

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
3. Demonstrate the delivery technique
4. Explain the on-ice drills

Time	Topic	Instruction	Outcome
10m	<p>Introduction of instructors</p> <p>Introduction of NSSCA</p> <p>Expectations For Clinic</p>	<p>The Nova Scotia Stick Curling Association purpose:</p> <ul style="list-style-type: none"> • Promote the sport • Coordinate provincial play-downs <p>Refer to Website</p> <p>Poll participants on:</p> <ul style="list-style-type: none"> • Expectations • Skills 	<p>Understanding of:</p> <ul style="list-style-type: none"> • the participants expectations from the clinic • the participant’s skill level. <ul style="list-style-type: none"> ○ Novice, ○ Basic, or ○ Advanced
10 m	Equipment	<p>Safety is paramount:</p> <ul style="list-style-type: none"> • Grippers worn on both feet recommended when in the house • Helmets are strongly recommended <p>The stick:</p> <ul style="list-style-type: none"> • Fixed length or adjustable length • Slotted or donut end to fit the handle of the curling stone <p>The broom:</p> <ul style="list-style-type: none"> • Separate or on the stick • Non-competitive heads allowed 	Safety message delivered
15 m	<p>Objective of Clinic</p> <p>Techniques</p> <ul style="list-style-type: none"> • holding the stick and delivery of the stone <p>Note: the correct release of the stone is the most critical part of the delivery</p>	<p>Demonstrate the Delivery Technique before going to ice shed:</p> <p>Set-up</p> <ul style="list-style-type: none"> • Place stick on the stone and the stone handle at 12 o’clock • Position the hand fully on top of the stick handle with the stick handle at waist height, just off centre of your body (left or right side) • Extend forward and rotate the stick to the 11 or 1 o’clock position, elbow relaxed, with sick handle still just off center 	Understanding of the recommended technique

Off Ice Instruction (continued)

Time	Topic	Instruction	Outcome
	<p>Techniques</p> <ul style="list-style-type: none"> • Travel in a straight line to the target • Pace varies depending on the speed required for the shoot 	<p>Travel Walking or Sliding</p> <ul style="list-style-type: none"> • Pace should not vary between these two methods. • Pace has to be consistent <ul style="list-style-type: none"> ○ Consistent pace for a draw, consistent pace for a hit • Handle position for stick does not change, maintain relaxed elbow • Feel pressure from stone on the stick <p>Release</p> <ul style="list-style-type: none"> • Extend the arm while returning to the 12 o'clock position • Release has to be consistent 	
10m	<p>Explain the Drills</p> <p>Rule: Stone must be delivered in a straight line from the hack to the target broom</p>	<p>Break into groups (maximum 6)</p> <p>Drill 1 Practice the Delivery Technique</p> <ul style="list-style-type: none"> • Each participant has a stone and stand along the hog line facing the near end boards <p>Drill 2 Practice Delivery of the Stone to Target</p> <ul style="list-style-type: none"> • Participants will line up on the right sideline and be ready to throw on their turn • Target is the opposite hack at the far end Throw from left hack, aim at left hack, etc. • Centre line will provide feedback on release of the stone <ul style="list-style-type: none"> ○ Did stone drift away or immediately cross the line • Consistent release point <ul style="list-style-type: none"> ○ Just prior to the hog line 	Participants understand the practice

On Ice Instruction

1. Participants will practice release of the stone.
2. They will proceed along the side line to take their turn at throwing from the hack and return to the end of the line.
3. Provide instruction as each participant throws
4. Play modified games if possible

Time	Topic	Instruction	Outcome
15m	<p>Release Technique</p> <p>Note: This drill is to practice the arm extension and the positive release of the stone</p>	<p>Drill 1</p> <ul style="list-style-type: none"> • Each participant has a stone and stand along the Hog line facing the near end boards • Position the stone per the instruction below • Release the stone toward the end board by extending elbow and returning to the 12 o'clock position <p>Positioning with the stone</p> <ul style="list-style-type: none"> • Place stick on the stone and the stone handle at 12 o'clock • Position the hand fully on top of the stick handle with the stick handle at waist height, just off centre of your body (left or right side) • Push the stone forward at right angles to the end board and rotate the stone to the 11 or 1 o'clock position, elbow relaxed • For a clockwise rotation, start with the handle pointing toward the 11 o'clock position; for counter clockwise rotation start with the handle at 1 o'clock 	<p>Participants understand how to impart a positive release</p>

The Nova Scotia Stick Curling Association

Introductory Clinic Talking Points
On Ice Instruction (continued)

Version 4

Time	Topic	Instruction	Outcome
60 m	<p>Delivery Techniques</p> <p>Note First hour is throwing draws, 30 minutes for each turn</p> <p>Note: Place cone targets on the hacks</p>	<p>Drill 2</p> <ul style="list-style-type: none"> • Move all stones to left side of the sheet and the participants on right side line. • The participants will take turns throwing from the hack, and return to the right side after release. • The instructor provides individual coaching and feedback <p>Position in the hack:</p> <ul style="list-style-type: none"> • Clean the stone • Place the curling stone in front of the hack • Foot: start with right foot in left hack or left foot in the right hack • Stick: place stick on the stone and the stone handle at 12 o'clock • Hand: position hand on stick handle similar to the positioning of the hand on the handle of the stone with the stick handle at waist height, just off centre of your body • Stone: push the stone forward and in a line from the hack to the target broom and rotate the stone to the proper position, handle off center and elbow relaxed <ul style="list-style-type: none"> ○ For a clockwise rotation, start with the handle pointing toward the 11 o'clock position; for counter clockwise rotation start with the handle at 1 o'clock <p>Delivery of the stone</p> <ul style="list-style-type: none"> • Travel: push out of the hack and in a direct line toward the target broom <ul style="list-style-type: none"> ○ The tempo of the travel will vary depending on the shot called • Release: impart rotation with the curling stick pointing at the target broom, returning to 12 O'clock position <ul style="list-style-type: none"> ○ A positive release should not be a strong push to impel the stone <p>Note: Travel does not stop until after release of the stone.</p>	<p>Practice by participants</p> <p>Note: Check in often with participants</p>

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Introductory Clinic Talking Points

Version 4

Off Ice Instruction:

Time	Topic	Instruction	Outcome
30 m	Break (Off Ice)	Check-in with Participants	Answer Participant questions
10 m	Rules of Play	<p>Six end game Team member at each end of ice One member throws while teammate calls ice Throw 6 stones alternating with opponent After the end is over, roles reverse</p> <p>Note: Review the Stick Curling rules for delivery of the stone</p>	Basic rules presented
10 m	<p>Roles (On Ice)</p> <p>Note: to prepare people for modified game</p>	<p>Basic roles for the 2 person team members:</p> <p>Delivering the stone</p> <ul style="list-style-type: none"> • Be in the hack and prepared to throw • After release return to the end of the sheet <p>Calling the ice</p> <ul style="list-style-type: none"> • A science 'unto itself' • Example: Curling of the stone <ul style="list-style-type: none"> Draw weight 4 feet of curl Board weight 2 feet Control weight 1 foot • Place target broom on tee line <p>Timing the stone</p> <ul style="list-style-type: none"> • The use of a stop watch to time shots is helpful with 'reading the ice' and adjusting the broom position <ul style="list-style-type: none"> ○ Confirm that the weight thrown is the weight called • Timing of 'hog to hog' line is recommended <p>Catching the stones (stress safety aspect)</p> <ul style="list-style-type: none"> • The 2 players must communicate as to what they are going to do 	Understanding of roles

Introductory Clinic Talking Points
On Ice Instruction

Time	Topic	Instruction	Outcome
40m	<p>Techniques</p> <p>Note: The drill practices release of the stone to the target (Far end hacks) with a faster pace. (board weight), 20 minutes for each turn</p> <p>Note: A target stone is not required</p>	<p>Drill 3</p> <ul style="list-style-type: none"> • Move all stones to left side of the sheet and the participants on right side line. • The participants will take turns throwing from the hack, and return to the right side after release. • The instructor provides individual coaching and feedback <p>Delivery of the stone</p> <ul style="list-style-type: none"> • Push out of the hack and in a direct line toward the target <ul style="list-style-type: none"> ○ Different pace required depending on the shot called • Positive release to impart rotation with the curling stick pointing at the target returning to 12 O'clock position <ul style="list-style-type: none"> ○ A positive release should not be a strong push to impel the stone <p>Note: Release should not change with the faster pace.</p>	Practice by Participants
20m	Modified Game	Play a modified game (2 ends)	Introduction of the game
10m	Wrap-up	De brief Any further questions Course Evaluation	Participant feed back