

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 prior to and in addition to competitive adult leagues. During the **8 sessions** most individual and team skills required to play will be covered including:

Skating – forward, backwards, edges, crossovers, pivots, starts, and stops.

Stickhandling – Increase puck control 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 & Shooting – Learn how to properly give and receive forehand and backhand passes.

Shooting – Instructors teach 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.

20 to 30 Minute Scrimmage every class with the final class being a full scrimmage

Upcoming Sessions:

Summer Session @ Walker Ice and Fitness

Monday Evenings @ 7pm

June 28th thru Aug 16th

Cost for session is \$179 before 6/14 or \$189 if received after 6/14

You can receive \$20** off your registration cost if a new person*** you refer signs up with you for this session.

** Limit 2 referral per person per session

*** Anyone that never attended HockeySmith or HockeySmith South classes

Special Appearance by:

Mike Knuble – Mike played locally at East Kentwood High School and the University of Michigan, he began his professional career in 1994 and spent the last year with the Washington Capitals playing along side Alex Ovechkin and Nicklas Backstrom. He has also played for the Philadelphia Flyers, Boston Bruins, New York Rangers, and Detroit Red Wings where he was part of 2 Stanley Cup winning teams. He was also a member of Team USA in the 2006 Torino Olympics.

Instructor

Dan Rublein – After earning 3 letters and All-State honors his Senior year at East Kentwood High School Dan 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 recently coached one of the Walker Mite teams where 2 of his sons played.

Contact

Dan to reserve a spot!

616-897-6734

hockeysmithsouth@hotmail.com

class sizes are limited

visit www.hockeysmithsouth.net for more info

Name: _____

Address: _____

City _____

State _____ Zip _____

Phone# _____

Email _____

Referred
By _____

Make checks payable to HockeySmith South

Mail to:

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

