Getting Started in Curling

Week 2 – Three Step Delivery
Safety First!

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

Curling

Sheet Lingo

ICE DIMENSIONS
(all measurements in meters, feet and inches)
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
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)
Sweeping

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

Move broom back and forth in front of the stone
Schedule – Week 2

• Three Step Delivery
  – With and without a rock
• Introduction to Sweeping
• Introduction to the Scoreboard
• Throwing Rocks and Sweeping