
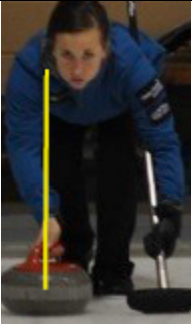

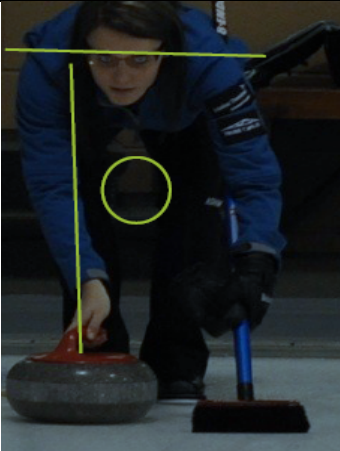



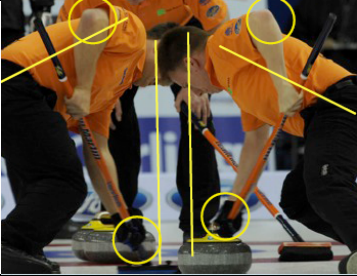
Suggested Practice Plan

2 Hour Total

- Warm Up – 5-10 Minutes
- Warm Up Slides
- Slide Assessments – without and then with rocks
- Targeted Slides – Broom at near hog line
- Sweeping – Technique
- Strong Players – move to full length ice
- Novice – remain with half ice drills and practice.

THROWING ROCKS			If Strong/ Stronger	If Weak/Weaker
Off Ice 10-15 minutes	Welcome and Warm Up Run the stairs. Day 1 – Review Basics of Throw and Sweep Fundamentals Day 2 – Shot Drills and Team Play	On the Spot – All Center of Balance Everyone finish in slide position hands out to the side. Checking flex		
On Ice Max 8 curlers per sheet.				
On Ice Warm Up	Slide Assessment	3 Slides Without Rock - All		
	Slide Assessment	3 Slides With Rock to Near Hog Lines		
	Hack Set Up Review - All	Balanced Back straight Feet closer Toe – Heel Broom head Square with Throwing Hand Rock position under shoulder. No crouching/sitting in hack	Hands on Hips and then down to the hack to get balanced feeling. Nose Zipper Toes as target on center line. Thighs Parallel.	Hands on Hips and then down to the hack to get balanced feeling. Nose Zipper Toes as target on center line. Thighs Parallel

		<p>Pull Back</p>	<p>Left foot STRAIGHT back.</p> <p>Rock comes STRAIGHT OUT</p>		
		<p>Launch</p>	<p>Hips out first, not shoulders.</p> <p>Rock/foot together.</p>		
		<p>Slide Balance</p>		<p>Slides without Broom</p> <p>Slides with white rocks without broom.</p> <p>Slides with rock but no broom</p>	<p>Slides with 2 hands on broom in front on ice</p> <p>Slides with two rocks, no broom</p>
		<p>Slide Length</p>	<p>Approximately 1 foot space between front of slide toe and back of rock</p>	<p>Slide as far as can but do NOT let go of the rock.</p> <p>Arm is rigid until about tee line and then relax slightly.</p>	<p>Throw to near hog line with curler behind to push thrower to get the feeling.</p>
<p>Drill</p>	<p>The "Just Go" Drill</p>	<p>Proper Hack Set Up and then Kick out of Hack with absolutely no backward motion.</p>	<p>Timing</p> <p>Hips first - cannot lead with shoulders</p> <p>Proper foot placement under the body.</p> <p>Reduce pre shot</p>		

			movement.	
	Targeted Slides	Broom at Near Hogline in Front of Rock	Set up Nose, Zipper, Toes Near broom is 1' off Center line - four throws each side. Move broom out six inches for next sets of four slides.	Remain with Center Line Slides
	Sweeping 10 minutes		Single File Group Sweep Length of Ice - Up and Back - Switch sides Up and Back	
Bottom Hand Low Weight on Toes Head over Brush Elbow over Back With Grippers			Partner - one to push (brisk walking speed.) Group to yell ☺ Up and back .	

MAKING SHOTS				
Getting rocks into the rings	Draw Shots	1 to Hold Broom at Far End, 2 Sweepers, 1 Thrower. Rotate out Skip with one of the Sweepers.	Getting rocks to the rings with a target. Instructor to assist thrower with fundamentals. Check line up, rock position. Available instructor to check sweeping techniques.	Remain with above drills to work on balance, technique. Move broom off center line. Slide through pylons to establish line of delivery.
Getting rocks into the rings	Draw Shots	Teams of 2,3 or 4	Yellow rocks vs Red rocks - Points for most rocks in the rings - any place. Cannot remove rocks.	
Getting rocks into the rings	Weight Awareness	Individual Weight Drills	Draw to the house - thrower has to say immediately where the rock is going to finish. -sweeper has to say where rock is going to finish	
Guarding rocks in the rings	Weight Sensitivity	Moving Hog Line Drills - Rock has to be further than the previous rock.		
Taking Rocks out of the Rings	Take Outs	Draw 8 rocks into the rings	Take turns holding the broom for easy hit weight.	
Weight Judgment - Takeouts for Thrower	Take Outs		With 8 rocks in the rings. Broom holder gives ice and the thrower has to guess the correct weight.	
Weight Judgment - Thrower and Sweepers	Draw Shot Drills	Teams of 2	Sweepers get the point if rock not in the rings. Throwers get the point if rock in the ring.	

Basic – Learning to Curl Ideas

Warm up a minute or two inside the waiting room. Jumping Jacks, Up and Down the stairs once or twice.

While still inside have them assume the slide position. Make sure back leg is straight and that the sliding foot is bearing the weight. Have them put their hands in the air and out to the sides (like an airplane). That helps them find their center of balance.

Create groups of 4,5 or 6 curlers depending on how many sheets of ice and # of on-ice helpers.

Review safety and clean gear. Step on the ice with non-slider foot.

Out to the ice!

ON ICE WARM UP

1. **With brooms have them slide up and down the length of the ice to get used to the feeling.**

SLIDES

2. *Everyone find a place along the boards. With hands on the board assume the sliding position. Slide back and forth just a bit to get used to that feeling.*
3. *Still at the boards, turn around and use the boards as a hack and do little slides back and forth. They need to spread out as they will be using their brooms*
4. **Move to the hacks. Short practice slides without a rock. Check that broom is under the arm on the back. Hips are straight - i.e. weight evenly distributed on both feet at this point.**
5. **Slides using two rocks - one for each hand. The two rocks are side by side so that the left and right shoulders are even. This is good to help keep balance. Hang on to rocks until the slide is done - do not release.**

SWEEPING - explain why a team sweeps.

6. **In a single file have them sweep up and back on the centerline. Do this two times.**
7. **Break into groups of two or three. One person pushes a rock down with their broom down the centerline while the other person(s) sweeps. Have the rest of the curlers standing at the near hogline yelling: "HARD, HURRY HARD". Do this drill 2 times. The ones who have finished sweeping can then yell at the next team of sweepers.**

SLIDES

- 8. Practice slide with no rock.**
- 9. Slides with one rock. Slide as far as can without releasing the rock. 7 or 8 repetitions.**

GRIPS AND RELEASES

- 10. Have the curlers break into teams of two. Demonstrate a rock handle grip. Show them inturns and out turns. Each team of two takes one rock and finds a place across the ice from each other – say the T Lines and the Hog lines. Have them ‘throw’ the rocks to each other using the two different turns.**

THROWING THE ROCK – TO NEAR HOGLINE

- 11. Slides with rock and now release with either an inturn or outturn. The objective is not to get the rock down the ice but more to put all the components of a throw together.**

THROWING THE ROCK AT A CLOSE TARGET

- 12. Have a curler hold the broom at the near Hogline. Work on Line of Delivery with short throws.**

