

CLINIC OUTLINE



1. INTRODUCTORY COMMENTS – 10 minutes
2. GROUP INSTRUCTION FOR USING A DELIVERY STICK –10 minutes
3. INDIVIDUAL COACHING & ASSISTANCE – 25 minutes
4. RULES FOR 2-PERSON STICK CURLING – 15 minutes

1. INTRODUCTORY COMMENTS (Off Ice)– 10 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 anyone who wants to learn how to use a stick.

Safety – Discuss head gear, double grippers, replace grippers every years

Equipment – Review different models and styles of delivery sticks and pros & cons.

Review outline of Clinic – will take approximately 1 hour.

2. GROUP INSTRUCTION (On Ice) –10 minutes

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.

3. ON ICE DEMONSTRATION AND INDIVIDUAL COACHING -25 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.

Break into smaller groups – Max of 6 curlers per instructor on each sheet.

- **Safety:** Try to use only one end of the ice unless you have a large number of attendees. If you need to use both ends, please ensure the instructor is catching each rock and returning rock to the same end.

Experiment with different sticks and different delivery styles.

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

4. RULES FOR 2-PERSON STICK CURLING (Off Ice)- 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.

Discuss curling etiquette.

Explain alternative to using hacks for starting delivery.

Distribute personal copies of the rules for all participants.