

The Nova Scotia Stick Curling Association

Introductory Clinic Talking Points

Off Ice Instruction

1. Opportunity to introduce ourselves and determine the level of participant capabilities
2. Gain an understanding of the expectation of the participants

Time	Topic	Instruction	Outcome
5m	Introduction	The Nova Scotia Stick Curling Association purpose: <ul style="list-style-type: none"> • Promote the sport • Coordinate provincial play-downs Refer to website	Introduction of instructors Introduction of NSSCA
10 m	Objective of Clinic Note: feedback may vary the way instruction is delivered, instructors need to be flexible	Provide instruction on curling with a stick: <ul style="list-style-type: none"> • Demonstrate and provide coaching on techniques • Review the rules of play for Stick Curling 	Meeting expectations: <ul style="list-style-type: none"> • Ask the participants what they expect from the clinic?
5 m	Equipment	Safety is paramount: <ul style="list-style-type: none"> • Grippers worn on both feet recommended when in the house • Helmets are strongly recommended The stick: <ul style="list-style-type: none"> • Fixed length or adjustable length • Slotted or donut end to fit the handle of the curling stone The broom: <ul style="list-style-type: none"> • Separate or on the stick • Heads allowed 	Safety message delivered
5 m	Rules of Play	Six end game Team member at each end of ice One member throws while teammate calls ice Throw 6 rocks alternating with opponent After the end is over, roles reverse	Basic rules presented

Introductory Clinic Talking Points

On Ice Instruction

1. Have the participants on one side line 6 feet apart. They will proceed along the side line to take their turn at throwing from the hack and return to the end of the line.
2. Demonstrate the techniques
3. Provide instruction as each participant throws (break into smaller groups)
4. Play modified games if possible

Time	Topic	Instruction	Outcome
45 m	Techniques Note: check in often with participants!	Position in the hack: <ul style="list-style-type: none"> • Place the curling stone on center line in front of the hack • Start with right foot in left hack or left foot in the right hack • Clean the rock • Place stick in handle of the rock with the stick handle at waist height • Push the rock forward and in a line from the hack to the target broom • For a clockwise rotation, start with the handle pointing toward the 10 o'clock position; for counter clockwise rotation start with the handle at 2 o'clock • Push out of the hack and toward the target <ul style="list-style-type: none"> ○ Different speeds of travel are required depending on the shot called • Release with a positive release to impart rotation with the curling stick pointing at the target broom <ul style="list-style-type: none"> ○ A positive release should not be a strong push to impel the rock 	Practice by participants
20 m	Break (Off Ice)	Note: Review Roles prior to on ice session	
60 m	Roles (On Ice) Note: to prepare people for modified game	Basic roles for the 2 person team members: Delivering the stone <ul style="list-style-type: none"> • Be in the hack and prepared to throw • After release return to the end of the sheet Calling the ice <ul style="list-style-type: none"> • A science 'unto itself' Catching the rocks (stress safety aspect) <ul style="list-style-type: none"> • The 2 players must communicate as to what they are going to do 	Understanding of roles

Depending on participants, and skills levels the instruction at this point will adapt to focus on technique, game play or some combination of both by different instructors.