



Canadian Stick Curling Delivery Solution Guide

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- 1. Rock Rotation - rock does not have 3 rotations for the length of the ice.**
 - a. Too few rotations -
 - i. Increase the amount of angle on the rock - (For clockwise) Instead of 10:00, make it 9:30 or even 9:00.
 - ii. Increase the speed of wrist rotation - imagine opening a doorknob and turn your wrist a little faster.
 - b. Too many rotations -
 - i. Reduce the angle on the rock - make it 11:00.
 - ii. Slow down the wrist rotation.
 - iii. Do not over rotate your wrist past 12:00.

- 2. Hitting the Broom - Either inside or outside the broom.**
 - a. Ensure you are walking or sliding straight towards the broom.
 - b. Ensure the delivery stick is directly aligned with, or aimed along the intended path or line of delivery.
 - c. Ensure the end of the delivery stick is near the belly button.
 - d. Ensure the release is straight toward the skip's broom.
 - e. Ensure you follow through and not stop abruptly.
 - f. The final arm extension should not be a jab but a very smooth extension while continuing to walk or slide towards the skip's broom.

- 3. Throwing too light or too heavy.**
 - a. Too Light
 - i. Quicken the pace of walking or sliding.
 - ii. Develop a stronger arm extension.
 - iii. Position the non-hack foot behind the hack before moving forward - start the delivery by stepping forward.
 - b. Too Heavy
 - i. Reduce the pace of walking or sliding.
 - ii. Release the rock a little sooner.
 - iii. Develop a weaker arm extension