

HockeySmith South

Adult Instructional Hockey

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:

Winter Session @ Walker Ice and Fitness
Thursday mornings @ 6-7am
January 5th thru March 29st(13 weeks)
Cost if received or post marked before 12/30/11 is \$200
Cost after 12/31/10 is \$220

You can receive \$20** off your registration cost if a person*** you refer signs up for the 2011 Winter 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, and Turcotte Stick Handling School. He is a USA hockey certified Level 4 coach and is currently coaching his sons in the Walker cross ice program, HAWK Mite coach, and Head coach of the HAWK 3 squirt team.

Contact

Dan to reserve a spot!

616-897-6734

hockeysmithsouth@hotmail.com

class size is limited

visit 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

