

Junior Curling Sessions for Advanced Curlers

WEEK 1

ADVANCED CURLERS

Balanced Delivery Position

1. Stretching/warmups-see handout. (just a couple minutes each week helps get them ready.)
2. Practice sliding with broom and rock, not releasing rock. Be sure sliding foot is under center of body and most of their weight on the sliding foot.
 - a. Check proper hack position: Ball of hack foot in back of hack.
Feet pointing towards the skip's broom.
Sliding foot flat, parallel to hack foot and slightly ahead of hack foot.
Squat in hack resting on heel of hack foot.
Broom extended toward small of back.
Broom head slightly ahead of sliding foot.
Hand far enough down on broom handle so that shoulders are parallel to the ice.
Throwing arm extended slightly in front of hack.
Rock in front of hack foot.
 - b. Delivery: Raise hips, pull sliding foot back slightly, park for a second, then push forward with delivery motion.
4. See how far they can slide while staying balanced. With and without rock.
5. Practice delivery and release rock. See if they remain balanced after the release.
6. Try sliding without a broom or rock to see how well balanced they are.
7. Try delivery while bouncing ping-pong ball out to a cup past the top of the house.
8. Throw draw shots using good form and balanced deliveries. Use sweepers and have a curler holding a broom at the far end.
9. Have each curler throw 2 in-turn shots in a row. First a corner guard(outside 4 foot lines) and second a draw behind the guard in the house. Use sweepers and a skip's broom at the far end.
10. Repeat #6 using out-turns.
11. Play an end.

WEEK 2

ADVANCED CURLERS

Review Week 1-Balanced Delivery

New-Grip and Turn

REVIEW

Stretching/warmup. Do a minimum of arm circles (shoulder warmup) and taking the delivery position on the carpet (hamstring stretch).

2. Review set up position: Ball of foot in back of hack.
 - Thighs/feet pointed towards skip's broom.
 - Sliding foot flat, parallel to and slightly ahead of hack foot.
 - Broom extended towards small of back.
 - Broom head slightly ahead of sliding foot.
 - Broom hand far enough down handle so that shoulders are parallel to ice.
 - Rock in front of hack foot.

3. Review delivery motion: Raise hips
 - Move sliding foot back no farther than toe even with back of hack (place curling stone there to prevent going back too far) while rocking back (hips must move back).
 - Delivery arm should remain firm on pull back. The body/hips moving backward should be the impetus that moves the stone back.
 - Pause.
 - Rock forward-sliding foot moves forward and underneath center of body while body drops.

4. Practice deliveries: Sliding at broom with broom and rock, with just broom, without broom or rock, while bouncing ping-pong balls to cup, while blindfolded.

GRIP AND TURN

1. Proper grip: Fingers slightly back from goose neck
 - Handle should be in fingers, not palm
 - Fingers and thumb are alongside, none on top, of handle
 - Equal pressure applied with thumb and fingers
 - Wrist is above the handle
 - Look for 'V' between thumb and index finger above and in line with handle

2. Practice releases from 10 o'Clock and 2 o'Clock positions turning handle to 12 o'Clock position or hand shake position. Do not over rotate.

3. Practice draws stressing a balance delivery with proper grip, turn and release.

4. Play an end or two as time allows.

WEEK 3
ADVANCED CURLERS
Alignment and Slide Line

The 3 elements of a good delivery are a Balanced Delivery, a Proper Grip and Turn on the rock, and Sliding at the Broom (on the Slide Line).

1. Stretching/Warmup
2. Take a few practice slides without a rock and then with a rock using a balanced delivery and proper grip and handle turn. Use laser light to check for good turn on handle without pushing rock off line.
3. ALIGNMENT: Stand behind hack until broom/target is put down.
Place rock in front of hack on imaginary slide line to broom.
Turn body so shoulders and hips are perpendicular to slide line.
Step into hack maintaining that proper body angle and keeping feet and thighs pointed at the target.
Make delivery slide along the imaginary slide line keeping the rock, the sliding foot and trailing foot as close to the slide line as possible.
4. SLIDE LINE: Take sliding foot no farther back than it's toe even with the heel of hack foot.
(Place a rock behind sliding foot so curlers can feel that limit.)
The body/hips should shift backwards so the curler's weight is over the sliding foot.
Sliding foot should move back on a line parallel to the imaginary slide line.
Pause.
Begin delivery by moving sliding foot forward and slightly to the right so it is under the center of the curler's body. After this the rock, sliding foot and trailing foot should all stay on the imaginary slide line.
5. Drills. Take slides at a short broom.

Use hanging string device and cups. Sliding foot should hit cups if not using a rock.

Set 2 stones on either side of a slide line and deliver a rock without hitting these guide rocks.

Set a rock between top of house and hog line and slide without a rock from hack on line with this rock so hand meets handle perfectly at end of slide.

Place a guard rock at the far end of the ice. Set 2 or 3 cups on the imaginary slide of a rock traveling around the guard and into the house. Deliver rocks on that line hitting the cups and hopefully burying behind the guard.
6. Play an end or two.

WEEK 4
ADVANCED CURLERS
Game Protocol/Etiquette

Assemble 4 player teams for a practice game.

GAME PROTOCOL/ETIQUETTE:

Shake hands, wish your opponent "Good Curling".

Thirds do the coin toss for "Hammer". Losing team picks their color of rocks.

Be ready to curl. Clean your rock and place it in front of the hack as soon as the previous player shoots.

Sweepers of the shooting team should be ready at the hog line and off to the side so the shooter can see the skip.

Sweepers of the throwing team should return from the far end of the ice as soon as their rock comes to a stop. They should walk down the very side of the sheet so they don't interfere with the other team.

Sweepers of the non-throwing team should always wait outside the hog line.

The only players in the house should be the skips unless the vice-skip (third) is helping with strategy.

After the last rock is thrown in an end the Thirds agree on the score. Rocks are then pushed to the corners and all players return to their proper positions.

At the conclusion of the game teams again shake hands. Losers congratulate the winners. Winners thank their opponents for a good game.

Winners then clean the ice sheet, clear the scoreboard, and place the mats over the hacks.

WEEK 5
ADVANCED CURLERS
Sweeping/Judging Weights

- 1 Stretching/Warmup
- 2 Review hack position, alignment/slide line, proper grip and turn
- 3 Practice throwing at short broom for slide line:
 - a. Toe of sliding foot pulls back no farther than the heel of the hack foot. Place a rock behind the hack to prevent sliding foot from going farther back.
 - b. Take sliding foot back parallel to the target line.
 - c. The stone's inertia is generated by the body as it is pulled back and started forward and not by the shooter's arm/hand. This is the best method for keeping a delivery on the slide line.
4. SWEEPING: Curlers will sweep many more rocks than they will throw. It is very important. Sweeping does 2 things-makes rocks go farther and delays their curl.
5. Sweeping position: One hand palm up, higher on the broom handle. The other hand, palm down lower on the handle.
Feet and broom head should form a triangle.
Head of curler should be over the broom head.
Position your body so you are looking down the sheet towards the skip's broom. To do this best the hand away from the skip should be the lower one on the broom handle. This is also called the 'open position'.
Curlers feet should shuffle/sidestep as they move down the ice and not cross over each other.
6. Have one curler throw draw weight shots at a broom while 2 sweepers sweep them using the proper technique. Rotate players so they all shoot and sweep.
7. JUDGING WEIGHTS: Curlers need to be able to judge how far a rock will go and therefore sweep "for distance". They also need to communicate this information to the skip.
8. Demonstrate stop watch timing as an aide to assessing weights. "Sweeper's Time" is the split from the back line to the near hog line. The Watch Time is used as a backup to visual judgement of weight and NOT as a replacement for it.
9. Have one curler throw draw weight shots and have 2 sweepers judge the weight and sweep while calling out the 'weight' by using the 10 point system. 1-long guard, 2-mid guard, 3-tight guard, 4-top 12, 5-top eight, etc. Rotate players so they all throw, sweep and hold the broom.
10. We will start on sheet 8 and test each curler for sweeping effectiveness using the "Smart Broom". Have one curler throw draw weight shots and have another sweeping from hog line to hog line. Record efficiency scores.

WEEK 6
ADVANCED CURLERS
Rhythm and Weight Control

Rhythm: The “Forward Press”, “Pull back”, “Park”, and “Forward to Slide” motions should be done with a consistent rhythmic motion, not too quickly or too slowly.

Make sure on the Park that the curler gets their hips back behind the hack foot and over their slider foot. The slider foot should remain flat on the ice and the slider foot’s toe should not go back farther than the heel of the hack foot.

With “one-one thousand”, “two-one thousand”, “three-one thousand”, and “four-one thousand” counts practice the delivery’s FORWARD PRESS, PULL BACK, PARK, AND FORWARD TO SLIDE in a rhythmic motion.

Hold a broom about 15 feet beyond the Hog Line and place a rock on both sides of the broom. Make the ‘Hole’ between the rocks just large enough for a rock go through. Practice throwing between the stationary rocks using a smooth, rhythmic delivery.

Weight Control: Lighter weights can be controlled by how far you take your sliding foot back on the PULL BACK or the second count.

1. Start from the proper hack position with the sliding foot slightly ahead of the hack foot.
2. Make a good forward press.
3. Then deliver rocks from 3 different sliding foot pull back positions.
 - a. Bring the sliding foot back a few inches and throw guards.
 - b. Bring the sliding foot back even with the hack foot and throw draws.
 - c. Bring the sliding foot back behind the hack foot so the toe of the sliding foot is as far back as the heel of the hack foot and throw hack weight shots.
4. Set SOLO cups on the ice at different distances from the hack, approximately 6’ short of the hog line, at the hog line, and 6’ past the hog line. Have the curlers kick out from the different pull back positions and see if they can stop precisely at the cups. This drill will also test their ability to stay on the Slide Line.

*****Weight Control is one of the “Feel” aspects of the game and something the curler should be focusing on when Pausing in the Park position.

Play an end. Hit the button and we’ll have french fries when we’re done!

Week 7

ADVANCE CURLERS

Power generation using delayed leg drive and body drop

One of the best ways to generate power is by using a delayed leg drive and body drop method. This method has these key points.

1. Be properly planted in the parked position. In order to generate maximum force without sacrificing accuracy and body control, the curler must first get to a proper "Parked Position". The butt should be above the slider foot, the slider foot only slightly behind the hack foot. The hips should be raised with the knees only slightly bent, and the rock touching, or nearly touching the hack toe.
2. Once properly "Parked" the curler generates power through the "Delay of the Leg Drive" relative to the rock and body's forward movement. Emphasize the solid push of the rock and the upper body starting forward from the parked position prior to the leg drive. You will feel like your are falling forward before you kick out of the hack. This makes the leg drive an added force to the body already in motion and will result in more speed and power.
 - A. Make sure the push is along the delivery or slide line at the broom.
3. Finally, with the rock and upper body already in motion, make the leg drive while dropping the hips down into the normal sliding position.

Practice throwing take-outs with both turns.

Throw hits and rolls and double take-outs with sweeping.