

## How to Use a Delivery Stick

This document provides guidelines to teaching a walking or sliding stick delivery. This document provides general guidance, but adaptations may be required dependant on a player's physical ability.

### 1. Safety

- While there is no mandatory requirement for a safety helmet, the CSCA strongly recommends their usage. Stick curling is a sport played on ice and protecting yourself in case of a fall is a good strategy.
- Ensure that you have appropriate footwear to prevent slipping and to help maintain your balance on the ice. Grippers on each foot, or stick curling shoes are highly recommended for anyone new to the sport. Learn first using a walking approach. Once you are confident in that delivery approach you can try the push and slide delivery using a gripper on one foot and a slider on the other. A walking delivery approach is recommended ***unless you can confidently maintain your balance with only one gripper to use a slide delivery approach.***

### 2. Determine if you will be throwing right or left-handed.

- Right-handed players will deliver from the hack on the left of the centre line, and left-handed players will deliver from the hack on the right of the centre line

### 3. Rock Placement

- Clean the bottom of your rock and the ice immediately in front of your starting point, the hack.
- Now place your foot in the hack ( right-handed players in left hack and left-handed players in right hack).
- Visualize the line of delivery between the broom and your intended target. (The Skip's broom at the other end of the ice.)
- Now place the stone in front of you about the length of your delivery stick with center of the stone directly on the intended line of delivery.
- This is a **key point** - the starting position of the stone should be placed so it does not need to move off the intended line of delivery when you start walking forward.



#### 4. Attach Delivery stick to stone

- The handle of the stick should be aligned as close as possible to your belly button. It may help to use both hands to centre the delivery stick as shown in the image on the right.
- The handle of the stone should be set at either the 10 o'clock (for clockwise rotation) or 2 o'clock position (for counterclockwise rotation) depending on the turn the skip is requesting.
- Place the stone with the stone handle set at either the 10 or 2 o'clock position with the stone handle pointing towards the palm of the hand that the skip is holding out to indicate the turn to be applied.
- Visualize your line of delivery through the center of the stone to the target of the skip's broom and now align delivery stick handle with target line and place delivery end of stick over handle of stone.



#### 5. Re-check alignment

- Ensure shoulders, body, knees and feet are aligned to the skip's broom or target.
- When you look down at the delivery stick, this should align directly with the intended target of the skip's broom at the other end of the sheet.
- The stone may need to be moved slightly left or right to ensure the delivery stick remains aligned to the intended target broom.
- Square your shoulders to the target broom and ensure your delivery is intended to occur in a reasonably straight line from the hack towards the target broom.



## 6. Forward Delivery

- With the handle of the stone now in its proper position, proceed forward slowly with your arm relaxed and slightly bent and the grip of the stick aligned with the mid-section of your body. Your eyes, stick and rock should all be aligned with the target.

(TIP – don't be afraid to get close to nearest hog line before releasing your rock)

(TIP – remember to hold the rock handle at the 10 or 2 o'clock position until the final release)

- When you are at the appropriate speed and release point, simultaneously extend your arm towards the target and gently rotate your wrist and stone handle back to the neutral or 12 o'clock position.  
(TIP - try not to lunge forward at release. You want a positive but smooth release)  
(TIP - Do not let your delivery stick remain on the handle past the neutral or 12 o'clock position. That will push your rock either inside or outside depending on the turn called))
- Ideally the stone should have between 2-4 full rotations over the full sheet depending on the ice conditions to be most effective.  
(TIP – avoid a) spinners - 5 plus rotations as increased rotations reduces curl or b) lazy handles – less than 1 rotation as they will lose their handle and curl in the wrong direction)
- Remember your stone **MUST** be clearly released from the delivery stick before the stone reaches the hog line.

## 7. Follow Through

- After releasing the stone, continue your walk or slide towards the target at least two steps to ensure the release is smooth. Visually follow your stone all the way down the sheet. This will help you “read” the ice and call the line for sweeping after the rock passes the far hog line. Watching your shot also helps you assess the effectiveness of your delivery.

## 8. Remember to be effective, you need to control:

- Line of delivery
- Pace of the stone
- Rotation of the rock
- Point of release