

DELIVERY “On Your Mark”©



Hack foot points to the target. The shoulders and hips are square to target. The broom is secured under arm and against small of back. The throwing arm is comfortably extended to target. The sliding foot is flat on ice with the toe even with the heel of hack foot. The eyes are looking at target.

“Get Set”©



Elevate the hips-using both legs. Do not raise the head and shoulders. Pull the rock back to the hack foot. Shift the body weight to hack foot.

“Go”©



Move the rock forward away from hack by extending your arm.

Move the sliding foot forward and in behind the rock. The trailing leg extends straight back with foot toed in. The brush head is turned up and parallel to rock. During the slide develop a slight bend in elbow of the throwing arm.

GRIP



Second knuckle of fingers placed on bottom of rock handle. The thumb is placed on the side of handle. Place the index finger slightly back of goose neck.

Hold the wrist high to move the palm off the handle. Maintain the grip throughout entire delivery.

TURNS

The rock is lined along the path to target. The handle of the rock is turned toward the skip’s hand to 10 o’clock for a clockwise turn or 2 o’clock for a counter-clockwise turn.

RELEASE

Release occurs when curler has achieved a balanced slide and achieved the appropriate weight for the called shot. The release occurs through 12 o’clock and the follow through ends in a handshake position.

BRUSHING



The fun and energetic way for being involved in the game. It requires strength, speed, balance and flexibility. Stance can be open (left above) or closed (right above).



TRAINING TIPS

- Warm ups
- Cool downs
- Dynamic stretches
- Static stretches

Balance is the key component to a good delivery. Practice can occur both on and off the ice. Assume the final “Go” position in front of a mirror and move the body to align it with the proper “Go” position.

STRATEGY



Basic shots

Draw – a shot that is designed to leave the thrown stone stopping in the house. Guard, draw, freeze, tap back.

Take out- a shot designed to remove a rock, which is “in play” out of play. Hack weight, control weight, normal weight, peel.

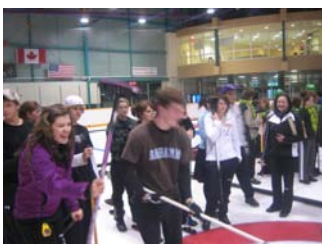
With last rock

The team should aim their rocks to the sides of the sheet of ice and closer to the hog line than to the house.

Without last rock

The team should aim their rocks towards the centre of the sheet of ice and closer to the house.

**Curling is a great way to
Have fun with friends**



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Printed with funding in partnership with the
Ministry of Health Promotion, Communities
in Action Program



ACTIVE2010

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Coach Youth Program



LET'S GO CURLING !!!



Introduction

Curling is a very inexpensive sport that requires a minimum of equipment and uniforms.

Clothing

A pair of stretchy pants, a pair of clean running shoes, a comfortable warm jacket, a pair of mitts or gloves and perhaps a classy hat.

Equipment

Your club will provide you with a slider and a broom for use as you learn the game. You can purchase personal equipment on an as needed basis in the future.

Terminology

Stance	Balance
Timing	Brushing
Draw	Take out
Hacks	Button
Tee line	Hog-line

Line of Delivery
Grips-Turns-Release