

TRY SOMETHING NEW THIS FALL

LEARN TO CURL

Getting Started in Curling

Week 3 – Five Step Delivery

STARTS OCT 18TH REGISTER ONLINE

PARISCURLINGCLUB.COM



Safety First!

- Always step onto ice with “gripper” foot first
- Do not step over rocks
- Remember rule #1 – the ice is slippery!



Review – The 3 Step Delivery

- Step 1 – The Approach
- Step 2 – Hip Elevation
- Step 3 - Slide



Step 1 – The Approach

- Approach hack from behind hack
- Foot in hack (point toes forward)
- Step forward (feet are in heel-toe position)



Step 2 – Hip Elevation

- Raise hips so level with shoulders



Step 3 – Slide

- Slide/Stretch – Slide/stretch to tee line
- Go VERY slowly only stretch/slide as far as you are comfortable
- NOTE – your knee can be on the ice! Use for balance



Five Step Delivery

- Step 1 – The Approach
- Step 2 – Sliding foot to “reverse” heel-toe position
- Step 3 – Weight Shift to Sliding Foot
- Step 4 – Weight Shift to Hack Foot
- Step 5 – Slide



Step 1 – The Approach

- Approach hack from behind hack
- Foot in hack (point toes forward)
- Step forward (feet are in heel-toe position)



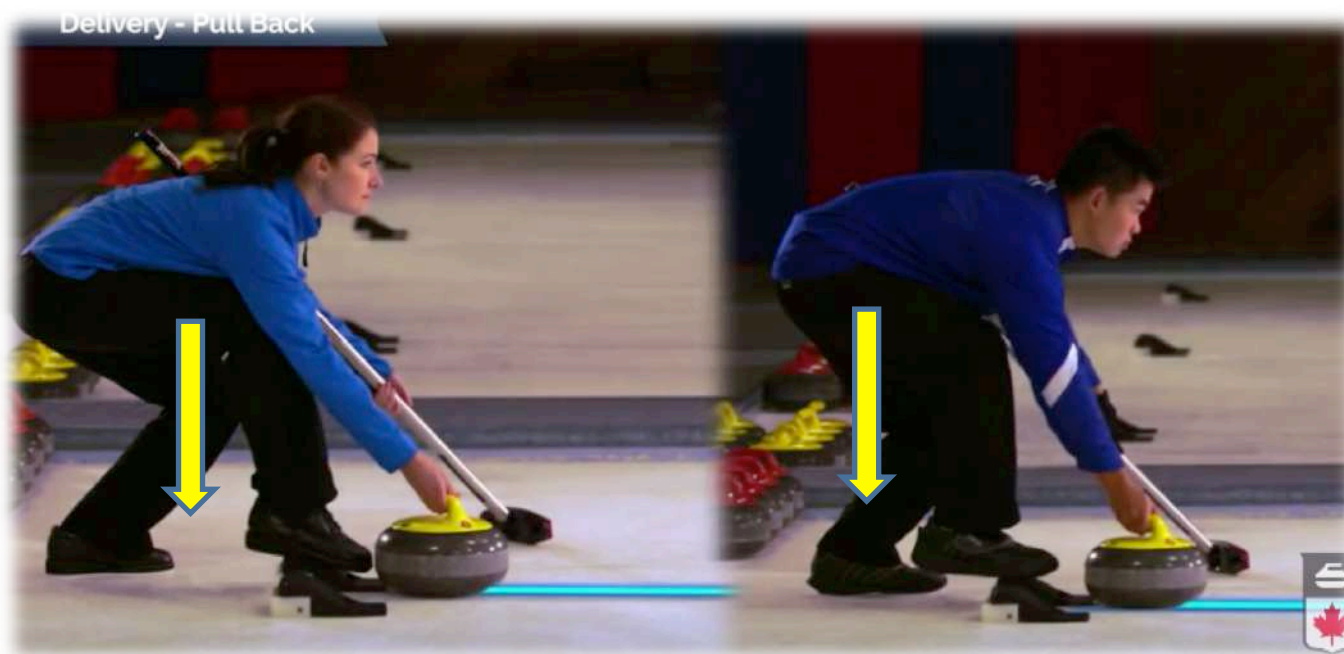
Step 2 – Sliding Foot to Reverse Heel Toe Position

- 1) Elevate hips into a semi-crouch position (hack knee bent approximately 90 degrees).
- 2) Pull stone back directly in front of hack foot.
- 3) Move sliding foot straight back (Reverse heel toe position).
- 4) Pause and shift weight to sliding foot.

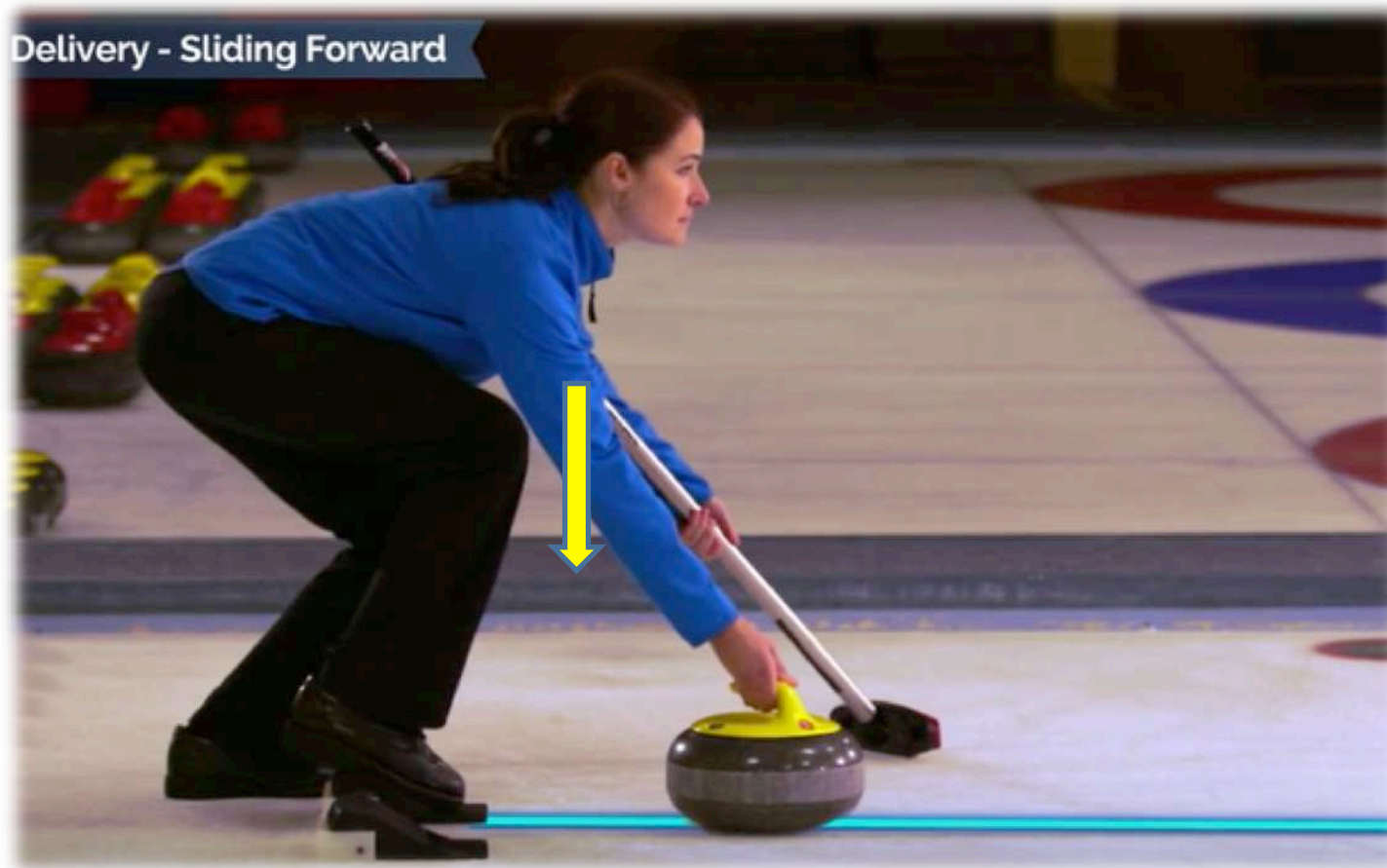


Step 3 – Weight Shift to Sliding Foot

- 50 to 75% of your weight should be shifted to your sliding foot



Step 4 – Weight Shift to Hack Foot



Step 4 – Weight Shift to Hack Foot

- 1) Commence the forward motion of the stone by shifting some body weight forward on to the hack foot.
- 2) Maintain a semi-crouch position with the hack knee remaining bent at approximately 90 degrees.
- 3) As the transfer of the body weight proceeds, the upper body will continue to lean forward and gradually begin to drop down behind the stone.



Step 5 – Slide

- 1) Forward Motion
Transfer upper body weight forward.
- 2) Move stone forward.
- 3) Delay movement of sliding foot.
- 4) Move sliding foot forward.
- 5) Provide thrust with hack leg.



Step 4 and 5 take place *almost* at the same time



Review – Sweeping

- Step 1 – hold the broom like a hockey stick (dominant hand at top of broom, if you are right handed, right hand at top of broom).



Review – Sweeping

- Body facing forward
- Toes pointed forward in “normal” walking position



Review – Sweeping

Move broom back and forth in front of the rock.



Week 3: Schedule

- Review 3 Step Delivery
 - With and without a rock
- Review Sweeping
- 5 Step Delivery
- Who is who on a Curling Team
 - Introduce positions
- Mini Game – Full Sheet

