

# HockeySmith South

## Adult Instructional League

HockeySmith instructional schools have been serving the Greater Grand Rapids and West Michigan hockey community since 2002. HockeySmith South is geared towards the beginning to intermediate hockey player looking for some instruction and exercise prior to or in addition to competitive adult leagues. During the 13 morning classes we focus a lot of time on the individual skills required to play and we also show a lot of the team skills to help understand the game:

**Skating** – forward, backwards, edges (inside and out), crossovers, pivots, and quick starts.

**Stickhandling** – Increase puck control skills with our puck control drills. You will learn to control the puck while doing power turns and crossovers and how to maximize your speed with the puck.

**Passing** – Learn how to properly give and receive forehand and backhand passes.

**Shooting** – Through instruction you'll learn the four types of shots: wrist shot, backhand, snap shot, and slap shot and when to use each shot.

**1-on-1 & 2-on-1** – Learn what to do as a forward or defenseman to give yourself the greatest advantage in these situations.

**Breakouts & Positioning** – Learn positioning in the offensive and defensive zones, as well as break outs and what to do on face-offs.

**Scrimmage** – We finish each class off with a scrimmage, the time to apply all that was learned during the classes

## Upcoming Sessions:

Fall Session @ Walker Ice and Fitness  
Thursday mornings @ 6-7am  
September 16th thru December 16th(13 weeks)  
Cost if received or post marked before 9/9/10 is \$200  
Cost after 9/9/10 is \$220

You can receive \$20\*\* off your registration cost if a person\*\*\* you refer signs up for the 2010 Fall session.

\*\* Limit 2 referrals per person per session

\*\*\* Anyone new to HockeySmith or HockeySmith South class

Head Instructor

**Dan Rublein** – Dan has been head instructor since taking over in 2007. He played 2 years Jr.A hockey in the NAHL and BCJHL and also professionally in the ECHL, CHL, and WPHL. Coaching experience includes Kentwood Bantam A, Catholic Central High School, Turcotte Stick Handling School, and is currently involved with the Walker learn to play, an assistant HAWK Mite coach, and Head HAWK squirt coach for the teams his sons skate with.

Instructor

**Craig Hurbanis** - Craig played with various hockey organizations at the A and AA travel levels. He played varsity hockey with East Kentwood where he earned the honors of All Area, All-Conference, and was an All State Class A selection and Lead his team in scoring his senior year.

Contact

Dan to reserve a spot!

**616-897-6734**

[hockeysmithsouth@hotmail.com](mailto:hockeysmithsouth@hotmail.com)

class size is limited

visit [www.hockeysmithsouth.net](http://www.hockeysmithsouth.net) for more info

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Phone# \_\_\_\_\_

Email \_\_\_\_\_

Referred  
By \_\_\_\_\_

Please fill out this form if you are new to HSS, if you are a returning skating feel free to call or email me so I can reserve your spot.

**Make checks payable to HockeySmith South**

**Mail to:**

HockeySmith South  
Attn: Dan Rublein  
11220 Headwaters Ct  
Lowell, MI 49331