

TRY SOMETHING NEW THIS FALL  
**LEARN TO CURL**

## **Getting Started in Curling**

**Week 6 – Review, Rock Cleaning and  
Getting Ready for the Game**

STARTS OCT 18 REGISTER ONLINE  
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# 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!



# Rock Cleaning

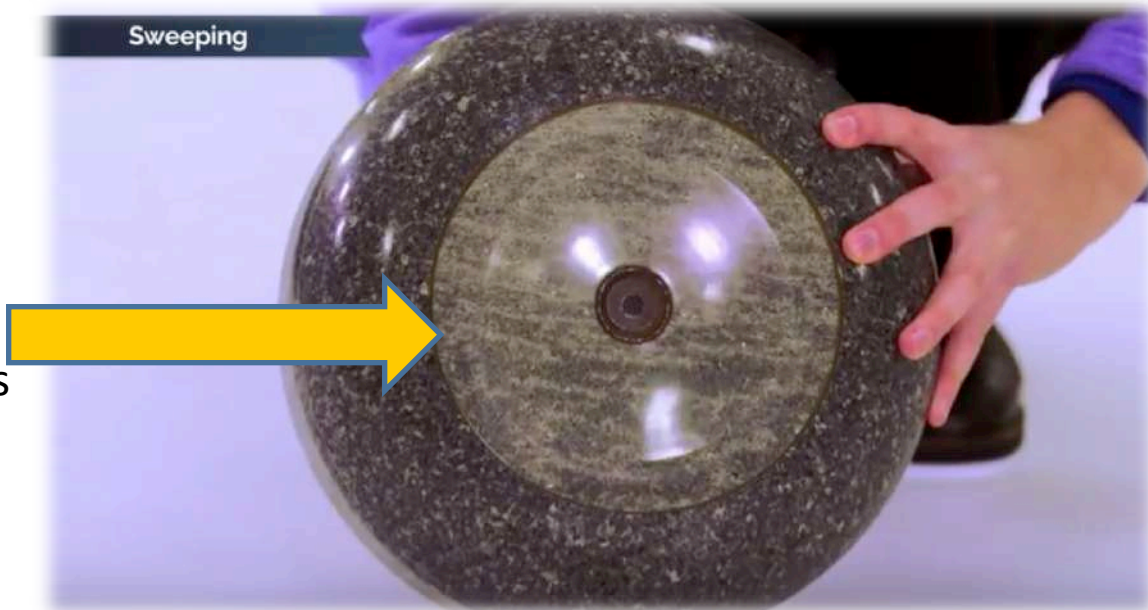
- The ice needs to be very clean.
- Sweeping can help keep the ice clean (but we mainly use sweeping to affect the distance and direction of the rock).
- Before you throw your rock you should clean the running surface (small band under the rock).



# Rock Cleaning

- Use the hack to gently tip the rock back.
- Use your hand, glove/mitten or brush head to clean the bottom of the rock.

Small band  
under the  
rock (about  
1 cm wide) is  
the running  
surface



# Review: Line of Delivery

- Rocks will not travel in a straight line.
- Rocks will “curl” left or right, depending on the turn you put on the rock.
- The Thrower aims at the skip’s broom and slides in a straight line towards the broom



# Review: Line of Delivery

- Sliding in a straight line is VERY IMPORTANT.
- You can slide in a straight line by pointing your hack shoe at the skips broom and making sure your shoulders and hips are “square” facing the broom.



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# Review: Line of Delivery

- The rock will travel on this line of delivery until it starts to “curl” (bend).
- A draw shot will curl (bend) 3 to 4 feet and a hit will curl (6 to 12 inches).



# Review: 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 the 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.

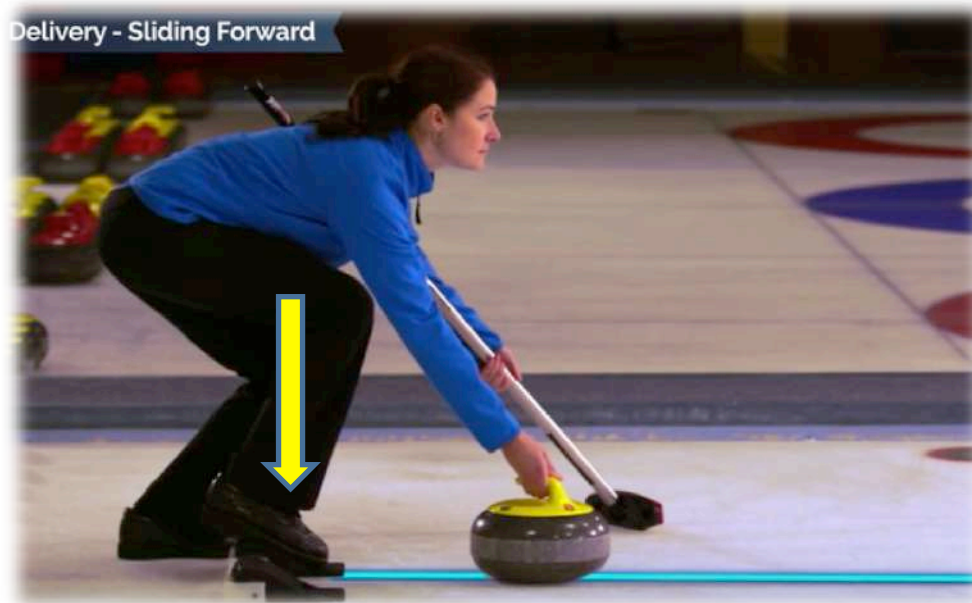


# Step 3 – Weight Shift to Sliding Foot

- 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: 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 6: Schedule

- 1) Rock Cleaning
- 2) Review Line of Delivery
- 3) Drills
- 4) Game – Full Sheet

