

TRY SOMETHING NEW THIS FALL
LEARN TO CURL

Getting Started in Curling

Week 4 – Releases and Grips

STARTS OCT 18TH REGISTER ONLINE
PARISCURLINGCLUB.COM



Safety First!

- Always step onto ice with “gripper” foot first
- Do not step over rocks
- Remember rule #1 – the ice is slippery!



Review – Five Step Delivery

- Step 1 – The Approach
- Step 2 – Sliding foot to “reverse” heel-toe position
- Step 3 – Weight Shift to Sliding Foot
- Step 4 – Weight Shift to Hack Foot
- Step 5 – Slide



Step 1 – The Approach

- Approach hack from behind hack
- Foot in hack (point toes forward)
- Step forward (feet are in heel-toe position)



Step 2 – Sliding Foot to Reverse Heel Toe Position

- 1) Elevate hips into a semi-crouch position (hack knee bent approximately 90 degrees).
- 2) Pull stone back directly in front of hack foot.
- 3) Move sliding foot straight back (Reverse heel toe position).
- 4) Pause and shift weight to sliding foot.



Step 3 – Weight Shift to Sliding Foot

- 50 to 75% of your weight should be shifted to your sliding foot.



Step 4 – Weight Shift to Hack Foot



Step 4 – Weight Shift to Hack Foot

- 1) Commence the forward motion of the stone by shifting some body weight forward on to the hack foot.
- 2) Maintain a semi-crouch position with the hack knee remaining bent at approximately 90 degrees.
- 3) As the transfer of the body weight proceeds, the upper body will continue to lean forward and gradually begin to drop down behind the stone.



Step 5 – Slide

- 1) Forward Motion
Transfer upper body weight forward.
- 2) Move stone forward.
- 3) Delay movement of sliding foot.
- 4) Move sliding foot forward.
- 5) Provide thrust with hack leg.



Step 4 and 5 take place *almost* at the same time



Introduction: Why a Rock Curls

- Rocks will not travel in a straight line.
- Rocks will “curl” left or right, depending on the turn you put on the rock.



The Grip – Hand Position

- The grip should be firm, but not a “death” grip.
- The fingers should be together on one side of the handle, with the thumb on the other side of the handle.
- Apply pressure as if you are “Squishing” the handle between fingers and thumb.



The Grip – Wrist Position

- Wrist should be high and firm.
- Wrist should be in a “hand-shake” position.
- Palm of hand should not touch handle of rock.



Releasing the Rock - Turns

- Picture the rock like a clock.
- Turn the rock so the handle is at 2-o'clock or 10-o'clock.



Releasing the Rock - continued

- Hold the rock in the 2 or 10-o'clock position until you let the rock go.
- When you let the rock go, turn the rock back to the 12-o'clock position.



Week 4: Schedule

- Review 5 Step Delivery
- Demonstration of Rocks “Curling”
- Practice Grip
 - Drill – “playing catch”
- Practice Release
- Mini Game – Full Sheet

