

# Using a Delivery Stick Solution Guide

Use some of the following tips to adjust the delivery:

1. **Rock Rotation** – rock does not have the desired number of rotations for the length of the ice.

First determine if there really is a problem. Some stick curlers think 1.5 to 2 rotations works well for them. Others think 3 rotations is better. Some stick curlers want more rotations on takeout shots than draws while others do not. Basic rule is the more rotations the less curl by the rock. Think about what you are attempting to accomplish before you create a problem attempting to fix a problem that may not exist.

- **Too few rotations** –

- **Increase the amount of angle on the handle** – (For clockwise) Instead of 11:00 or 1:00 make it 10:00 or 2:00.

- **Too many rotations** –

- **Reduce the angle on the rock** – make it 11:00 or 1:00 if you were previously using 10:00 and 2:00
- **Do not over rotate your wrist past 12:00.**

## **2. Hitting the Broom** – Either inside or outside the broom.

- **Ensure the end of the delivery stick is placed center mass near the belly button when setting up in the hack.**
- **Ensure the delivery stick is directly aligned with, or aimed along the intended path or line of delivery when you are in the hack.**
- **Ensure that your foot, stick handle and rock are all aligned with the broom.**
- **Square up your body with the broom as part of your pre-shot routine.**
- **Ensure you are walking or sliding straight towards the broom. Your foot in the hack aligned with the broom is crucial to establishing a straight line of delivery right out of the hack.**
- **Ensure the release is straight toward the skip's broom.**
- **The final arm extension should be a very smooth extension (not a jab) while continuing to walk or slide towards the skip's broom.**
- **Ensure that your wrist / hand rotation does not go past noon position.**
- **Ensure that your elbow does not flair out as you extend your arm.**

- **Ensure you follow through the delivery and do not stop abruptly.**

### **3. Throwing too light or too heavy.**

- **Too Light**

- **Quicken the pace of walking or sliding.**
- **Ensure your delivery is a smooth continuous process. Hesitations or pulling back on the stick reduce rock momentum.**
- **Release the rock from the same position for each shot. It is much easier to control weight with pace than point of delivery.**
- **Position the hack foot squarely in the hack so that the first momentum is forward not back.**

- **Too Heavy**

- **Reduce the pace of walking or sliding.**
- **Release smoothly instead of a forceful jab**
- **Release the rock from the same position for each shot. It is much easier to control weight with pace than point of delivery.**
- **If you are releasing your rock somewhere below the top of the house instead of close to the hog line, there will be a tendency to put additional push on the release. Change your release point to closer to the hog line, focus on a smooth**

**release and use pace instead of arm extension force to determine rock speed.**