



Stick Curling Clinic Notes

Thank you for attending our stick curling clinic. We hope that you found it both fun and informative. We realize that a lot of instructional material was covered today. The purpose of this handout is to highlight the important instructional points and to assist you in remembering the lessons of today.

Safety:

Please always practice safe curling.

- 1) Most curling injuries are head injuries from falls or broken bones from tripping over rocks.
- 2) Wear a CSA approved helmet. Not mandatory but always a safe practice.
- 3) Be careful stepping onto the ice and cool down your shoes / grippers on the ice surface before starting the game.
- 4) Ensure that your grippers or curling shoe bottoms are not worn.
- 5) Continue to walk forward after delivering your shot to lessen chance of slipping.
- 6) Be aware of rocks in the house to reduce tripping opportunities.

Sticks:

- 1) Different types of curling sticks (fixed, adjustable, donut head, slotted head, etc.)
- 2) Try different types until find one comfortable with

Delivery:

- 1) Smoothness of delivery is crucial concept
- 2) Setup for shot should be automatic process
 - a. Foot straight in hack
 - i. Foot down in hack unless have an ankle injury that prevents
 - ii. Right foot in left hack or left foot in right hack
 - b. Stone placed at noon position
 - c. Stick placed on stone handle and stone moved forward away from hack
 - d. Stick should now be within 1-2 inches of your centre mass (belly button height and within 1-2 inches off centre)
 - e. Stick should be held lightly in hand with your thumb at the noon position.
 - f. Rotate rock to either 11:00 or 1:00 o'clock position depending on shot to be made. Hand will now be slightly rotated inward or outward. Maintain that hand position until delivery. Do not adjust your hand back to the noon position before delivery.

- g. Square up shoulders to the broom as want a straight walk delivery
 - h. Walk out of the hack in a straight line towards the broom.
 - i. Release the rock close to the hog line. Continue walking and follow the shot as you will need to call line to your partner.
 - j. At the release, rotate your hand back to the noon position to create the in turn or out turn effect. This motion needs to be positive but smooth and gentle. The rotation does not extend back any further than noon so think of it as positioning for a gentle hand shake.
- 3) Process is always the same – only pace changes to reflect weight shot requires

Being on the broom:

- 1) Square up your shoulders to the broom when in the hack
- 2) Straight line delivery from the hack.
- 3) Look at the broom – Do not look where you want the shot to end up.
- 4) Depending on dominate eye – aim for inside, middle or outside of broom
- 5) Use “cones just off centre-line” drill to practice releasing on the broom.

Weight control – Pace:

- 1) Weight control comes from speed of walk from the hack. Always the same gentle controlled release.
- 2) Weight control does not come from pushing hard with the stick
- 3) Time shots hog line to hog line to get a feel for weight required for the shots
- 4) Faster pace for take-out shots over draws
- 5) Practice draws to the button, guards and take-out shots to get feel for pace

Know your role:

- 1) For three ends you will deliver and for three ends you will skip
- 2) Skip places the broom and calls shots
- 3) Delivering player releases rock and makes line calls after shot released
- 4) Skips should time rocks to learn ice speed and provide feedback to shooter
- 5) Skips should move to hog line once shot released to be able to sweep if necessary

Have fun:

- 1) Stick curling is a wonderful sport! Enjoy it! Have fun!!!



<https://novascotiastickcurling.ca>