



Woody Allen



**“Everything you
always wanted to know
about sex ***

*** But were afraid to ask”**





George Gwozdecky



**“Everything you
always wanted to know
about NHL
Coaching** 

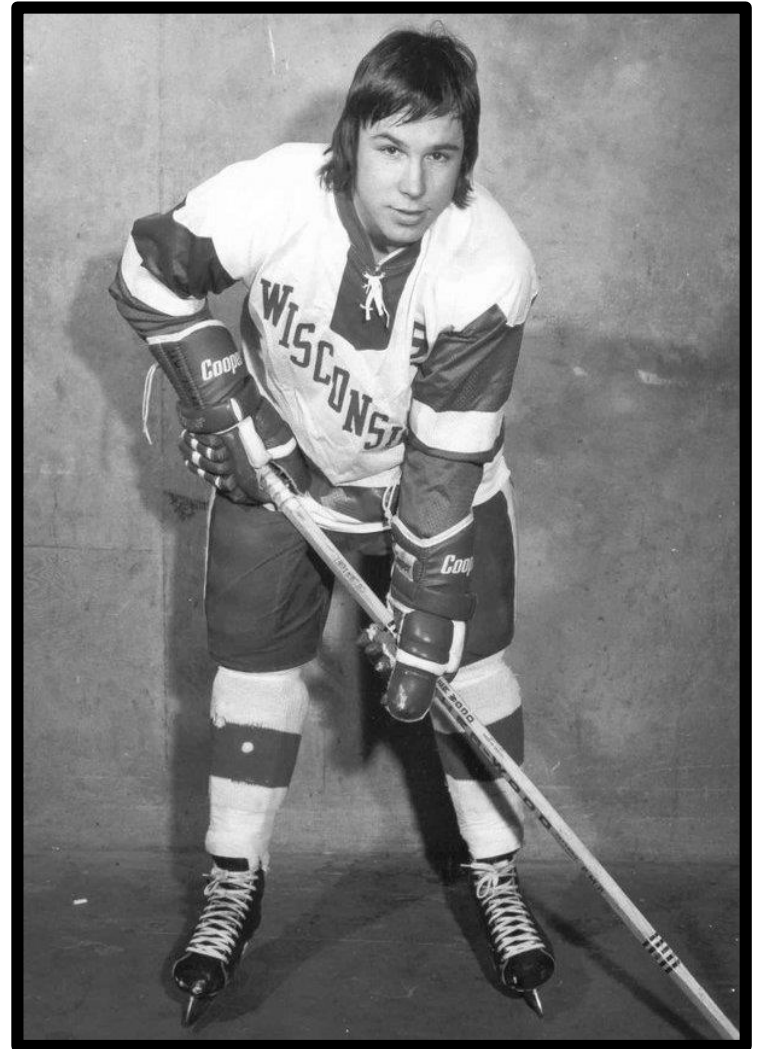
*** But were afraid to ask”**



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PLAYING CAREER

- 1970-1972 JUNIOR A (PORT ARTHUR MARRS, THUNDER BAY VULCANS)
- 1973-1978 NCAA (WISCONSIN BADGERS)



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COACHING CAREER



-1979-83



-1984-89



-1989-94



-1994-13



-2013-15



-2015-16

ROLE CHANGES

ASSISTANT COACH



HEAD COACH



ASSISTANT COACH



HEAD COACH



ASSISTANT COACH



HEAD COACH

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WHEN TO GO PRO

- NEVER PURSUED NHL COACHING, BUT OFTEN THOUGHT ABOUT IT



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MY ROLE

- WORKED WITH FORWARDS, CONDITIONING OF INJURED AND NON-DRESSERS, SKILL SESSIONS



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TAMPA BAY LIGHTNING

- STAFF WAS LARGER THAN MOST AND AT TIMES UNDERUTILIZED



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MY SKILL SET

- BETTER SUITED FOR A HEAD COACH'S ROLE



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Video Slide

PRO LIFESTYLE

- TOUGH TO AVOID BEING STAR-STRUCK BY GREAT PLAYERS (STAMKOS), FORMER GREAT PLAYERS (YZERMAN), AND OTHER CELEBRITIES THAT LIKE TO HANG AROUND (CHARLES BARKLEY, VINCE VAUGHN)



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COACHING STAFF

- WORKING DAY-TO-DAY ALONGSIDE OTHER COACHES IS THE BEST FORM OF PROFESSIONAL DEVELOPMENT



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TREATMENT

- TRAVEL, HOTELS, AND MEALS ARE THE BEST, BUT THERE'S VERY LITTLE TIME TO EXPERIENCE IT WITH PACKING, UNPACKING, WORKING, SLEEPING – BEING A PLAYER IS MORE FUN



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PERKS

- TEAMWEAR, SWEATSUIT, SHOES, SOCKS, T-SHIRTS, JACKETS, HATS, STOCKING CAPS ALL IN TEAM COLORS AND TEAM LOGOS, COMPANY GIVEAWAYS LIKE WATER BOTTLE SPEAKERS, ETC



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PERKS

- PER DIEM IS NICE



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PERKS

- FOOD IS ALWAYS AVAILABLE



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TRAVEL

- AWARE OF THE DATE, BUT NO IDEA WHAT DAY OF THE WEEK IT IS



Video Slide

TRAVEL

- 29 DIFFERENT CITIES THROUGHOUT NORTH AMERICA –
CHARTER IS
EFFICIENT
EXCEPT WHEN
FLYING IN
OR OUT OF
CANADA



Video Slide

TRAVEL

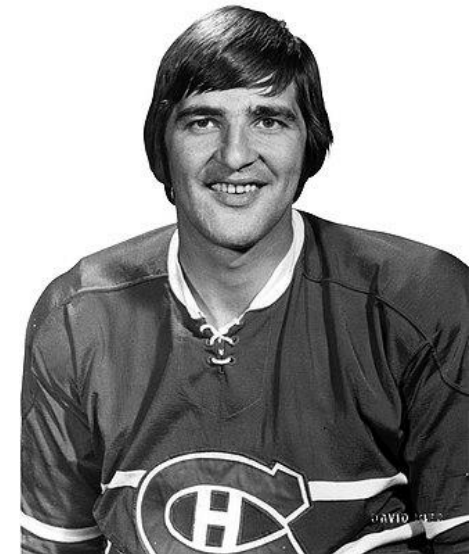
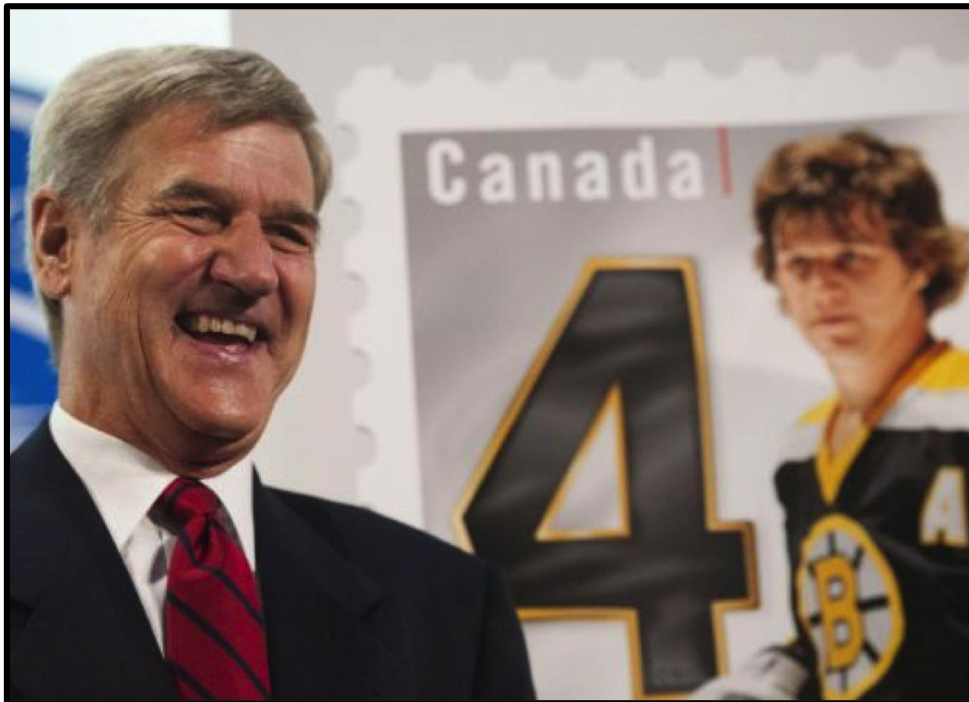
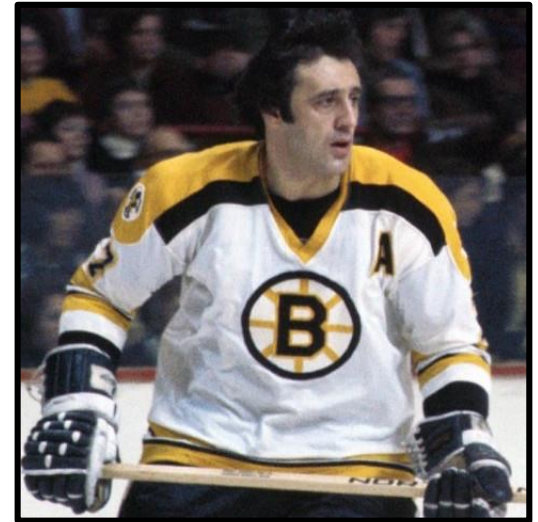
- ...BUT YOU KNOW YOU'RE IN CANADA!



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TRAVEL

- GETTING LOST AT 29 DIFFERENT ARENA VENUES – ASKING FOR DIRECTIONS FROM LEGENDS YOU BUMP INTO



Video Slide

PLAYER'S DAY

- 7:45-9:00am – ARRIVE AT RINK – CHEF-MADE BREAKFAST
- 9:00-10:00am – PREP WORK (REHAB, STRETCH, CARDIO, TAPE, MASSAGE, STICKS)
- 10:30am – TEAM VIDEO MEETING
- 11:00am – PRACTICE
- 11:45-1:30pm – CHEF-MADE LUNCH AVAILABLE

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ASSISTANT COACH'S DAY

- 7:00am – ARRIVE AT RINK
- 9:30am – STAFF MEETING
- 10:30am – TEAM MEETING
- 11:00am – PRACTICE
- 12:00pm-? – OFFICE WORK/FILM BREAKDOWN

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INTELLIGENCE LEVEL

- THE OLD PERCEPTION THAT “NHL PLAYERS WHO DON’T HAVE A COLLEGE BACKGROUND ARE NOT INTELLIGENT” IS A COMPLETE FALLACY – MANY (STAMKOS, HEDMAN, JOHNSON, PALAT, CALLAHAN) WOULD BE GREAT STUDENTS IF THEY’D TAKEN THE COLLEGE ROUTE



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OPTIONAL PRACTICE

- “REST OPTION” VS SKATE OPTION



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OPTIONAL PRACTICE

- ASSISTANT COACHES ON THE ICE DAILY – NO MATTER THE OPTION



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SCOUTING REPORTS

- REVIEW THEIR THREE MOST RECENT OPPONENTS AND INCLUDE ALL GAMES YOU HAVE PLAYED AGAINST THEM
 - REDUNDANT OTHER THAN FACEOFF WINS AND LOSSES



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NUMBER OF GAMES

- NO TIME TO CELEBRATE OR BE IRRITATED – BUSY PREPARING FOR THE NEXT GAME – MUST “MOVE OUT AND MOVE FORWARD”



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TRADE AND WAIVER

- DISCUSSIONS
- DECISIONS



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USE OF VIDEO

- COACHES WATCH A LOT – FORWARDS AND DEFENSEMEN HAVE EASY ACCESS TO EDITED VIDEO, BUT ON THEIR OWN THEY WATCH VERY LIMITED AMOUNTS



Video Slide

USE OF VIDEO

- GOALIES WATCH CLIPS AFTER EVERY GAME THEY PLAY



Video Slide

THE PLAYOFFS

- MORE TIME IN ONE LOCATION DUE TO PLAYING TWO GAMES BEFORE TRAVELING – MUST PLAY AS IF IT IS OUR HOME ICE – EVEN THOUGH WE ARE A VISITOR, THIS IS OUR HOME
- “I’M GETTING AS MUCH SLEEP AS I NEED. I DON’T THINK ANY COACH THIS TIME OF THE YEAR GETS A REGULAR NIGHT OF SLEEP, BUT THAT’S PART OF IT. YOU SACRIFICE SLEEP FOR THE OPPORTUNITY THAT YOU GET.”

-TONY GRANATO

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THE FINALS

- SACRIFICE TO GO THE DISTANCE
- VERY LITTLE TIME TO SIT BACK, MARVEL AND ENJOY
- INJURIES ARE SO PREVALENT
- CELEBRITIES BECOME GROUPIES



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GWOZ FAVORITES



- ARENA – BELL CENTER (MTL)
- BEST HOT DOGS/"CHIEN CHAUDE" – BELL CENTER
- BEST COACHES ROOM – BELL CENTER
- BEST PRESS BOX SIGHT LINES – BELL CENTER
- BEST PRE-GAME SHOW – BELL CENTER
- BEST ARENA FOR CELEBRITY SIGHTINGS – MADISON SQUARE GARDEN (NYR)
- MOST BEAUTIFUL ARENA – AMERICAN AIRLINES CENTER (DAL)
- WORST ARENA – (TIE) REXALL PLACE (EDM), JOE LOUIS ARENA (DET), SCOTTRADE CENTER (STL), NASSAU COLISEUM (NYI)
- LOUDEST ARENA – BELL CENTER
- FAVORITE OPPONENT – ANY TEAM FEATURING FORMER DU PLAYERS
- FAVORITE TRIP – NASHVILLE
- COLDEST ARENA – (TIE) FIRST NIAGARA CENTER (BUF) AND PNC ARENA (CAR)

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FINAL

ADVICE

PASSION IS GOOD,

BUT...

KEEP YOUR BALANCE!

Denver Coach Gwozdecky ejected vs UND, Jan. 24, 2009



0:07 / 2:19

AND...

**WEAR RUBBER-SOLED
SHOES FOR TRACTION!**



PROGRESSIVE

8
www.icehockey.com

KELLY KERRY
SERVICE

MILVANIA

GOOD LUCK IN 2016-17!

