Getting Started in Curling

Week 4 – Releases and Grips
Safety First!

- Always step onto ice with “gripper” foot first
- Do not step over rocks
- Remember rule #1 – the ice is slippery!
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 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
Introduction: Why a Rock Curls

- Rocks will not travel in a straight line.
- Rocks will “curl” left or right, depending on the turn you put on the rock.
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.
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.
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.
Releasing the Rock - continued

• 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 4: Schedule

- Review 5 Step Delivery
- Demonstration of Rocks “Curling”
- Practice Grip
  - Drill – “playing catch”
- Practice Release
- Mini Game – Full Sheet