

The Nova Scotia Stick Curling Association

Introductory Clinic Talking Points

Version 5

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
5m	<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
5m	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>Technique</p> <ul style="list-style-type: none"> • Release of the stone is the most critical step of the delivery • Key is to maintain the hand alignment • Positive release must be consistent 	<p>Demonstrate the Delivery Technique before going to ice shed:</p> <p>Positive Release</p> <ul style="list-style-type: none"> • Place hand on top of the stick handle, • Hold the hand at waist height to the left or right of the center of the body • Move to relaxed elbow and rotate the wrist to move the head of the stick to the 11 or 1 o'clock position • Extend the arm forward, maintain the hand position, and rotate the stick to the 12 o'clock position. 	<p>Understanding of the recommended technique for:</p> <ul style="list-style-type: none"> • Positive Release

Off Ice Instruction (continued)

Time	Topic	Instruction	Outcome
	<p>Technique</p> <ul style="list-style-type: none"> • Aligning the stone to the target <p>Note: The head and handle of the stick should be in aligned to the target broom</p> <p>Maintain the hand position just off centre throughout the delivery</p> <p>Technique</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 • Maintain hand position <p>Technique</p> <ul style="list-style-type: none"> • Positive arm extension • Maintain hand position <p>Rule: Stone must be delivered in a straight line from the hack to the target broom</p>	<p>Delivery Technique</p> <p>Set-up</p> <ul style="list-style-type: none"> • Position stone in front of the hack, place stick on the stone and the stone handle at 12 o'clock • Position the hand fully on top of the stick handle and step into the hack moving the stone in line to the target broom with stick handle at waist height, just off centre of your body (left or right side) • Extend forward maintaining alignment to the target broom, rotate the stick head to the 11 or 1 o'clock position with the elbow in relaxed position, <p>Travel</p> <ul style="list-style-type: none"> • Pace has to be consistent Consistent pace for a draw, Consistent pace for a hit • Feel pressure from stone on the stick • Maintain the head and handle alignment of the stick to the target broom <p>Positive Release</p> <ul style="list-style-type: none"> • Maintaining your pace, extend the arm while returning to the 12 o'clock position prior to the hog line • During the extension, maintain the hand / handle alignment • Do not stop travelling until after the hog line 	<ul style="list-style-type: none"> • Delivery

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Off Ice Instruction (continued)

Time	Topic	Instruction	Outcome
5m	<p>Explain the Drills</p> <p>Note: Maintain the hand alignment through the release</p> <p>Note: The properly delivered stone should just be touching the center line</p>	<p>Break into groups (maximum 6)</p> <p>Drill 1 Practice the Positive Release Technique</p> <p>Each participant has a stone and stand along the side line facing the opposite side line</p> <ul style="list-style-type: none"> • Put the head on the stone at 12 o'clock, • Square hips to the stone with hand just off center of the body, • Push stone forward and rotate to 11 o'clock or 1 o'clock with relaxed elbow • Extend the arm, maintain the hand position, and rotate head to 12 o'clock <p>Drill 2 Practice Delivery Technique to the Target</p> <p>Participants will line up on the right sideline and be ready to throw on their turn</p> <p>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</p> <ul style="list-style-type: none"> ○ Did stone drift away or immediately cross the line <p>Set-up</p> <ul style="list-style-type: none"> • Aligned to target broom <p>Travel</p> <ul style="list-style-type: none"> • Maintain hand position • Take direct path to the target • Maintain consistent pace <p>Positive Release</p> <ul style="list-style-type: none"> • Consistent positive release • Continue pace of travel until stone is released 	<p>Participants understand the practice</p>

On Ice Instruction

1. The participants will proceed along the right side line to take their turn at throwing from the hack and return to the end of the line
2. Participants will practice delivery of the stone.
3. Provide instruction as each participant throws

Time	Topic	Instruction	Outcome
30m	<p>Positive Release Technique</p> <p>Note: Stress hand alignment</p> <p>Note: Practice arm extension</p>	<p>Drill 1 Positive Release</p> <ul style="list-style-type: none"> • Each participant has a stone and stand along the side line facing opposite side line. • Position the stone per the instruction below • Release the stone toward the opposite sideline by extending elbow and returning to the 12 o'clock position per instruction below • Maintain hand positioning <p>Positioning 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 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 side board and rotate the stone to the 11 or 1 o'clock position, elbow relaxed <p>Note: Practice both turns but start with 11 o'clock (1 o'clock for left hand)</p> <p>Releasing the stone</p> <ul style="list-style-type: none"> • Start by standing still, extend the arm and return to the stick head 12 o'clock position • Then, (Note below) take 1 step, extend the arm on second step and take third step • Stone should travel about 6 feet <p>Note: After 15 minutes introduce taking steps during release</p>	Practice by participants

On Ice Instruction (continued)

Time	Topic	Instruction	Outcome
60 m	<p>Delivery Techniques</p> <p>Throwing draws, 30 minutes for each turn</p> <p>Note: Alignment to target</p> <p>Note: Develop consistent pace for each shot</p> <p>Note: Travel does not stop until after release .of stone</p>	<p>Drill 2 Delivery Technique</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 • The instructor provides individual coaching and feedback <p>Setup:</p> <ul style="list-style-type: none"> • Clean the stone • Place the curling stone in front of the 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 • Feet: Step into hack square hips to target and move stone in alignment to the target (hack at far end) • Stone: push the stone forward and in a line from the hack to the target and rotate the stone to the proper position, hand 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>Travel</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 pace of the travel will vary depending on the shot called <p>Release:</p> <ul style="list-style-type: none"> • Release: prior to hog line, impart rotation with the curling stick, returning to 12 O'clock position pointing at the target <ul style="list-style-type: none"> ○ A positive release should not be a strong push to impel the stone 	<p>Practice by participants</p> <p>Note: Check in often with participants</p>

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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>Basic Rules for the Two Person game</p> <p>Six end game</p> <p>Team member at each end of ice</p> <p>One member throws while teammate calls ice</p> <p>Throw 6 stones alternating with opponent</p> <p>Sweeping from the hog line</p> <p>Opponent can sweep after the tee line</p> <p>After the end is over, roles reverse</p> <p>Note: in Stick Curling, the first three stones cannot be intentionally removed from play.</p> <p>If a stone is removed from play, it is returned to the original position and the offending stone is removed from play.</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 Two 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, call line and weight, then 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 T line <ul style="list-style-type: none"> ○ Option: by the stone to be hit <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>Sweeping (directional sweeping recommended)</p> <ul style="list-style-type: none"> • After hog line • Opponent can sweep after T line <p>Catching the stones (stress safety aspect)</p> <ul style="list-style-type: none"> • The 2 players in the house must communicate what they are going to do 	Understanding of roles

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Off Ice Instruction:

Time	Topic	Instruction	Outcome
10 min	Strategy is the decision making process: <ul style="list-style-type: none"> • before, • during • and after game. review 	There is no such thing as a textbook strategy for calling the game.	Understanding strategy is a process
	Strategy requires information to help determine the most opportune shot to call.	<ul style="list-style-type: none"> • The capabilities of your team, • The opponent capabilities, • The ice characteristics (speed and curl). • Impact on curl of the stone with: <ul style="list-style-type: none"> ○ Release ○ Speed of the stone ○ Rotation of the stone 	Understand this process requires input

Note: In the Stick Curling game, you have to skip the end with the objective to leave the shot that your teammate wants to play on their last shot. In traditional curling you call to leave the shot you want to play.

Basic approach:

- Without last stone play to the 4 foot
- With last stone, keep 4 foot open

Time	Topic	Instruction	Outcome
	Executing the game plan	<ol style="list-style-type: none"> 1. Keep to a routine Clean stone, be in hack. Visualize your release to the broom. 2. Prepare for your next shot Anticipate your next shot (assume your opponent will make shot) 3. Communicate Relay information: Line Weight, Call sweeping 4. Shot selection What shot is the higher percentage for your partner? What shot do you want to leave for your opponent? 	Understand the basic approach to executing a game plan

On Ice Instruction

Time	Topic	Instruction	Outcome
60m	<p>Techniques</p> <p>Note: The drill practices release of the stone to the target (Far end hacks) with a faster pace. (board weight), 30 minutes for each turn</p> <p>Note: A target stone is not required, but does help with reinforcement</p>	<p>Drill 3 (OPTIONAL)</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 <p>Note: Positive Release should not change with the faster pace.</p>	Practice by Participants
60m	Modified Game	<p>Play a modified game</p> <ul style="list-style-type: none"> • Look for positive release • Provide input on shot selection • Provide input on communication 	Practice delivery technique and executing a game plan
10m	Wrap-up	<p>De brief</p> <p>Any further questions</p> <p>Course Evaluation</p>	Participant feed back