Getting Started in Curling

Week 7 – Weight Control
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 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.)
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)
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).
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
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.
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
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?
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**
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.
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 7: Schedule

1) Review the 5 part delivery with cadence
2) Weight control drills
3) Game