

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

## **Getting Started in Curling**

**Week 8 – Weight Judgement**

STARTS OCT 18 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 Judgement

- The Sweepers are SO important to curling.
- Good Sweepers can increase the distance the rock travels by 12 feet.
- But Sweepers need to communicate with the Skip so they know how much to sweep.



# Weight Judgement

- The Thrower *throws* the rock, the Sweepers *manage* the rock.
- Sweepers need to tell the Skip where the rock will stop.
- The Skip will tell the Sweepers whether she wants the rock to go farther (sweep!), straighter (sweep!), curl more (don't sweep!), slow down (don't sweep!)



# Weight Judgement

- How can the Sweepers communicate with the Skip quickly and effectively?
- The sweepers yell a “Zone” to the Skip
  - **Zone 0** - hogged rock
  - **Zone 1** - hogline to top of the house
  - **Zone 2** - 12 foot to top of 4 foot
  - **Zone 3** - 4 foot rings
  - **Zone 4** - 4 foot to back line
  - **Zone 5** - beyond back line (through house)
- Note – on TV professional curlers use a 10 zone system, but to keep things simple, we’ll learn 5 zones.



# Weight Judgement

- Remember: It is always better to yell something (even if you're wrong) than to yell nothing.
- Good Sweepers will change their zone call several times as they travel down the ice.
  - Sweepers: “It’s a 2”
  - Skip: “Sweep!!”
  - Sweepers: “It’s a 3”
  - Skip: “Stop Sweeping”



# Review: 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.)

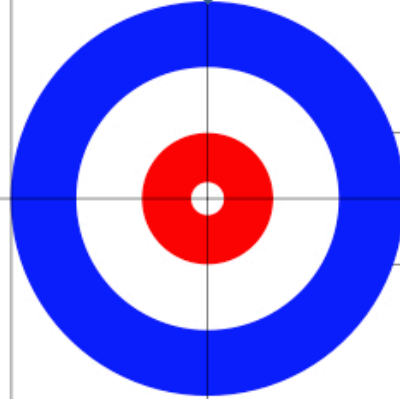


# Review: Weight Control

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)





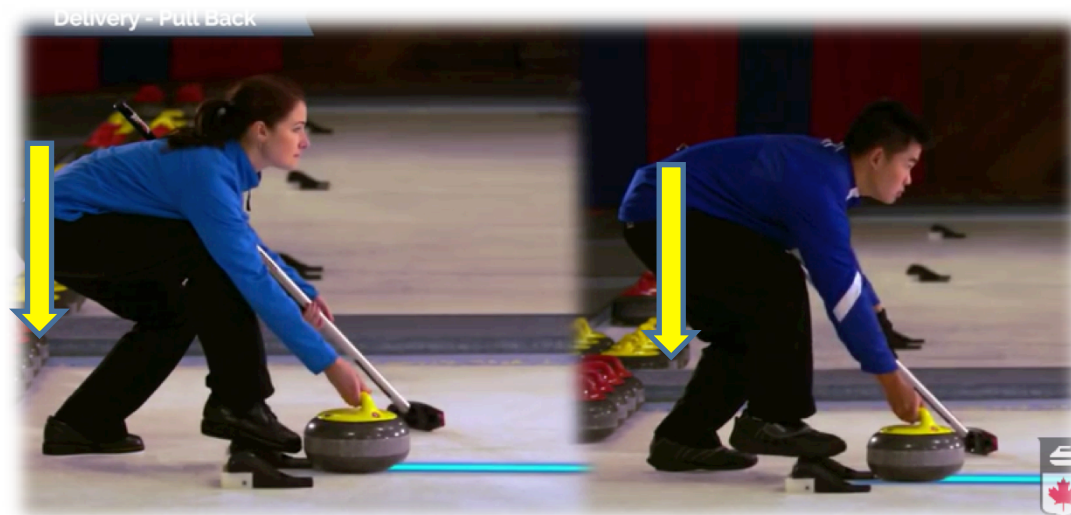
# Review: Weight Control

- 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).



# Review: 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



# Review: 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.



# Review: 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.



# Review: 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?



# Review: 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**



# Review: 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.



# Week 8: Schedule

- 1) Weight control drills
- 2) Weight judgement drills
- 3) Game

