



GUIDELINES FOR STICK CURLING CLINICS – 2017

PROGRAM OUTLINE

- A. INTRODUCTORY COMMENTS – 15 minutes
- B. GROUP INSTRUCTION FOR USING A DELIVERY STICK –15 minutes
- C. INDIVIDUAL COACHING & ASSISTANCE –45 minutes

COFFEE BREAK

- D. RULES FOR 2-PERSON STICK CURLING – 15 minutes
- E. TEAMS FOR 6 ENDS OF 2-PERSON STICK CURLING – 60 minutes



INTRODUCTORY COMMENTS – 15 minutes

Welcome to all new stick curlers as well as veterans.

Purpose of clinic

- to teach basics of using a delivery stick
- to teach the rules for 2-person stick curling

Introduce self & other instructors. We are all self-taught.

Review experience of attendees

Intended for experienced curlers who want to learn how to use a stick.

Clinic will take 2 to 3 hours.

GROUP INSTRUCTION –15 minutes

Before starting – review different styles of delivery sticks and pros & cons.

Demonstrate how stick attaches to rock and how to apply proper rotation.

Emphasize the 4 variables in delivering a curling rock

- Line of delivery
- Pace or speed of rock
- Rotation
- Point of release

Discuss all points on handout material – “How to Use a Delivery Stick”

Remember balance and proper footwear is critical for an effective delivery.



ON ICE DEMONSTRATION AND INDIVIDUAL COACHING –45 minutes

Clean the bottom of rock and ice area in front of hacks.

Be ready to receive instructions from skip with your rock in position in front of hack.

Instructors demonstrate various delivery styles and delivery sticks.

Break into smaller groups – ideally 2 or 3 curlers per instructor at each end of sheet.

Experiment with different sticks and different delivery styles.

Adjust the length of stick as needed – but shorter is generally better.

RULES FOR 2-PERSON STICK CURLING – 15 minutes

We follow basic curling rules but with several exceptions.

Read and explain all of the exceptions for 2-person stick curling.

Emphasize 1 hour time frame for 6 end games.

Emphasize common violations regarding the hog line.

Explain alternative to using hacks for starting delivery.

Distribute personal copies of the rules for all participants.

ON ICE - TEAMS FOR 6 ENDS OF 2-PERSON STICK CURLING – 60 minutes

Provide on ice assistance with rules and deliveries as needed.

Have fun and learn the game.

Join a league or start a new league.