

TRY SOMETHING NEW THIS FALL
LEARN TO CURL

Getting Started in Curling

Week 7 – Weight Control

STARTS OCT 18TH REGISTER ONLINE
PARISCURLINGCLUB.COM



Safety First!

- We are now throwing rocks the full sheet, they are moving fast – watch out!
- Be aware of what is happening around you
- Catch rocks
- Remember rule #1 – the ice is slippery!



Weight Control

- Weight Control is how “hard” you throw the rock (how much momentum the rock has).
- There are **three** different types of shots
 - **Guard** shot (rock stops in the free guard zone in front of the house).
 - **Draw** shot (rock stops in the house/rings).
 - **Take out /Hit** shot (rock is thrown with enough momentum to remove another stone from play).

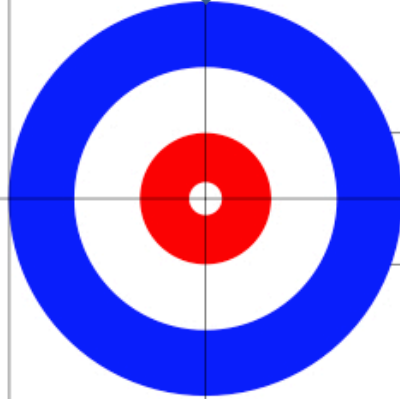


Weight Control

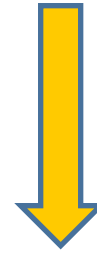
A Takeout / Hit shot would stop behind the house and backboards



A Draw shot stops in the house



A Guard shot stops in the free guard zone (area between hogline and the house)



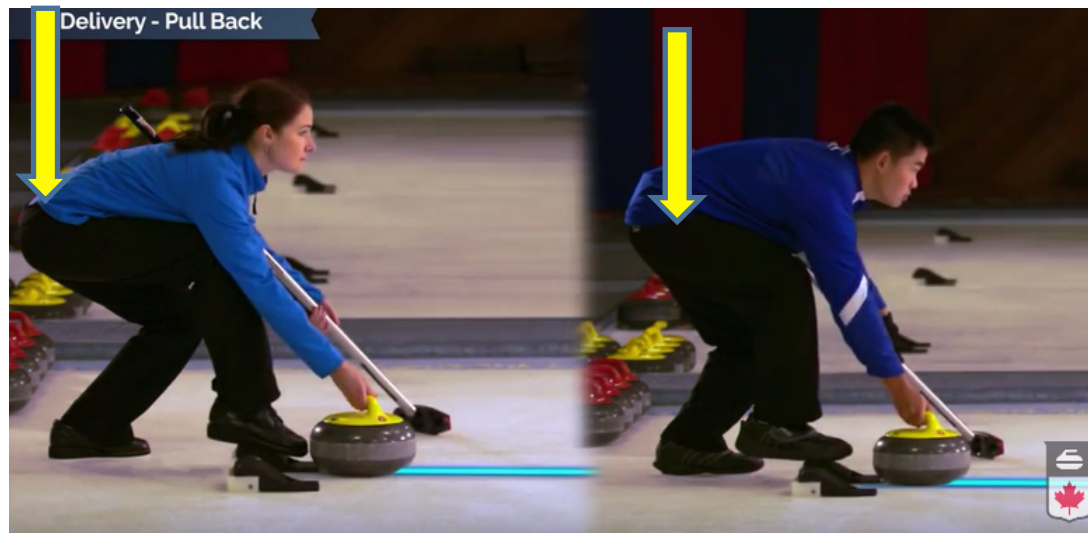
Weight Control

- How hard you throw the rock depends on how hard you “kick” your hack leg.
- You generate momentum by this “kick” (leg drive) **NOT by pushing** the rock with throwing arm.
- **Key Emphasis:** speed of rock is proportional to kick from the hack (leg drive).



Weight Control

- Remember the weight shift to your sliding foot? Shifting your weight from your hack foot, to your sliding foot, then back to your hack foot generates momentum.
- No weight shift between feet = no momentum



Weight Control

- The weight shift between your hack foot and slider foot is VERY important.
- It helps you generate leg drive, and the more leg drive, the harder you can throw a rock.



Weight Control

- BUT you need to control your body when you kick – the rock, slider foot, body and trailing leg should all be travelling in a straight line



Weight Control & Line of Delivery

- **Problem**: the harder you kick, the harder it will be to keep the rock in front of your body.
- It must stay centred in front of your body at all times, so you can keep the right line of delivery.
- How do you keep your body travelling in a straight line?



Weight Control & Line of Delivery

- Solution: The Cadence
- When you throw a rock, follow this order:
 - 1) Rock forward
 - 2) Slider foot forward in behind the rock
 - 3) Body behind slider foot
 - 4) Trailing Leg behind Body
- **Rock – Slider – Body – Leg**



Weight Control & Line of Delivery

- Sliding in a straight line and getting the Cadence and timing right is the Hardest part of curling.
- Be patient! You have all the skills you need, it just takes practice.



Review: The Grip – Hand Position

- The grip should be firm, but not a “death” grip.
- The fingers should be together on one side of the handle, with the thumb on the other side of the handle.
- Apply pressure as if you are “Squishing” the handle between fingers and thumb.



Review: The Grip – Wrist Position

- Wrist should be high and firm.
- Wrist should be in a “hand-shake” position.
- Palm of hand should not touch handle of rock.



Review: Releasing the Rock - Turns

- Picture the rock like a clock.
- Turn the rock so the handle is at 2-o'clock or 10-o'clock.



Review: Releasing the Rock

- Hold the rock in the 2 or 10-o-clock position until you let the rock go.
- When you let the rock go, turn the rock back to the 12-o-clock position.



Week 7: Schedule

- 1) Review the 5 part delivery with cadence
- 2) Weight control drills
- 3) Game

