Curling Class Notes – Week 4 (Practice Stuff / Curling wisdoms / Conventions)

Curling "wisdoms"

- When you have the hammer, the goal is to score 2 or more. When you don't, try to force 1.
    - You want to score 2 while forcing them to 1
        - You can be down 4 after 2 and still have a single steal for the win if you do the above.
- When you have the hammer, try to play away from the middle.
    - When you don't have the hammer, try to play in the middle.
- The team that generally shoots better, generally wins
    - Try to give yourself easier shots while forcing the other team to make the more difficult ones
        - Draws with multiple spots to be good, hits / hit and rolls to various spots
    - It's about shot %'s. Nobody makes everything so give yourself as much room for error as you can
        - Opposing rock in front
- When behind, you want more rocks in play
    - That means guards, draws, freezes and taps
    - Hits and peels are helping the other team
- When ahead, you want less rocks in play
    - Hits & peels should be the focus once you are allowed
    - More rocks in play CAN be helpful for the other team if they make 1 really good shot
- Skips are in charge of line, sweepers are in charge of weight.
- Rocks in front of the tee-line can be used / made better. Rocks behind the tee-line can only be made worse.
    - The control zone
- If you can't draw, you can't skip.
    - You HAVE to hit the 4'…consistently…because that is all you will have sometimes
        - 5 rock rule / no tap rule
- Don't give the other team (especially the same player) the same shot twice in a row
- Short is USUALLY better than long on draws

    - Sweepers can help / Can be promoted or used later
- When you have the hammer, you RARELY RARELY RARELY will play center guards
    - You need to ask yourself 3 TIMES (and answer YES! each time), do I REALLY want to play a center guard with the hammer??
        - If there is EVER another choice, usually you would take it
            - Draw another in, draw to the wing, hit a rock
        - The problem is it gives the other team a guard to go around.
- Tied up coming home…your goal is to give your skip a draw to the 4' for the win
- If you are faced with a decision as to which shot to play, put yourself in the other Skip's head. If THEY want you to play a certain shot, then play the other one.
- **ASSUME THE OTHER TEAM IS GOING TO MAKE THEIR SHOTS!!!!!**
    - I see this all the time. Many teams rely on misses. Don't rely on a miss. Rely on the fact that when they make their shot, you are prepared for it and will make yours.
- The play for a shot is **ALWAYS** dictated by the end/the score/how many rocks are left.
- Have a TEAM playbook for situations. (Show chart)
    - What do we do 1-down with?
    - 1-up without?
    - Tied?
    - 2-up/down?
    - (See practice item.)
- The team should (really should be NEEDS to) agree on the general course of action for a particular end.
- Q & A / Round Table discussion…
    - What others have you heard??

PRACTICE ITEMS (FULL TEAM)

- Have a SPECIFIC purpose as to what you want the team to work on.
    - Precise weight hits
    - Sweeping for draws
- Time ALL hits! Call specific shots. Don't be vague.
    - Golf (fairway example)
- Competitors…start every practice with your draw shot challenge and draw shots.
    - (Need to explain.)

- Great time to get everyone on video so you can compare slides/releases/rotations/sweeping mechanics.
- Play against "red team"
    - In this example, the "red" team makes their shots at a very high level. Learn to play the way you need to in order to play with a team that makes all their shots.
        - (Doug…talk about playing assuming other team makes shots, not misses shots.)
- Friendly competition to finish the practice. Losing 2 players have to sweep the ice.
    - Have to hit 4 foot 2 shots in a row before being able to leave?
    - Have to hit and stick within time throw variance (.25 seconds up or down)
    - Points for draws down and back…double points on the way back.
- Instead of a game, practice 6 ends of "last end" scenarios.
    - 1-up without
    - 1-down with
    - Tied with/without (2)
    - 2-down with
    - 2-up without
    - If time, could do 2-up without and 2-down with

PRACTICE ITEMS (Individual)

- Draw weight stuff
    - Is it about the right weight?
    - Is it about the right line?
- Slide between 2 objects…throw between 2 objects
- Fun things to try
    - Try to hit the centerline with every shot
    - Try to hit the rings with every shot
- If anyone else is out there, ask if you can sweep their rocks.
    - Work on conditioning / weight judgement