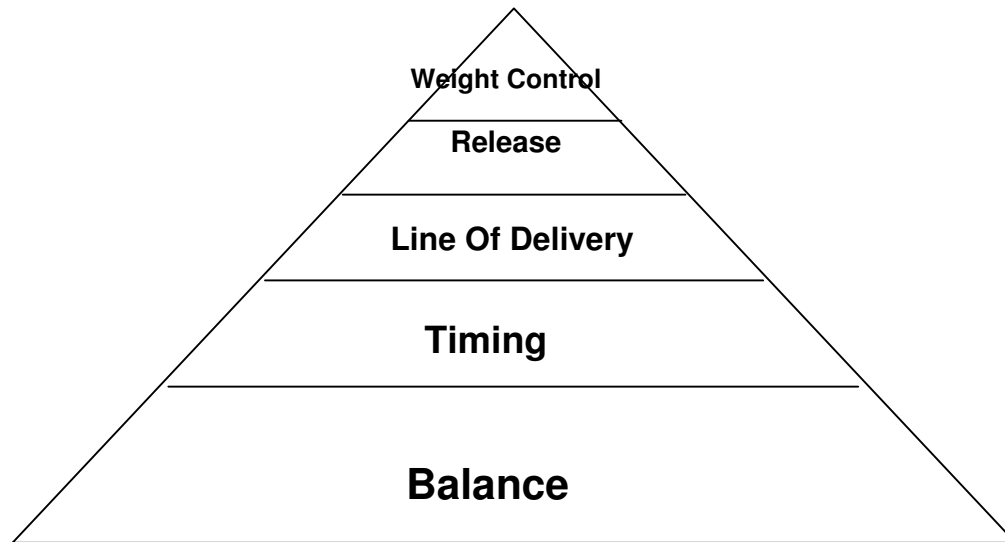


Basic Curling Drills (Delivery)

The skill development of every sport must be built on a solid foundation of fundamentals. The diagram below shows the foundation of a curling delivery is **Balance**.

Once balance is established, proceed up the triangle through Timing, Line Of Delivery, Release and finally Weight Control



Balance

Drill 1 – The 2 Rock Drill

With two rocks (one in each hand) slide from the hack. Place sliding foot between the two rocks as you slide down the ice.

Once comfortable with this drill, remove hands from the rocks as you start to slow down.

Once comfortable with hands off the rock, when you stop close your eyes and feel where you are – your sliding foot, your trailing foot, your upper body, etc.

Drill 2 – Slide with the broom only

Drill 3 – Place a plastic cup half way between the hack and the back line just to the left of the centre line (for lefties to the right of the centre line). Slide down the centre. Neither foot should touch the cup.

Drill 4 – Slide without the broom (no rock). Start by just stretching into the delivery position without pushing from the hack. Then do a small push. Gradually increase the push.

Drill 5 – Slide towards a partner standing at the top of the house. The partner will extend the top on the broom handle to you. You will grab the handle and your partner will pull you down the ice easily if you are in balance, with difficulty if you are not. Try to achieve/maintain a balanced position as you are going down the ice.

Timing

Drill 1 – Rock – Foot – Pause (Sit) – Rock – Foot. This is a rhythm (say it out loud as you perform each step) to get your proper timing.

Drill 2 – Place a rock/cup 6”-24” in front of the rock when you are in your set up position. Perform your delivery making sure that from the sit position you hear the cup move before you move the sliding foot forward.

Line Of Delivery

Drill 1 – Place 2 rocks at the top of the house, one just on centre and the other about 2 feet to one side. Slide between the rocks. Repeat with the rock on the other side.

Drill 2 – Place a series of cups (about 2-3 feet apart) along a line from a point where your little toe is to the centre line at the hog line. Slide along that line. The heel of your foot should kick out each of the cups.

Drill 3 – Place a cup/rock at the hog line at varying positions in the 4-foot band. Slide to the rock.

Drill 4 – Place a line of cups from the 12' to the hog line in intervals of 5'-6'. Slide down the path of the rocks and pick up the cups (one on top of each other).

Release

Drill 1 – With a partner. One on each side of the boards. Squat and throw in-turns and out-turns across the ice. The rock should make one-half of a complete rotation into your partner's hand. Do it with gentle force; do not try to kill your partner.

Drill 2 – Place 2 rocks at the hog line on each side of the centre line about 1 and one-half rock width apart. Throw in-turns and out-turns between the rocks. **Throw with normal delivery. Do not guide the rock.** Repeat with varying speeds (draw to take out).

Drill 3 – Place a toilet paper roll centre over the handle of a rock. Grip the centre lightly and deliver the rock. The rock should slide easily out of the centre.

Drill 4 – Set the turn. Deliver the rock while saying hold – hold – hold – release. The rock handle should remain at 10 or 2 until you say release,

Drill 5 – If you have a claw grip on the rock, place an elastic band over your fingers (excluding the thumb). Deliver the rock

Drill 6 – If you are gripping the rock too far forward, place an elastic band over the handle such that it rests just to the neck side of the handle. Position hand so that the thumb and index finger just touch the elastic.

Weight Control

Drill 1 – To develop leg push, slide with 2 rocks as far as you can. You can also tape 3 rocks together and do the same thing.

Drill 2 – Slide to Yukon. Without a rock slide as far as you can down the ice.

Drill 3 – Place plastic cups on the left side of the centre line (right side if you are a leftie) in the near 12', the tee line and the top 12'. Slide only as far as the first cup. Then slide to the middle cup and finally to the last cup. Repeat with random order. **Do not use your knee, hand or drag your toe to slow you down artificially.**

Drill 4 – Throw a rock that makes it to a guard in front of the house. Carry on with your slide until you come to a full stop. Place a cup/glove along the sideboards at that position. Repeat with a draw to the house, light weight takeout and full takeout. Randomly slide (without the rock) to each of these positions.

Drill 5 – Throw a draw. Have partner place a cup or glove along the boards where you begin the release. Throw other rocks with varying weights and release at the same point.