## **Practice Plan for SAMPLE VIDEO**

**Date:** December 18<sup>th</sup> **Time:** 5:00 p.m. to 7:00 p.m.

**Location:** Saville Centre, Edmonton

Coach: Garry C, Coach of the University of Alberta Pandas

**Team Members**: Jessica M, Rachel P, Dana F and Joanne T.

Context (circle): Early Season



Late Season

**Additional material attached/provided:** Completed EAP forms. Two Activity Planning Sheets for the Spot Drill and Home Base Drill.

**Goals/Objectives:** To develop a method of communication which is clear and audible. To determine who is best to speak first, what words work and to increase voice volume regardless of the type of shot being played.

**Equipment/resources needed**: Sheet of curling ice.

See Template for Practice on Next Page

Please complete this portion after the practice:

**Potential Practice Risk Factors:** 

**Athletes' Assessment of Practice/Debrief:** Enjoyed the practice.

**Notes for Next Practice**: Continue to work and monitor communication. The two brushers communicating and coach is to monitor this in the next practice. Timing the hits both hog-to-hog and split times. More draw drills/exercises and position specific shots.

Time Allotted	Activities	Segments	Key Factors
2:13 minutes	Coach introduces himself and his position. Shows completion of his EAP forms: Athlete Medical Data forms, Emergency contact forms, Emergency Services information, Facility information and diagram with a map of the facility location. Shows his first-aid kit and explains the contents.	Emergency Action Plan and Introduction	Completed up-to-date EAP forms are kept accessible. Location of a fully stocked first-aid kit is identified.  Ensure ice is prepared
	performed an on-ice safety check of the ice surface by walking from one end of the sheet to the other ensuring that the ice has been properly prepared. Also checked walkways for obstructions and removed mats from hack and placed them out of the way off the ice surface.  Coach meets and greets team members in the lounge.  Coach examines the broom heads and grippers.		and venue is safe. Brush head and grippers are in good condition.

Time Allotted	Activities	Segments	Key Factors
6:02 minutes	*NOT SHOWN IN VIDEO – Team gathers together in the curling lounge and performs a dynamic warm-up consisting of the athletes jog on the spot for 5 minutes and then performs 2 sets of 10 jumping jacks. Coach watches the players.	Warm Up Off-Ice	Increase blood flow decreasing muscle stiffness and less risk of injury. Also helps to mentally prepare for the practice.
	As athletes perform the next set of exercises, the coach explains the objective of the practice. Athletes perform a number of arm, leg and hamstring stretches.		
	*NOT SHOWN IN VIDEO – Athletes go into their delivery position and hold this for 7 seconds and then switches legs. This is performed 3 times with the coach watching.		Sport specific exercises. Break-in the pebble and get a read of the ice.
o a w fe th fi th p fa b k E b	On ice, coach explains what the on-ice warm-up will be. Athletes are to perform a least three slides without a rock. Once everyone feels comfortable. The coach asks the athletes to quickly throw draws first then hits at different areas at the far house to break-in the pebble. All 16 rocks are thrown to far house with no one holding the broom. One player is brushing by keeping the rock path clean. Everyone alternates throwing and brushing. Coach is by the near hogline ensuring that the throws vary across the sheet to break-in the sheet. NOT ALL SHOTS ARE SHOWN IN THE VIDEO.	Warm Up On-Ice	

Time Allotted	Activities	Segments	Key Factors
11:35 minutes	Coach gathers athletes together and explains the Spot Drill (refer to Activity Planning Sheet) to work on communication. The skip goes to the far house to hold the broom and the team throws in order with two brushers. Coach is at near hogline for first throw and then moves with the brushers for the second throw. Brushers communicate the weight zone to the skip when the rock is released. This drill is done for four ends.  *NOT ALL SHOTS ARE SHOWN IN THE VIDEO.	Main Part	Record athletes' ability to implement
	After an athlete's delivers a rock, the coach comments about an improved positive rotation on handle by one of his athletes.	Detect & Correct	Focus on an individual's past detect and correction (positive rotation on release).
	Coach gathers athletes together and makes comments of how communication wasn't happening especially in an empty venue.		Focus is on communication as it needs to be louder and responsibilities need to be assigned.
	Coach gathers athletes together and makes comments about the importance of the thrower providing initial communication.		Reinforce the objective of the of the practice – to keep up good communication.
	Coach asks the players to choose the wind-down "fun" drill. The players elected to play the Home Base Drill. Please refer to Activity Planning Sheet for a description of this drill. This drill is done for 2-ends.  *NOT ALL SHOTS ARE SHOWN		
	IN THE VIDEO.		
5:32 minutes	The athletes perform a number of static stretching exercises on the floor in the curling lounge such as hamstring, groin, shoulder, triceps and calf stretches. These static stretches were held for 10-30 seconds each. Coach is sitting and talks to the athletes about the practice.	Cool-Down	Increase flexibility (improve the mobility and range of movement and cools the body down.

Time Allotted	Activities	Segments	Key Factors
	**While the athletes continued their cool-down routines, the coach reviewed the practice objective and the activities. Coach asked the athletes for feedback.	Conclusion/Debrief	Receive feedback from each athlete about how the practice went as well as receiving feedback for future practices.

<sup>\*</sup>NOT SHOWN ON VIDEO – Coaches <u>must</u> include video of all activities in their submission. Due to time limits, some activities were not captured in the sample video. Please refer to the Practice Plan Guide.

<sup>\*\*</sup>Recommend that the Cool Down and De-Brief be completed separately so that the athletes will focus fully on each segment.

The Time Allotted is based on the sample video provided not on the actual time of the activities.

## **Appendix 8 – Activity Planning Sheet**

Practice session date: December 18

Athletes: Jessica, Rachel, Dana and Joanne and coach Garry.

Name of the activity: Home Base Warm-up() Main part () Cool Down ( $\sqrt{}$ )

Description: (Athletic abilities to be trained, purpose, movements, types of effort, intensity, duration, etc):

Two against two with each player throwing four stones each. Front end players against the backend players. No brushing. One player calls the shots and strategy in the far house while the other player delivers four consecutive shots alternating with an opposition player. The players switch positions after four rocks. The team with last rock must score 2+ to win. Can only play two hits in the entire end.

Directions/guidelines to give athletes: The purpose is to communicate the shot being called.

Success criteria: The coach records the win/loss record.

Risk factors/safety guidelines to give athletes: Have fun and try different shots.

Notes/comments: None

## **Appendix 8 – Activity Planning Sheet**

Practice session date: December 18

Athletes: Jessica, Rachel, Dana and Joanne and coach Garry.

Name of the activity: Spot Drill Warm-up( ) Main part ( $\sqrt{\ }$  ) Cool Down ( )

Description: (Athletic abilities to be trained, purpose, movements, types of effort, intensity, duration, etc):

This is a drawing drill where each player throws in rotation four stones back-to-back at the same spot/target at the far end with either the skip or third holding the broom with two players brushing. The spot/target will change for each player. The skip and/or coach decide the shot and turn.

Directions/guidelines to give athletes: The purpose is to ensure that communication is clear and audible.

Success criteria: The coach records how many times the athletes hits the spot out of the four rocks thrown.

Risk factors/safety guidelines to give athletes: Brushers will be tired and will need a water break.

Notes/comments: Can place a broom or gloves down of where the target is. This will also present player's tendencies (i.e. rotations, release, etc).