

# Gilman Gear

New Products  
2011



**Gilman Gear**

30 Gilman Road P.O. Box 97 Gilman, CT 06336

ALWAYS A STEP AHEAD™

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## ▶ THRUSTBACK

The THRUSTBACK teaches pad level, hips and hands! And then feet after contact! The sled offers dual action. 12" of forward thrust and 5" of upward lift. The forward thrust teaches a defensive lineman to "shoot his hips" and "bring his feet" after contact. The upward lift teaches a defensive lineman to get arm extension, separation and to shed the block. The low pad level teaches a defensive lineman to keep his head and eyes up. The heavy weight of the sled simulates the weight and girth of an offensive lineman. The sled doesn't "run" or "turn". It teaches a defensive lineman to maintain balance and stay square. The Bod Pad offers all the landmarks for teaching consistent hand placement!

"The coaching point is to bring the feet after contact!"

	no.	weight	price
Thrustback	TB1	530 lbs	\$1995

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## ▶ THRUSTBACK 2 MAN SLED

The THRUSTBACK 2 MAN SLED teaches the fundamentals of run block destruction. Against this sled, a defender must get his feet on the ground quickly and maintain a power base. A power base ensures that a defender will not get turned out of his gap. The Bod Pad encourages proper body alignment with an emphasis on hat and hand placement and getting the correct power angles with the knees in front of the toes. Work a defensive progression that includes:

- 6 point stance to strike pad with heavy hands, get proper hand placement and lock out.
- 3 point stance to work hip explosion, base and leg drive.
- 2 point stance to lift, separate and escape.

Stand between the pads with a Snap Stick and work get-offs. Defenders can destroy the block, get separation and then escape off the outside shoulder of the pad!

Mounted on a heavy chassis, the sled offers realistic resistance and forces players to strain and maintain leg drive. Wide pad spacing allows the defender to take an offset alignment to work on stunting and slanting.

**"The coaching point is to maximize reps and time efficiency!"**

	no.	weight	price
Thrustback 2 man sled	TB2	895 lbs	\$3795



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## ▶ SHIVER BOARD SLED

The SHIVER BOARD SLED is used to teach proper footwork, body position and blow delivery. Use the Board to practice a good two hand strike while developing the habit of hitting with the heel of the hand. Players can work on quick reflexes to the deliver the strike with speed and power. Developing the proper "lock-out" technique with the elbows within the frame of the body and the thumbs up is vital defensive fundamental. Excellent for working out a group of players. Allows maximum repetition. Use it during pre-practice and post-practice routines. The Board has three height adjustments: 36", 42" and 48". The height adjustments allow a good bent knee posture from different defensive positions. The Board is 10' long and mounted on a Gilman sled chassis. The striking surface is 6" thick and 12" high. Optional coaching platforms can be added to increase the weight of the sled.

The SHIVER BOARD POST MOUNT is anchored in the ground. The kit consists of the Shiver Board with three stanchions and ground sleeves.

**"The coaching point is to teach proper body position and blow delivery!"**

	no.	weight	price
Shiver Board Sled	SBSS1	700 lbs.	\$2400
Shiver Board Post Mount	SBP1	300 lbs.	\$ 1650



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## ▶ HAY BALER™

The HAY BALER is a heavy duty, heavyweight dummy designed to be thrown, pressed, squatted or carried to develop strength, power and overall conditioning. The primary application is to improve triple extension and build rotary power. The secondary applications allow you to do a metabolic conditioning routine relevant to your sport. This multi-functional piece of resistance equipment gives you another tool for your training program. A HAY BALER workout includes the following exercises:

- Hammer Throw
- Caber Toss
- Twist
- Duck Walk
- Fireman's Carry
- Clean, Press & Toss
- Bent-Over Row
- Lunge & Squat

Available in three different weights: 50 lbs, 75 lbs and 100 lbs. Each end is capped with neoprene rubber. Four different handle locations allow the bag to be held in a vertical or horizontal position.

**"The coaching point is to implement non-traditional workout tools that are fun, safe and confidence-building!"**

	no.	weight	price	special
Hay Baler	HB50	50 lbs.	\$ 95	(4 for \$360)
Hay Baler	HB75	75 lbs.	\$120	(4 for \$460)
Hay Baler	HB100	100 lbs.	\$150	(4 for \$580)

Colors: RED BLUE BLACK

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## ▶ DEFENSIVE CHUTE

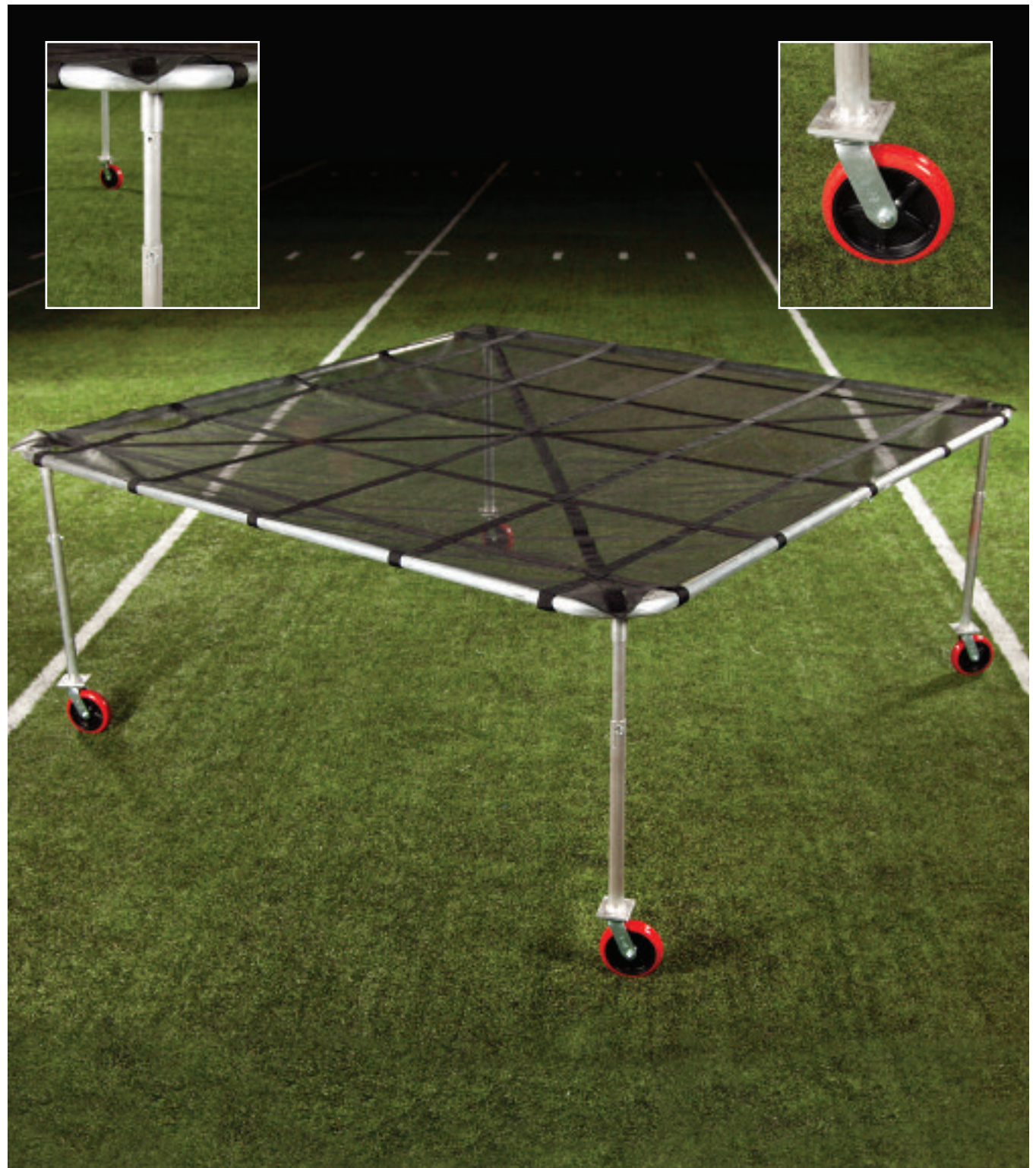
The DEFENSIVE CHUTE offers a wide-open space ideally suited to one-on-one scrimmage drills and individual agilities. Use the Chute to teach DB's, Backers and D-Lineman to stay low in a good defensive posture while backpedaling, moving laterally or firing out from a stance. Place step-over dummies inside of the Chute and work agility drills while staying low. Measures 10' x 10'. Adjustable in height from 42" to 66". Top frame has extra strength and rigidity to prevent it from bending out of shape. Welded corner sockets keep the legs perfectly vertical. 8" solid polyurethane wheels with swivel capability offer easy movement on grass or turf. Lightweight and portable. *Made entirely of aluminum. Will never rust!*

*"The coaching point is to stay low with knees bent and weight balanced so you can go in any direction!"*

	no.	weight	price
Defensive Chute	DC1	110 lbs	\$1095



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## ▶ SUPER CHUTE

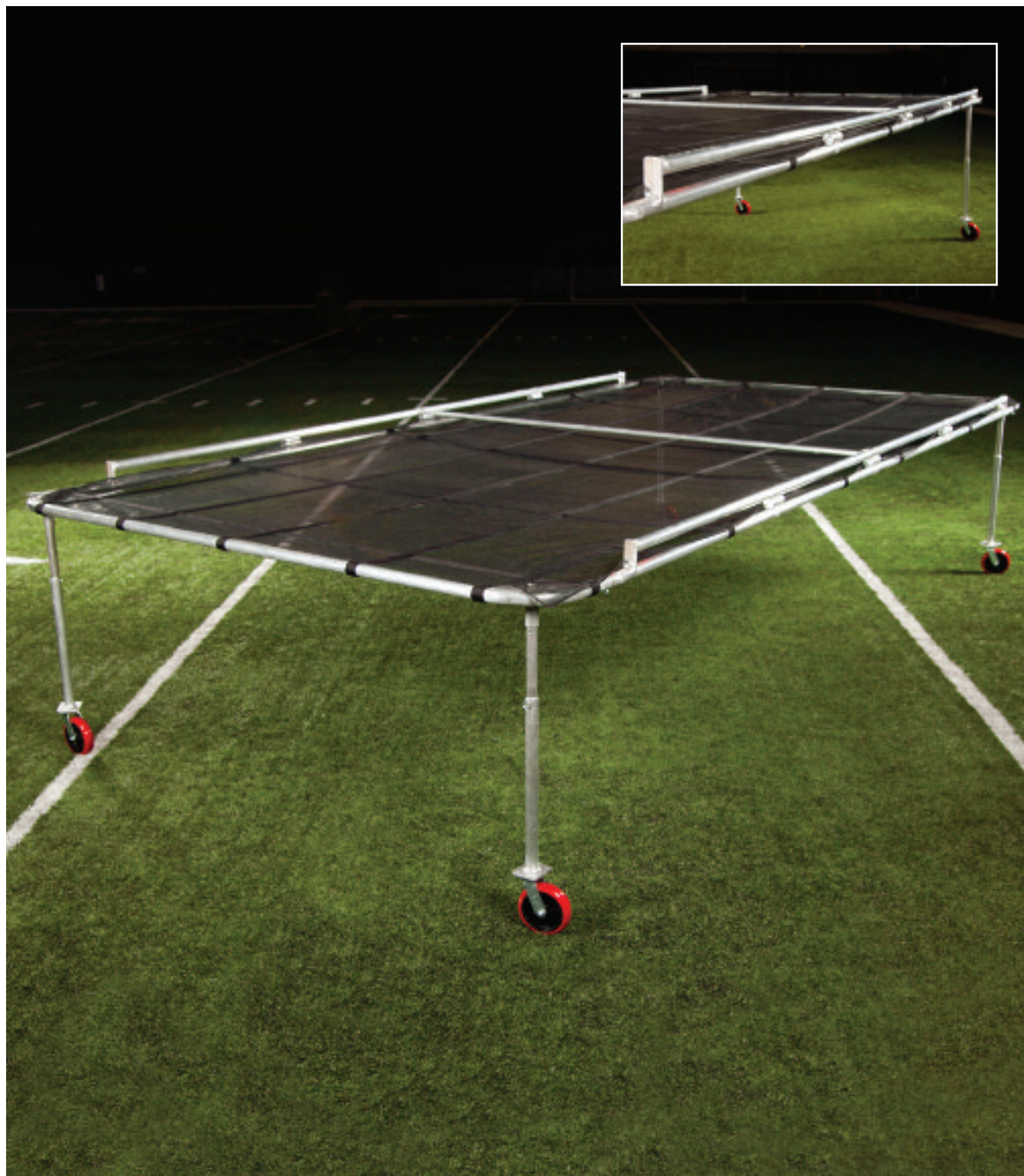
The SUPER CHUTE offers a wide open training space. Measures 20' by 10'. Makes playing low a habit. Multiple players can work at the same time. Clear span design gives players the freedom to enter and exit the chute from any side. Soft mesh top allows players to work without helmets. Great for off-season conditioning and agility drills. Teach DB's the basic fundamental of low pad level as well as the skills of breaking on the ball and change of direction. Ideal for "W" and "Star" drills. Back-pedaling and breaking at 45 and 90 angles. Top frame has extra strength and rigidity to prevent it from bending out of shape. Side frame truss reinforces the structural integrity of the frame. Welded corner sockets keep the legs perfectly vertical. Spreader bar keeps the mesh screen taut. 8" solid polyurethane wheels with swivel capability offer easy movement on grass or turf. Adjustable in height from 42" to 66". Lightweight and portable. *Made entirely of aluminum. Will never rust!*

*"The coaching point is to play with low pad level while going in and out of breaks!"*

	no.	weight	price
Super Chute	SUP1	190 lbs	\$1695



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## ▶ JAMMER

The JAMMER is a belt harness with resistance bands that extend from the waist to a player's wrist. It is the most effective training device to "over train" the punch in pass protection. The resistance band forces a blocker to keep his hands up and to "strain" through every punch. When the Jammer is removed a blocker immediately feels quicker and more explosive with his hands and his punch! A great tool for O-linemen, Tight Ends, and Running Backs in pass pro drills. Use it versus partners in one-on-one pass pro drills or against hand shields or wall pads. Ideal for off season and winter conditioning! Velcro wrist bands and waist belt make it easy to put on and take off, maximizing time efficiency during practice. Available with a choice of three different resistance bands calibrated at 50 lbs, 75 lbs and 105 lbs. Select the band that matches the strength level and age group of your players. Bands are made from latex rubber cords with a protective polypropylene cover.

**"The coaching point is to develop a quick and explosive punch!"**

	no.	weight	price	special
Jammer Extreme	JAM1	105 lbs.	\$90	(6 for \$ 510)
Jammer Ultra	JAM2	80 lbs.	\$80	(6 for \$450)
Jammer Super	JAM3	50 lbs.	\$ 75	(6 for \$420)

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- A CUFF N JAM**
- B CUFF N STEP**
- C CUFF N SHUFFLE**
- D CUFF N CATCH**

The CUFF N JAM is a set of 4" rubber cuffs that fit over the wrists. A tension cord connects the two cuffs and provides resistance when trying to widen the spacing between the hands. Teaches proper hand placement!

**"The coaching point is to make inside hands a habit!"**

The CUFF N STEP is a set of 5" rubber cuffs that fit over the ankles. A tension cord connects the two cuffs and provides resistance when trying to widen the spacing between the ankles. The elastic works to pull the feet together. Fight the resistance and prevent the feet from getting narrow or overextended.

**"The coaching point is to stay balanced!"**

The CUFF N SHUFFLE is a set of 6" rubber cuffs that can be worn around the quadriceps. A double tension cord connects the two cuffs. A shuffle step activates the three stabilizing muscles in the glut.

**"The coaching point is to strengthen the gluteal muscles!"**

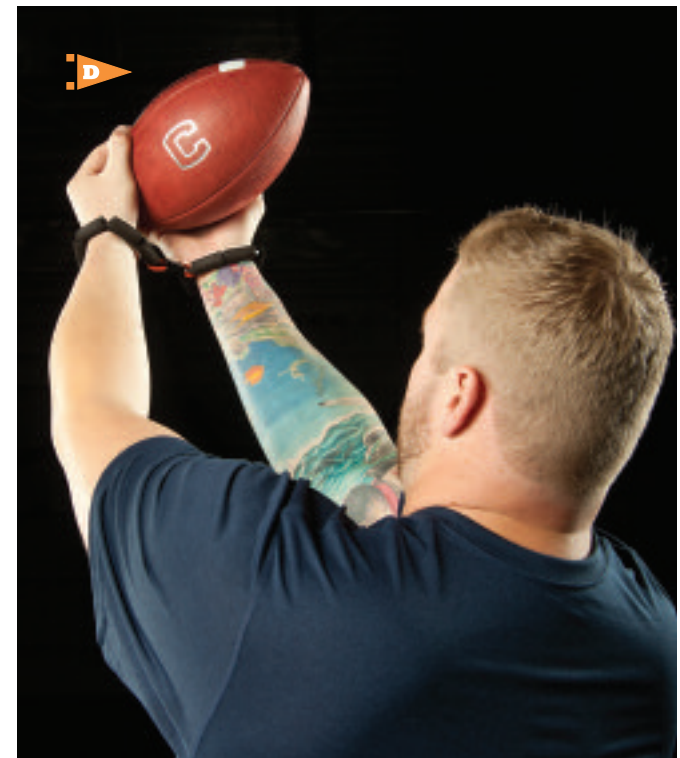
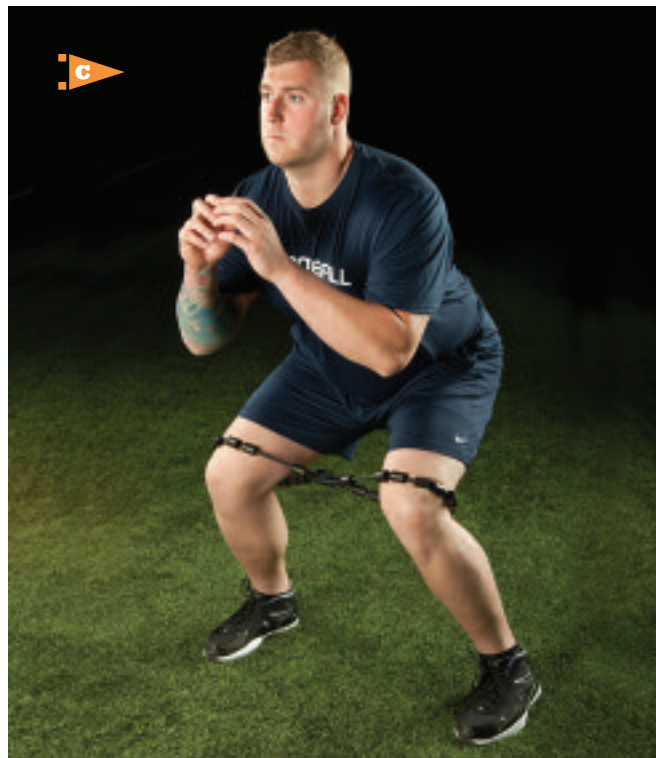
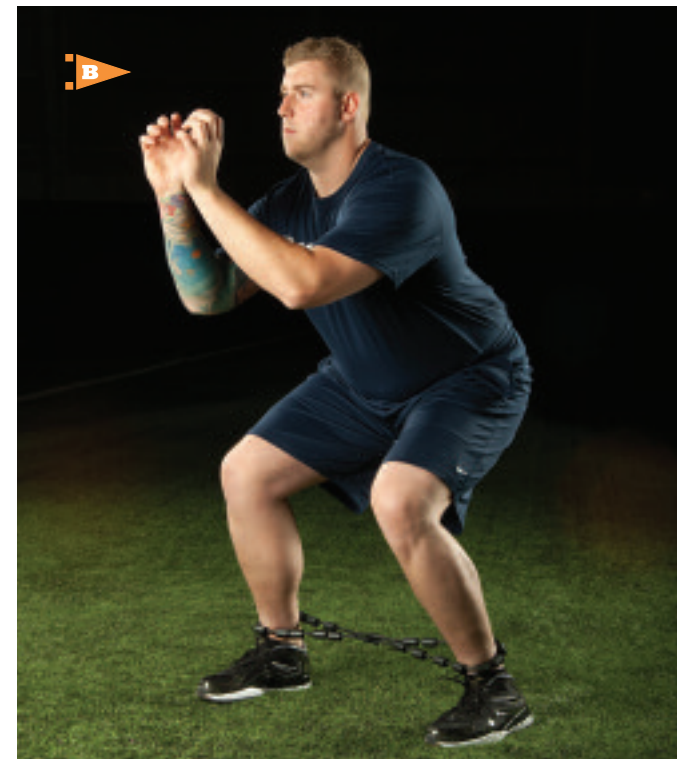
The CUFF N CATCH is a set of 2-1/2" rubber cuffs that fit over the wrists. A tension cord connects the two cuffs and provides resistance when trying to widen the spacing between the hands. Train the hands to come up simultaneously! Teaches better hand position!

**"The coaching point is better concentration!"**

	no.	price	special
Cuff N Catch	CUFF1	\$ 15	(6 for \$ 84)
Cuff N Jam	CUFF2	\$ 21	(6 for \$ 120)
Cuff N Step	CUFF3	\$ 26	(6 for \$ 150)
Cuff N Shuffle	CUFF4	\$ 31	(6 for \$ 180)

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**A BALL HARNESS**  
**B ELASTIC HARNESS**

The BALL SECURITY HARNESS teaches a ball carrier to protect the ball with four points of pressure. Carrying the ball this way prevents it from getting punched out from the front, back or sides. In today's age of defensive stripping and attacking the football, this tool is a must to prevent fumbles. The football is held in a soft and pliable cradle that includes a cup at each end to secure the ball. After the ball is inserted into the cradle it is fastened with a Velcro strap. A six foot long tail strap with hand grip allows a partner to trail behind the ball carrier to apply resistance.

**"The coaching point is to teach a ball carrier to secure the football!"**

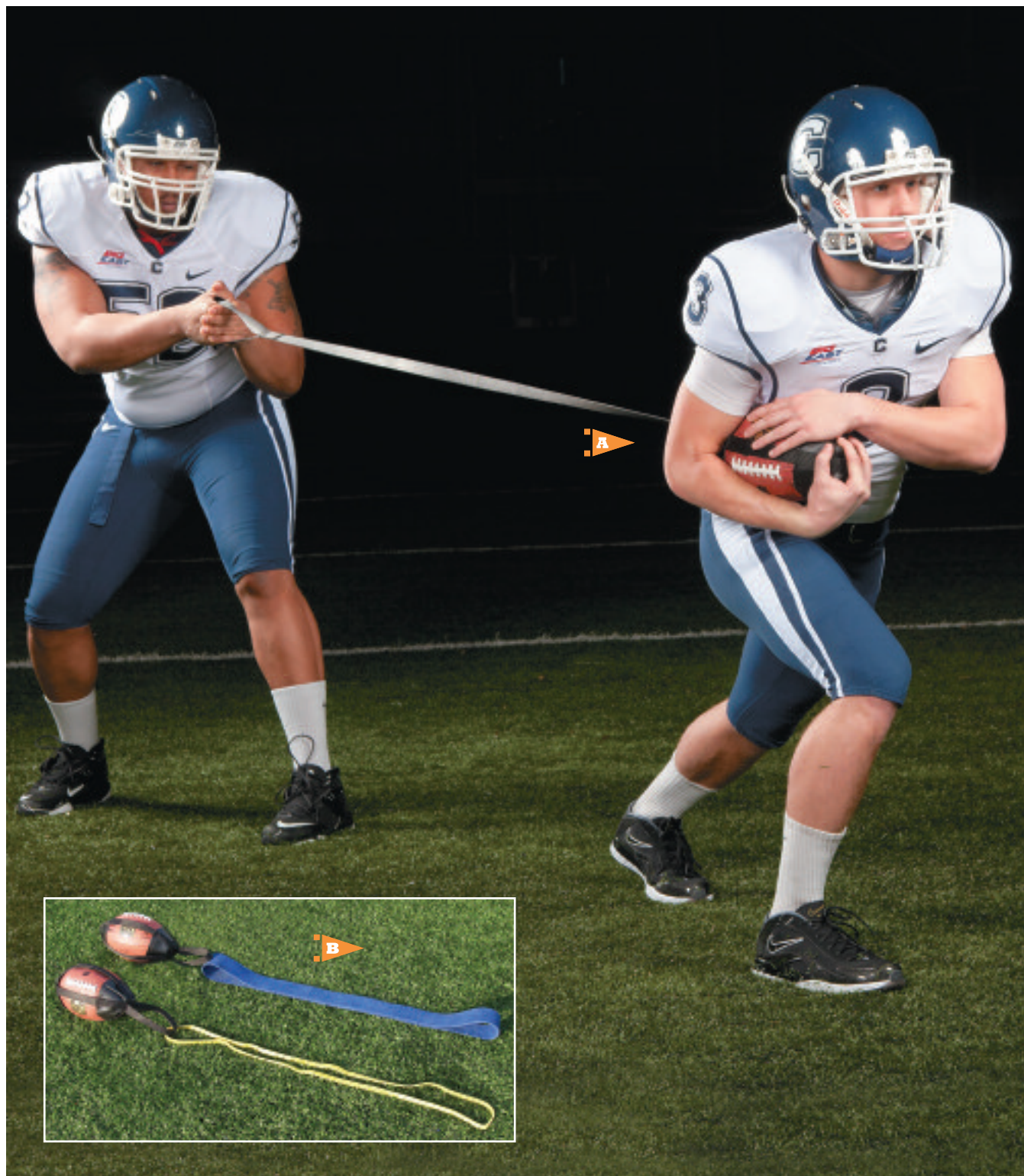
The ELASTIC BAND HARNESS incorporates the ball cradle with rubber bands. The ball cradle has a loop through which a series of rubber bands is slipknotted. For running backs a 2-½" wide "max band" is used in a series of four connected bands. For wide receivers a ½" wide "mini band" is used in a series of two connected bands. By using the rubber bands, a player can work independently and get more reps.

**"The coaching point is to teach a wide receiver quick hands and eye focus!"**

	no.	weight	price	special
Ball Security Harness	BSH1	1 lbs.	\$ 35	(6 for \$180)
Elastic Harness-Mini	MIN1	2 lbs.	\$ 54	(6 for \$294)
Elastic Harness-Max	MAX1	6 lbs.	\$150	(6 for \$870)

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## ▶ QB WEDGE™

The QB WEDGE is an excellent tool for teaching both weight transfer and full body mechanics which are critical to throwing the football with accuracy, velocity and distance!

Use the Wedge for a QB who throws and his back foot stays on the ground and fails to transfer his weight. By stepping downhill on the Wedge, a QB learns to pick up his back foot and shift his weight forward as he makes the throw.

Use the Wedge for a QB who locks out his front knee as he steps to throw. By stepping up hill on the Wedge forces the lead knee to stay bent through the throw.

Use the Wedge for a QB who over-strides. By placing the high end of Wedge in front of his lead foot you have shortened the QB's stride which is critical to increasing power and accuracy.

The Wedge is lightweight and portable. Top surface is padded with turf for safety and comfort. *Made of aluminum. Will never rust!*

**"The coaching point is to teach weight transfer and full body throwing mechanics!"**

	no.	weight	price	special
QB Wedge	EDGE1	18 lbs.	\$130	(4 for \$500)

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## ▶ HANDS-FREE SHIELD™

The HANDS-FREE SHIELD allows scout team defenders to take on blockers with their hands because the shield is worn not held. Frees players from having to hold the bag! Allows a free range of motion with arms and complete use of the hands. Provides a more realistic and full speed defensive reaction! Defenders can get into a stance, take on blocks with their hands or drop into pass coverage.

The pad mirrors the width of the shoulders, the contour of the armpit and the narrow width of the chest. With this pad, you can teach hand placement and punch to the sternum or shoulders. Or work on shooting the hands to the armpits. Jersey numbers on the front of the pad create another landmark for hitting.

The Hand's Free Shield is 3" thick. The pad is made from a high density foam that is lightweight and shock absorbent. Suit up is quick and easy. Adjustable web straps fasten around the neck and back to insure a snug fit. Quick release buckles allow the players to get in and out of the pads with little down time. Extra padding is built into the neck strap and chin guard for comfort and protection.

**"The coaching point is to allow the scout team to move and react while going full speed!"**

	no.	weight	price	special
Hands-Free Shield	FREE1	3 lbs.	\$80	(6 for \$450)

Colors: RED BLUE YELLOW

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