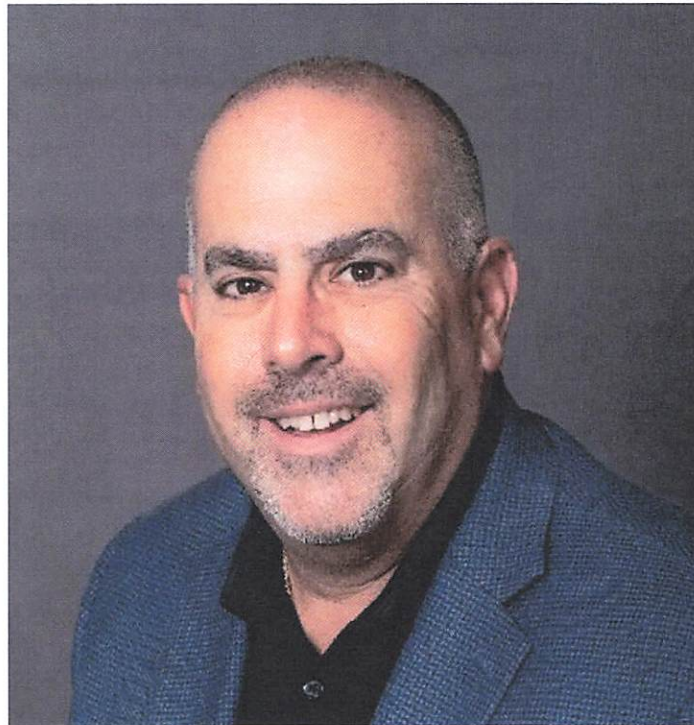




Player & Parent Testimonial's

In an era where many youth Ice Hockey coaches are parent volunteers with limited ability to provide more than the minimal supervision and coaching, Lee Gilner has established a program that encompasses not only coaching, but the importance of integrating science into performance, the impact of education and sportsmanship, and the overall package to create a roadmap for any youth ice hockey player to become successful in life.

-- Jeff G. Konin, PhD, PT, ATC, FACSM, FNATA (father of Chris Konin)





Player & Parent Testimonial's

I started with Coach Lee last summer to prepare for the upcoming season. I worked tirelessly on the ice in the mornings and in the gym in the afternoon. He was always there supporting me the entire way. During the season, I continued to work with him in the mornings on the ice and after school in the gym. I noticed tremendous growth in my game during the season thanks to my work with Coach Lee. I would recommend him to any player looking to move up to the next level and get a leading edge.

Derek Sachs – Jesuit 2024





Player & Parent Testimonial's

Coach Lee Gilner has become a part of our family for the past year. He is a coach who cares deeply about his players and desires to know them as individuals, including what motivates each of them. Based on each player's needs, goals, strengths and weaknesses, Coach Lee creates an individualized training program. He guides, counsels and inspires his players to become their very best on and off the ice.

Additionally, as a very passionate and dedicated Coach, he is as wealth of knowledge about every aspect of the game and how to develop the body to result in a bigger, stronger, and faster player. He provides guidance and educates players through analyzing videos and providing detailed feedback. Based on the best education and training, he helps to strengthen every muscle in the body, as a well as enhance a players mindset to result in greater confidence both on and off the ice.

Coach Lee has committed his life to understand, support and foster development and potential in our youth, as he has helped my son. Coach Lee has devoted his life to pursue knowledge and truth in all that he does, to help players become more equipped as men and women in life. He has helped my son build greater confidence on and off the ice, in both body and mind. My son respects Coach Lee, and knows his coach believes in him as a young man and as a player. I am grateful to Coach Lee, and I highly recommend him to anyone who desires the best training offered.

-Dina Sachs (Mother of Derek Sachs)





Player & Parent Testimonial's

I began playing for Coach Gilner in the spring of my 8th grade year. As far as my hockey career goes, this was the best decision I had made thus far. I got a late start playing so my abilities were far behind those of the other players. But Coach Gilner allowed me to play and practice with his Midget U-16 team. Looking back on it I really had no business being out there with those players because of where my skills were. However, Coach Gilner invested in me, and through his coaching and knowledge of the game I was able to elevate my play from being barely able to compete in the travel leagues to by my senior year being one of the better players in the league. It was not just the insight and the repetition that he provided on the ice, but coupled with his knowledge of off ice training, in my opinion that makes Coach Gilner the best coach in the region.

! Not only is Coach Gilner himself a fantastic coach, but some of what helped me too was the help he was able to bring in from the outside. Through his playing career he made a network of great players that were on occasion able to come out to practice and give advice from different perspectives. I did not see any other coach or hear of any other during my time with Coach Gilner, that gave the players a better understanding of the game, bring in the same quality of help, or see any other player progress as quickly and as far as myself, as well as my teammates, under any other coach. I can guarantee that no other coach invests as much time and energy into his players as Coach Gilner, and for that I am extremely grateful.

-Ben Sisemore
Plant HS
THPD U18AA
UNC Chapel Hill ACHA
Mutzo - Vice President, Capital Markets Credit at Mizuho





Private Strength & Conditioning Facility

State of the art Functional Training Facility for Tampa Hockey Player Development Athletes. The private environment allows players to focus on themselves without distraction and commit to deliberate work with intention that is the key to athlete development and performance. Every single player who trains at THPD's facility has gotten more explosive, stronger, faster and mentally stronger then when training at other facilities with other coaches. For this reason, Players absolutely love to train at THPD's gym and transform themselves into completely new players and people.

Contact me to schedule your consultation: (813) 928-2938 and/or coach@tamaphockeytraining.com





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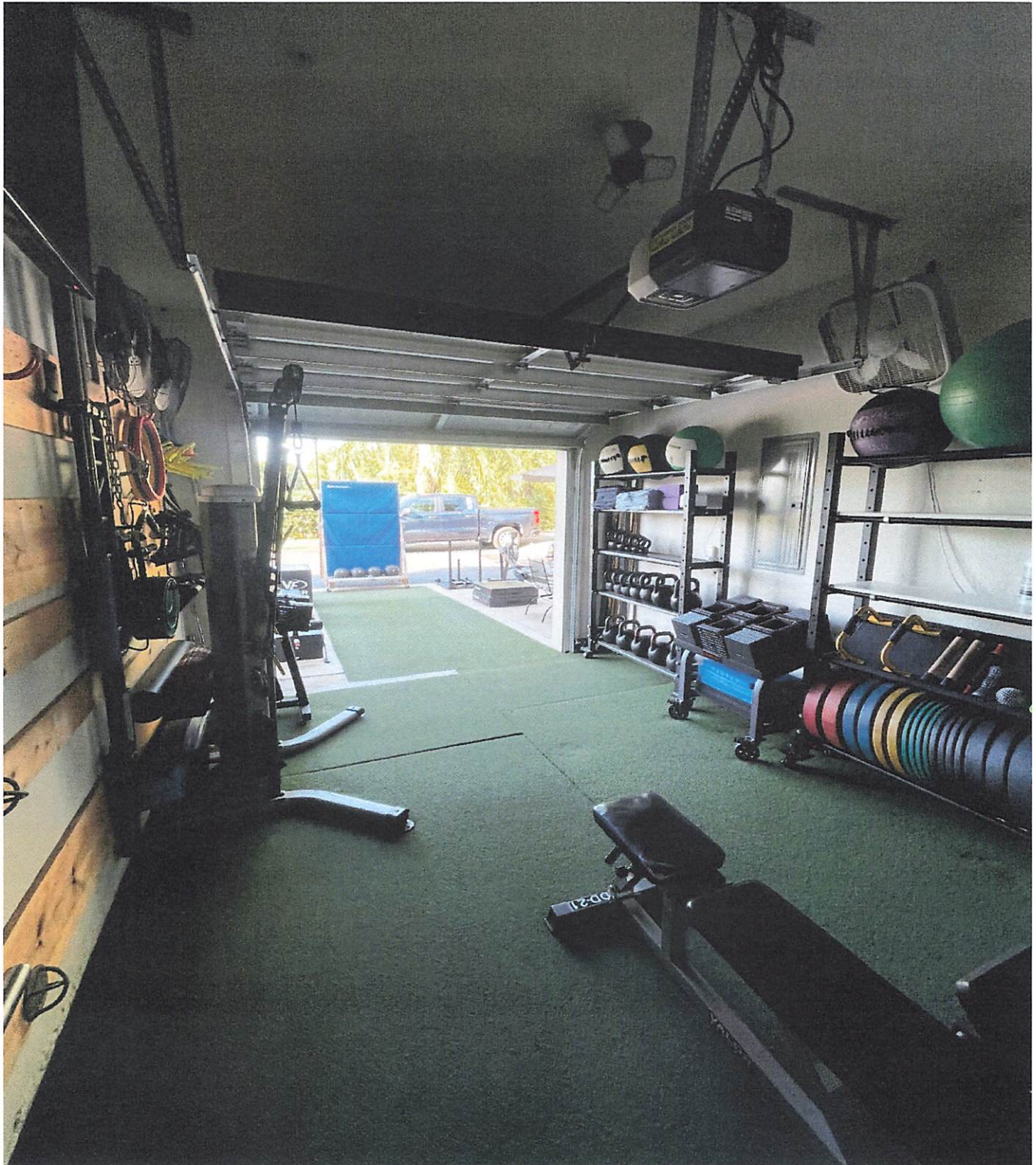


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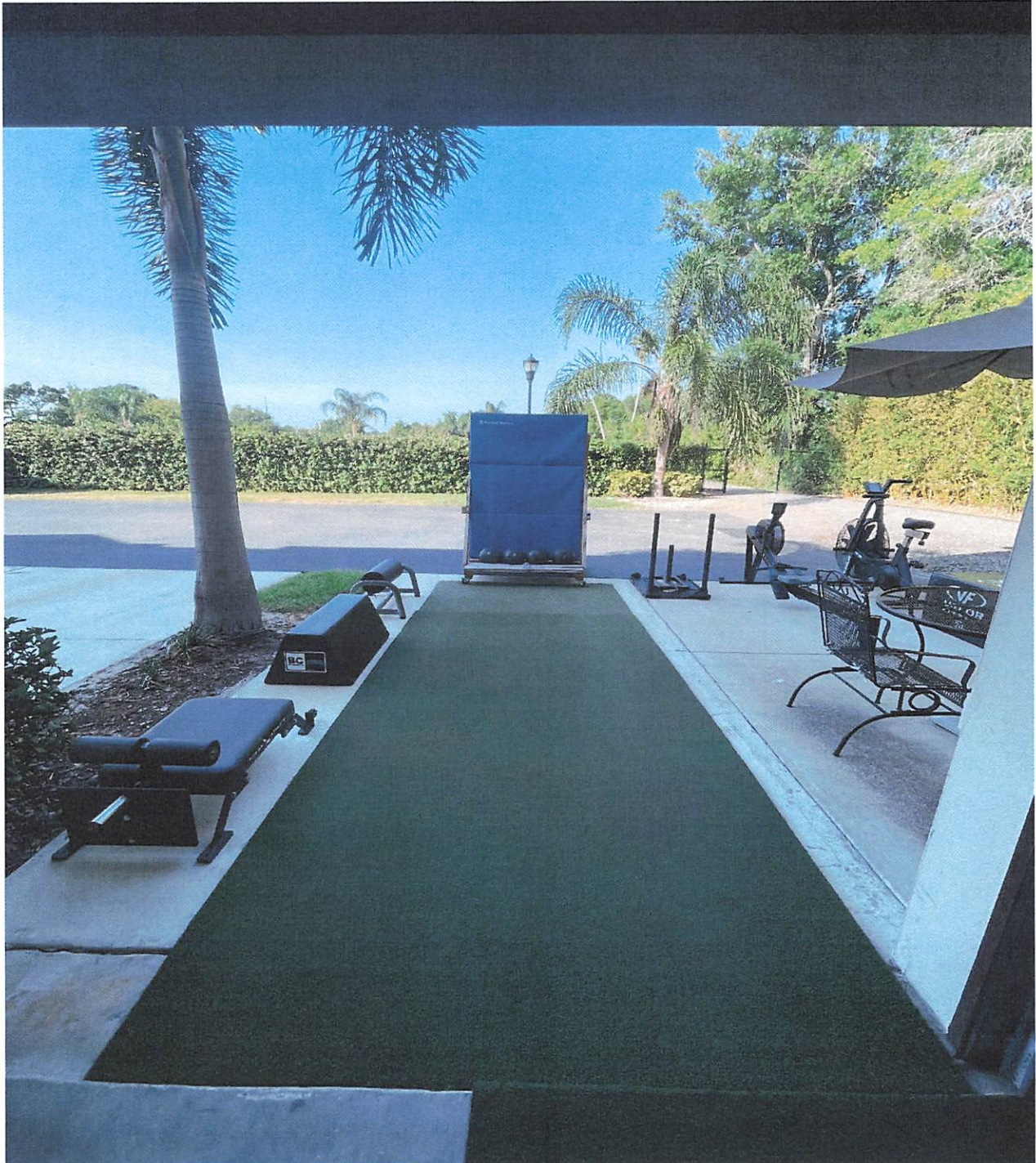


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