

Instructional League – Week 1 Player Handout

Schedule

6:30p: Arrive & review objectives
with coaches

6:40p: On Ice for Drills

7:30p: Start game

8:05p: 2nd to last end

8:30p: Approx end time (Clean up)

8:45p: Off Ice

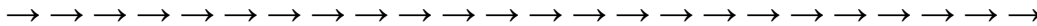
Team	Coach	Team	Coach	Sheet

Tonight's Learning Objectives

- **Safety First: The Golden Rules**

- a. No Running
- b. No walking Backwards
- c. No picking up the stones while on the ice (38-44lbs - we just say 42)
- d. The “slider” is the slipperiest thing you will step on in your life (when throwing a stone).
 - i. Make THREE points of contact (stone, stabilizer, hack) before stepping on the slider
 - ii. Ensure sliders are off or covered when not actively throwing

- Pre-delivery routine
- Balance & Aiming
- Handle (direction of curl) signal & Release with “curl”
- Curling Terminology (hack, broom, stone, house, button, back line, T-line, hog line, guard zone)
- Team Play & Scoring (lead, second, vice, skip, hammer, coin toss, scoring & vice role)
- Spirit of Curling (start & end with good curling, self-impose penalties, social aspects & broomstacking)



Don't forget to join our whatsapp group. This is our primary mechanism for communicating with each other. Add yourself to the Instructional League Group.



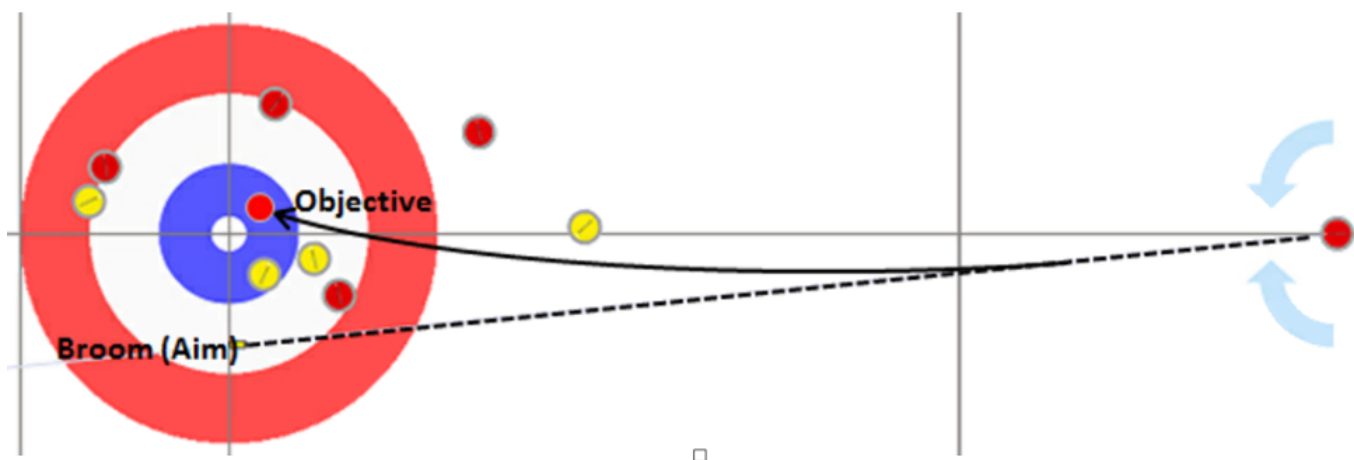


Figure 1. Comparison of Aim vs. Objective. Our sport is called "curling" because players rotate the stone, causing it to curve ("curl") as it travels down the ice. For most shots, the point at which the player aims at the start of the throw (where the skip holds a broom head as a target) is not where the stone is intended to go. A team can curl their stone around and behind another stone, to protect it from a direct hit or "takeout".

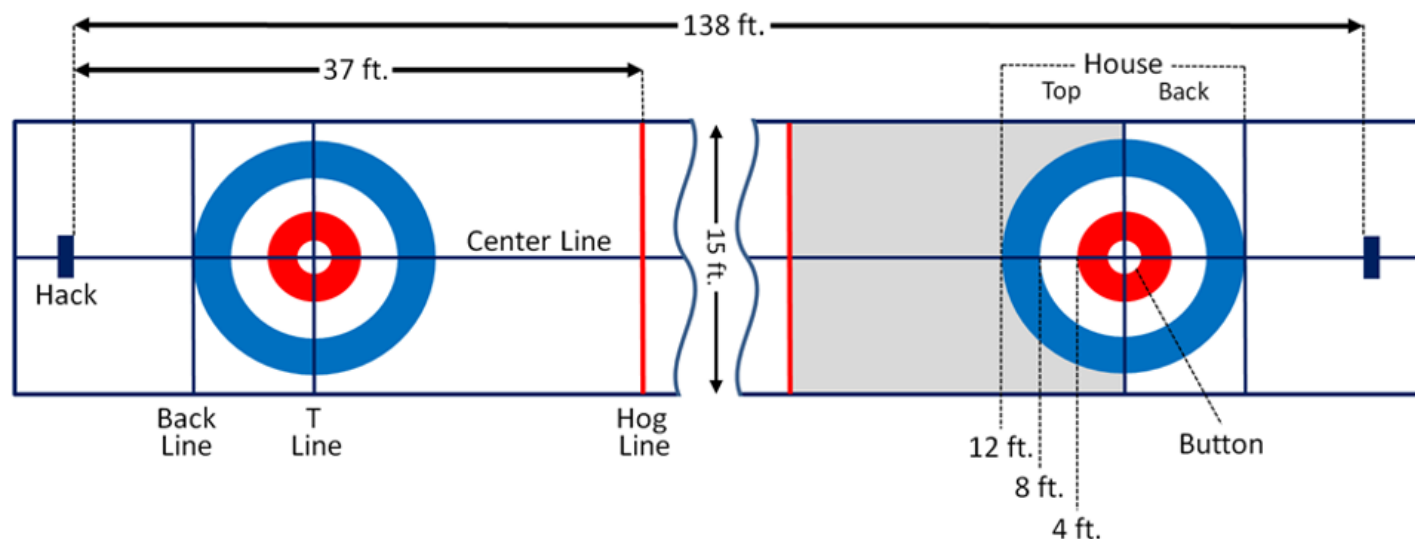


Figure 2. Layout of Sheet. Each sheet has two halves or "ends." The shooter begins in the hack and throws the stone towards the house at the opposite end of the sheet. The shooter must release the stone before it crosses the closest "hog line." The stone must stop moving between the far hog line and the back line past the house in order to be "in play". The T line marks the center of the house on the button.

Content:

1. Predelivery routine:

- a. Foot in hack (no slider yet)
- b. Wipe bottom of stone
- c. Hold onto two things (stone and stabilizer or two stones)
- d. Step onto slider

- e. Look at where you are aiming. Align shoulders, hips and stone towards broom

2. Delivery (after completing predelivery routine)

- a. Hips up; Eyes remain on target
- b. Rock backwards (everything comes back; pull stone back slightly, just to dislodge from ice). ***This is not a lunge, though (common error)
- c. Transfer weight to sliding foot - keep it flat
- d. Pause
- e. Upper body begins to fall forward
- f. Stone moves along line of delivery toward the broom (target)
- g. Sliding foot follows stone. Again, transfer weight onto the sliding foot. Note that toe should be pointed toward the broom (target) to allow hips and shoulders to stay lined up
- h. Thrust is provided by hack foot (Power drive)
- i. Sliding foot is flat on the ice under the body's centre axis and slightly toed out to provide a wider base for balance
- j. the trailing leg is extended out behind (preferably toed in or straight)
- k. The release - Handshake grip
- l. Explain how the rock curls, which means that where the target is located is not where we want the stone to finish

Helpful Introductory Videos:

- Learn Curling | Lessons For New Curlers | Discover Curling (5min):
https://youtu.be/6axpWJ_j850?si=INCHtBETLqrv183T
- CURLING - A 2 Minute Guide | World Curling (2min):
<https://youtu.be/IOk9SVzqHsk?si=jB4uS4uE8ITE5vIb>
- Dare to Curl | USA Curling (7min): <https://youtu.be/cxCH8CGqx88?si=nlljsZ9V-MhhvFL->
- Learn To Curl - Tip #30 - Using The Stabilizer | Curl Up with Jamie (3min):
<https://youtu.be/faCUBUtqkjs?si=LdUfyKkpciyaGPId>
- Learn To Curl - Tip #8 - Grip and Release | Curl Up with Jamie (2min):
https://youtu.be/_tkM_NEqQTI?si=MSMVGEgHemXj6_op
- Sweeping By CurlTech | CurlTech (1.5min)
<https://youtu.be/IPZs6jeAHhs?si=ueiRXsZEks3Ed5wS>