Getting Started in Curling

Week 8 – Weight Judgement
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** - hagged 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.
  – Sweeper: “It’s a 2”
  – Skip: “Sweep!!”
  – Sweeper: “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