



## **CVCC LEARN TO CURL - TWO DAY PROGRAM**

The clinic will include:

- Brief orientation to curling including rules, etiquette, equipment, game play and scoring
- Discussion of on-ice safety
- Warm-up procedures before the game
- Basic curling delivery
- Brushing techniques
- Mini game

### **DAY 1**

#### **Classroom:**

- Welcome
- Facility Safety Check - point out exits and what do should an alarm or power outage occur
- Manager's welcome and info on available fun leagues
- Introduction of facilitators/coaches
- Display of equipment
- Short demo on warm-up stretches
- Short video on Basics of Curling
- Assign curlers to facilitator/coaches
- Distribute Learn to Curl Handout
- Advise curlers not to step on ice until coaches instruct to do so

#### **On Ice:**

- Coaches explain safety on ice and how to step onto the sheet with gripper foot first. should be directed not to step or jump over any rocks to get onto the ice.
- Curlers will be using grippers on both feet for brushing. However, during the delivery they will be removing the gripper to deliver the stone.
- They will need to know how to safely return to a standing position and move on the ice after delivering a stone.
- With brush in hand, have the group shuffle up the sheet of ice to gain confidence

#### **Balance Drill**

*Coaches demonstrate each drill.*

Drill objective: Get a sense for what the curling slide position feels like.

Setup: Have the curlers get into the final slide position, facing the boards with both hands on the boards. Their back leg should be fully extended (or as extended as they are capable of).

Play:

- Once the curlers are comfortable in the slide position, have them lift their hands off the board 2-3 inches and find their balance point in the slide position.
- Once the curlers are comfortably balanced, have them push off the backboard with their hands so that they are sliding backwards (this way, they are activating the stabilization muscles required for balance during a slide).
- In the hack, start by sliding with the brush placed horizontally on the ice in front of them with both hands on the brush. Kick out and slide.
- In the hack, take two rocks in each hand and kick out and slide.
- With brush or stabilizer, take one rock and kick out and slide.

### **Three Point Delivery**

*Coaches demonstrate the delivery*

The 3 Point Delivery is the base step in a progression towards building the complete curling delivery. Teach the curlers the 3 Point Delivery then you can build on that base in day 2 by progressing to the 5 Point Delivery. Start by demonstrating and explain the steps in the delivery as follows:

#### **Steps in 3 Point Delivery:**

- Approach hack from back
- Foot in the hack
- Step forward - sliding foot so that the heel is parallel to the gripper foot and adjacent to the toe of the gripper foot with only enough space between the feet for a brush handle to fit through.
- Squat ("Stance") - Position knees, hips and thighs by squatting with knees bent. Upper body is erect. Position delivery arm (the one that would hold the rock) and throwing arm. The delivery arm should be in front of the body, comfortably extended. Organize the Brush/Stabilizer - The brush arm is stretched out with brush handle extending under the arm toward the back (approximately 45 degree angle from body). The brush head should be facing up (wooden/plastic part on the ice) and be positioned slightly ahead of the sliding foot.
- Hip elevation
- Slide - Sliding foot forward. Slide with back leg fully extended (or as extended as the curler is capable of).

## **Brushing**

### *Coaches demonstrate the technique*

The Open-Stance Brushing Technique is the preferred method of brushing as it provides the best opportunity for the brusher to view the playing end and the footwork is very simple. Sweeping reduces the friction between the stone and the ice surface, allowing the stone to maintain its momentum longer and curl less. The resulting “control” of the stone’s line of travel and final resting place is accomplished by:

- Smoothing the pebble on the ice;
- Removing frost and debris;
- Causing a slight melting effect and a resulting “lubrication” between the ice and the stone.
- Players should be encouraged to move the brush faster and apply more pressure as they gain skill and confidence.

## **Open-Stance Brushing Technique:**

### **1. Stance:**

- Grippers must be worn on both feet.
- Feet are positioned parallel to the stone’s path, shoulder width apart.
- Knees are bent with the weight on the balls of the feet, heels raised slightly off the ice.
- A clear line of vision will assist with weight judgment and communication.

### **2. Grip:** *Coaches demonstrate*

- Place the brush handle across the front of your body, grip the handle with both hands dividing the handle into thirds.
- Position your hand closest to the rock, 1/3 of the way up the handle from the brush head. Palm of the hand should be facing down.
- Place your other hand 2/3 of the way up the handle. Palm of hand should be facing up.
- Position the top part of the handle under your arm pit.
- Hold the handle against your rib cage with the upper part of your arm.
- Bottom arm should be straight as it applies weight on to the brush.
- Top arm guides the motion of the brush.

### **3. Foot Motion:**

- Knees are bent so that upper body weight is placed on the brush.
- From there, use a cross-country ski shuffle to move down the ice.
- Remember to remain on the balls of the feet, keeping your feet in contact with the ice always.

### **4. Scrubbing Motion:**

- Apply downward pressure onto the brush head through your lower arm.
- Using your top hand, implement a small push/pull motion onto the brush handle.
- Develop a series of short (6”) rapid strokes to scrub the path of the stone.
- Clean a 45 degree path in front of the stone.

The use of double grippers is mandatory when teaching brushing.

Steps 1-4 should be used to progressively teach brushing. Using these steps, helps the curler develop confidence with the stance, grip, footwork and scrubbing.

### **Add Stones**

- Group Curlers into pairs, have one person push a stone at a realistic speed while the other Curler practices brushing.
- Each Curler should get a chance to brush on both sides of the stone and to push the stone for their partner.
- Next, group the Curlers into groups of three, have each Curler brush on both sides and push the stone, to become accustomed to brushing with a partner.
- Repeat the drill having a Curler throw the stone, and have the brushers get a feel of traveling forward with the stone, and merging to brush with a partner.

**Tip:** For the partner pushing the stone, it is much easier to control the stone if the handle is turned sideways and the “pusher” places their brush head on the rock handle.

### **Other Considerations**

Explain to the curlers that, while it is advantageous to have a sweeper on either side of the rock due to the better line of vision and space for footwork, it is OK to have both sweepers on the same side if that is how they feel most comfortable. You can encourage a curler to try out a different side.



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### **DAY 2**

#### **Classroom:**

#### **Types of Shots:**

- Draw
- Takeout
- Guard
- Freeze
- Bump
- Skip's Signals

#### **Basic Rules:**

Briefly go through the basic rules and also provide curlers with a handout that explains the following rules so that they can review them.

#### **Basic Rules for Curling**

- A rock must clear the far hog line to remain in play, except if it hits another rock which is in play. A stone that crosses the hog line but spins such that it comes to rest biting the hog line, is considered "out of play".
- A rock which stops completely across the back line is out of play.
- A rock which touches a sideline is automatically out of play.
- Rocks may not be measured during an end for comparison or to determine if it is counting by means of any physical device to aid the visual until the last rock of the end has come to rest, unless one of the following two situations occur.
  - a. If the two skips cannot determine whether a rock has crossed the backline, when in close vicinity to the centre line, the six foot measure stick can be used.
  - b. If after the delivery of any of the first three rocks of an end both skips cannot determine if a rock is in the Free Guard Zone or touching the rings, the six foot measure stick can be used.
- If two or more stones are so close to the tee that a measuring device cannot be used, and if a visual comparison cannot determine which stone is closest to the tee, the stones shall be considered tied. If these stones were to determine who counted in the end, the end shall be considered blank.
- An end shall be decided and be considered complete when the skips or vice-skips in charge of the house agree upon the score for the end.

- If a stone(s), which may have affected the points scored in an end, is displaced prior to the skips or vice-skips deciding the score, the team causing the displacement shall forfeit the point(s) involved.
- After the first end, the winner of the end throws first in the following end. (Remember in the first end, a coin flip decides who throws first).
- The skip has control of the game for his/her team and may deliver any position rocks they choose. However the order of play, once established, may not be changed for that game.
- Right-handed players shall deliver, from the left hack, left-handed players from the right hack.
- In delivery the rock must be clearly released before it reaches the near hog line. If it is not, it shall be removed from play by the delivering team.
- A stone re-touched by the hand after release, but re-touched before the hog line, is not a violation.
- If a running rock is touched (burned) by any member or equipment of the delivering team, the opposing team has three choices:
  - a. they can ignore the foul
  - b. rearrange the stones to whatever position they think they would have ended up if the stone hadn't been touched
  - c. or remove the stone from play
- The 5-rock Free Guard Zone rule is in effect, which means that any opposition rock coming to rest in the Free Guard Zone may be moved, but may not be removed from play, until the sixth rock of the end (Free Guard Zone is the area between the hog line and the tee line, excluding the "house").
- Between the tee lines, a rock may be brushed by any one or more of the team members (although it is not good practice to try to brush your own rock!). It may not be brushed by any opposition player.
- Behind the tee line the delivering team shall have first privilege of brushing their stone. A lead or second of the delivering team may brush behind the tee line. Only the skip or vice skip of the non-delivering team have the privilege of brushing behind the tee line.
- No player may start to brush an opponent's rock until it reaches the tee line.
- A stationary stone must be set in motion before any sweeping may occur.
- Sweeping in any direction and over any area is legal. However, the brush stroke must finish "away" from the running path as not to leave debris that may cause rock manipulation. Intentionally leaving debris (dumping) is a violation of the rules and may be punished by removing the rock in question.
- A team may not play at any time with less than three players.
- If a player delivers a rock of the wrong colour, a rock of the correct colour will be put in its place

## Etiquette

Introduce the curlers to the etiquette of the game by covering the following points:

- Clean, appropriate footwear: The curler should have a proper gripper on the hack foot, and a slider on the sliding foot for delivery purposes which is then changed to a second gripper for brushing purposes. Many clubs have shoe cleaning devices at the

door to the ice, which should be used to ensure no dirt or debris is taken out to the ice area.

- Club ice rules: Generally speaking most clubs dictate that food, beverages and smoking are not allowed the ice surface.
- Coin toss for last rock advantage: It is an advantage to have last rock in an end, because, theoretically, the team with last rock should score. At the beginning of the game the two thirds or vice-skips toss a coin. The winner chooses between last rock in the first end or the colour of the rocks they will throw.
- Positioning of the delivering team: Skip - in the house at the far end holding the broom. Two sweepers – on each side of the ice, near the sideline, and between the back line and the hog line ready to sweep the delivered stone. Thrower – in the hack, ready to deliver the stone.
- Positioning of non-delivering team: Skip – Behind the back line, standing motionless, with broom off the ice. Two sweepers – standing still, in single file close to the side lines and between the hog lines. Thrower – standing quietly behind and to the side of the person in the hack.
- Hand and Knees on the Ice: Avoid resting hands and knees on the ice; this will prevent the ice/pebble from melting. Melted spots are referred to as “flat spots” and they will usually adversely affect the path of a delivered stone.

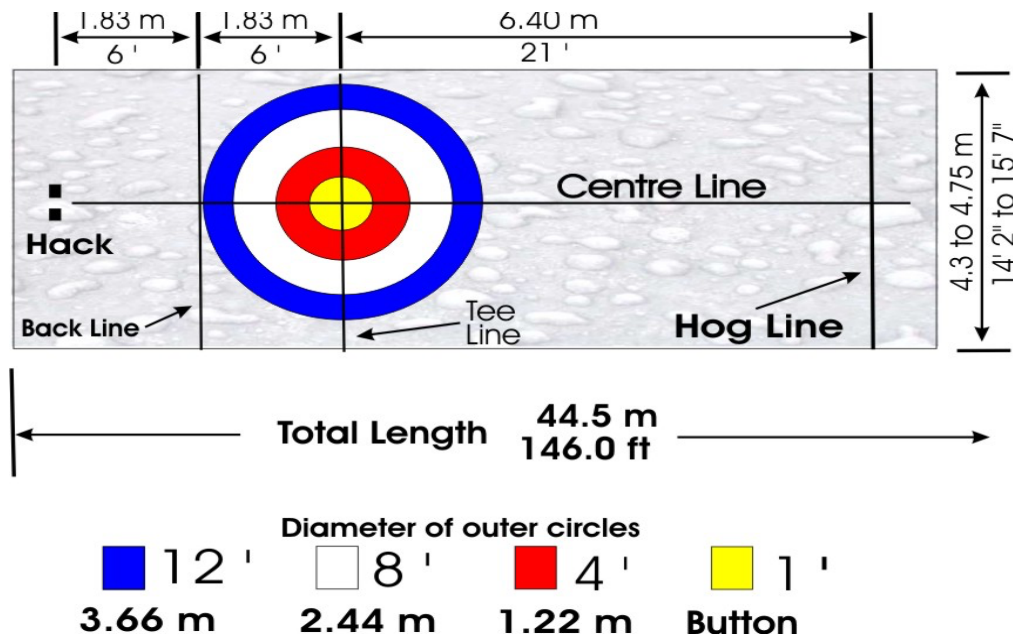
## **On Ice:**

### **Familiarization of a curling sheet**

Ice Pebble: Here is some information regarding pebble that you can familiarize the curlers with:

- The ice on which a game is played plays an important role in making the game interesting. Factors that determine the “weight” and “curl” of the ice include ice temperature, humidity, the stones and the type of “pebble” created. Pebble is the many tiny frozen bumps found on the surface of the ice. They vary in size, texture and amount and are applied by a special type of sprinkler. Generally pebble is put onto the ice surface before the start of a game.
- Pebble has tremendous influence on “draw weight” because the delivered stone, as it travels along the ice, must cut through the pebble. Without pebble, most Curlers would be unable to throw the stone hard enough for it to reach the rings at the far end of the sheet. Pebble raises the cup of the stone off the surface and allows only a portion of the running edge to be in contact with the ice, reducing the resistance between the two surfaces. Too much pebble, however, can actually be detrimental by slowing down the stone because more of the running edge is in contact with the ice and the cup must cut through the rough edge of such pebble.
- There are two inevitable results as the crests of pebble become smooth with the passage of stones up and down the sheet and by brushing:
  - a) The stone curls more as the pebble wears down and the running edge travels closer to the ice level. With a large portion of the running edge in contact with the ice surface, more of the stone has an opportunity to grab onto the ice.
  - b) The ice becomes keener (less stone speed required) as the pebble is gradually worn smooth by the moving stones and the brushing action

## Parts of a Curling Sheet



### House:

Bring the curlers to the house on a sheet of ice so that they can see it up close as you are explaining it to them. Explain the names of each part of the house.

- 12 foot (outermost ring)
- 8 foot (middle ring)
- 4 foot (centre most ring)
- Button (circle in the middle)
- Pin (middle point of the house)

**Lines:** Introduce the curlers to the names of all the lines on the ice

- Hog line – delivered stones must be completely over this line to remain in play unless they have come in contact with a stone which is in play.
- Back line – the line across the sheet at the back of the house. Stones which come to rest completely over this line are out of play.
- Tee-line – this is the line which goes across the sheet in the middle of the house.
- Side lines – once a stone touches a side line it is out of play.
- Centre line – this line runs down the centre of the sheet

See diagram for location of each line.

**Hack:** Explain the following information about the hack to the curlers:

- The hack is a foothold cut into the ice.
- The curler throwing the rock pushes off from the hack in their delivery of the rock.
- The hack can have two footholds, one for right-handed curlers and one for left-handed curlers, or one foothold that can be used by both right-handed and left-handed curlers.



### **Curling Stone:**

- Demonstrate that the bottom side of a curling stone has a concave area commonly referred to as the cup. The edge of the cup is appropriately named the running surface, and it is this edge that actually contacts the ice.
- An acceptable curling stone must be able to resist abrasion and be tough, dense, resilient, uniform in colour and non-absorbent. This latter quality is highly important because moisture penetrating a stone and then freezing will cause chipping or pitting of the surface of the stone. Granite from the British Isles satisfies the requirements better than any other so far discovered, and is used almost exclusively.
- The running surface is not polished like the rest of the stone, but it is comparatively rough. For curling to be played as we experience it, the running surface must never be allowed to wear smooth or to be damaged. A dull grey band around the greatest circumference of the stone is the striking surface of the stone, and is designed to absorb the shock when one stone strikes another.
- Proper care of curling stones is essential.
- Curlers should be aware of the need to handle the stones with care, and that special attention should always be given in preventing stones from striking hacks or bouncing over them.

### **Review 3-Point Delivery**

Have the curlers practice the 3 point delivery again. The instructors should make corrections as needed. Once the curlers seem comfortable with the 3 Point Delivery, you can move on to the next progression in teaching the 5 Point Delivery.

### **Five Point Delivery**

Start by demonstrating the steps in the delivery as follows (especially highlighting the steps marked in red as they are the new additions):

#### **Steps in 5 Point Delivery**

- Approach hack from back
- Foot in the hack
- Step forward
- Squat ("Stance")
- Organize the Brush/Stabilizer
- Hip elevation
- Rock back
- Sliding foot back
- "Park"
- Rock forward
- Sliding foot forward
- Slide

### **Five Point Delivery (Detailed Version)**

- Approach hack from behind with brush under arm furthest away from the hack (broom arm).
- Place gripper foot in hack.

- Step forward with sliding foot so that the heel is parallel to the gripper foot and adjacent to the toe of the gripper foot with only enough space between the feet for a brush handle to fit through.
- Get into “stance”
- Position knees, hips and thighs by squatting with knees bent. Upper body is erect.
- Position delivery arm (the one that would hold the rock) and throwing arm. The delivery arm should be in front of the body, comfortably extended. The brush arm is stretched out with brush handle extending under the arm toward the back (approximately 45 degree angle from body). The brush head should be facing up (wooden/plastic part on the ice) and be positioned slightly ahead of the sliding foot.
- Hip elevation.
- Rock back
- Sliding foot back. Foot is moved back in a straight line (not looping behind the hack or outwards)
- “Park”. Weight shift from hack foot to sliding foot.
- Rock forward.
- Sliding foot forward.
- Slide with back leg fully extended (or as extended as the curler is capable of).

Split into groups with at least one instructor for each group. Have the instructor teach the curlers in their group how to do the 5 Point Delivery. The following drills, done in progression, will help the curler ease into the 5 Point Delivery.

**Drill:** Slide with two (2) rocks

1. Start in stance position except holding a rock in each hand instead of a rock and a brush. Rocks should be held side-by-side, shoulder-width apart, with the handles at the 12 o'clock position and arms comfortably extended in front of the body. The rocks should remain in this position throughout the sequence.
2. Hip elevation.
3. Rocks back.
4. Sliding foot back.
5. Rocks forward.
6. Sliding foot forward.
7. Slide out with back leg extended and arms comfortably extended in front.

**Drill:** Slide with rock and sliding device

1. Start in stance position except holding a sliding device (i.e.: Stabilizer) instead of a brush and a rock in the throwing hand. The rock and sliding device should be held side-by-side, shoulder-width apart, with arms comfortably extended in front of the body. They should remain in this position throughout the sequence.
2. Hip elevation.
3. Rock back.
4. Sliding foot back.
5. Rock forward.
6. Sliding foot forward.
7. Slide out with back leg extended and arms comfortably extended in front.

The instruction on rock release has three components:

- Grip
- Turns (in-turn and out-turn)
- Release

Related to releasing the rock, there are 3 recommend drills: The key points to emphasize are:

- **Key points for the grip:**  
Position on the handle (not too close to goose neck or not at bottom of handle)  
The wrist is high with only the fingers touching the handle, not the palm  
Rock handle on second joint of fingers.  
V shape of thumb and index fingers pointing to opposite shoulder.  
Firm grip. Fingers together
- **Key points for turns:**  
In-turn is clockwise (for right hand curler)  
Out-turn is counter clockwise (for right hand curler)  
Follow hand signals
- **Key points for release:**  
Start at 10 or 2 o'clock positions  
Release is initiated while sliding before player loses momentum  
Complete the release point within one length of a brush  
The rock should not be given a spinning effect  
Finish with handshake  
Number of rotations for length of ice - 2.5 to 3.5 rotations

### **Drill: Clean Release 1**

Drill objective: Emphasis on clean release of the rock

Setup: Two players kneeling and facing one another across sheet width.

Play: Facing across the sheet, the players deliver the rock and finish in handshake position.

### **Drill: Clean Release 2**

Drill objective: Emphasis on clean release of the rock

Key point: Imagine the rock slipping through your fingers

Setup: Place toilet paper roll over handle of curling rock

Play: Player delivers the rock from the hack.

### **Drill: Clean Release 3**

Drill objective: Emphasis on clean release of the rock

Key point: Arm Straight, hand over rock, rock out front

Setup: None

Play: With no elevate or movement of rock back, the player pushes out of hack and delivers the rock.

### **Knowing What Turn to Throw:**

- When a skip is calling a shot, he/she will extend an arm to indicate which turn they would like the thrower to put on the stone.
- The thrower should point the “gooseneck” of the handle towards the skips extended arm. That position will either be 2 or 10 o’clock, and the handle will then be rotated to the 12 o’clock position upon release.

### **Line of Delivery**

- Using his/her broom, the skip provides curlers with a target.
- Ask curlers to imagine a line drawn on the ice from this target to their hack foot.
- During the release of the stone, the curler (and the stone) should slide along this line.
- The stone will then curl away from this line, with direction depending on which turn was applied to the stone upon release.
- Line of delivery is often the most difficult skill a new curler will master.

### **POSITIONS ON A CURLING TEAM**

- There are four members of a curling team and each delivers two stones, in this order: first, the “lead”, second, the “second”, third, the “third” a.k.a. “vice-skip”, and fourth, the “skip”.
- The skip is responsible for the strategy, and calls the shots for all the players. She/he stands in the “house” (the rings) at the end opposite to the delivering end (where curlers throw their shots from) and directs the play. When it is her/his turn to deliver, the third (vice-skip) takes over skipping duties.
- The two teams competing against each other take turns delivering stones until all 16 stones have been thrown.
- The lead and the second are responsible for sweeping stones delivered by their teammates, and they can either sweep on opposite sides or the same side of the stone.
- The third takes over one of the sweeping positions when the lead or second is delivering his/her stones .

### **GAME OBJECTIVES**

- A curling team has four players, each delivering two stones during a segment of the game. These segments are called “ends” and, when one is done, a total of 16 stones will have been delivered.
- Over the course of an end teams will alternate delivery of their stones. In each end, one team or the other will have “hammer”. Generally considered to be an advantage, hammer refers to the team that will be throwing the last stone of an end – in other words, the team that will have the last chance.
- At the beginning of the game, hammer is determined by winning a coin toss. Throughout the game, it goes to whichever team did not score in the last end . If no team scores (i .e . there is a blank end), the team that had hammer in the blank end will keep hammer in the next end. Because having hammer is supposed to be an advantage, if the team that does not have it scores in an end, then it is considered to be very well-done and called “stealing an end”.
- At the completion of an end, a total of 16 stones will have been delivered .The objective is to complete each end with one or more of your stones closer to the centre of the rings than your opponent’s stones .A full-length game is usually 8 ends.

- Once all the stones have been delivered in an end, the thirds from each team (i.e. the two players who delivered the third set of stones) determine which teams' rocks are closest to the centre of the rings.
- While the score is being determined, only the thirds should be in the house area.
- One point is scored for every stone that is closer to the centre than any stone belonging to the opposition. Therefore, only one team may score in any end.
- A stone must be in, or touching, the rings in order to score. If there are no rocks counting (in other words, no rocks worth any points) at the conclusion of an end, that end is called a "blank end".

## **REVIEW BRUSHING TECHNIQUE**

### **ASSIGN TEAM POSITIONS**

**MINI GAME** and discussion of scoring board

**See Manager** if interested in joining a league