

## 8.0 TEACHING CURRICULUM

### FULL SEASON PROGRAM

#### **Week 1:**

Off-ice: Season overview  
Etiquette  
Equipment  
Warm-up

On-ice: Safety  
Familiarization of a Curling Sheet  
Equipment  
Balance Drill  
3 Point Delivery

#### **Week 2:**

Off-ice: Warm-up  
Equipment

On-ice: Review parts of a curling sheet  
Review 3 Point Delivery  
5 Point Delivery  
Release

#### **Week 3:**

Off-ice: Game Orientation Session – Part 1  
Warm-up

On-ice: Review Delivery and Introduce Rock Cleaning  
Line of Delivery  
Brushing

#### **Week 4:**

Off-ice: Warm-up

On-ice: Review Brushing  
Review Delivery  
Weight Control

#### **Week 5:**

Off-ice: Game Orientation Session – Part 2  
Warm-up

On-ice: Weight Judgement  
Game

#### **Week 6:**

Off-ice: Warm-up

On-ice: Reading the Ice  
Communication  
Great Canadian Shootout

**Week 7:**

Off-ice: Strategy Session – Basic  
Warm-up

On-ice: Game

**Week 8:**

Off-ice: Warm-up

On-ice: Skills Analysis and Correction  
Skills Competition

**Week 9:**

Off-ice: Strategy Session – Beyond the Basics  
Warm-up

On-ice: Strategy Session – Beyond the Basics (continued)  
Game

**Week 10:**

Off-ice: Holiday Celebration  
Warm-up

On-ice: Mix It Up Challenge

**Week 11 & 12: Holiday Break**

**Week 13 to 22:**

Off-ice: Warm-up

On-ice: Games