

TRY SOMETHING NEW THIS FALL
LEARN TO CURL

Getting Started in Curling

Week 2 – Three Step Delivery

STARTS OCT 18TH REGISTER ONLINE
PARISCURLINGCLUB.COM

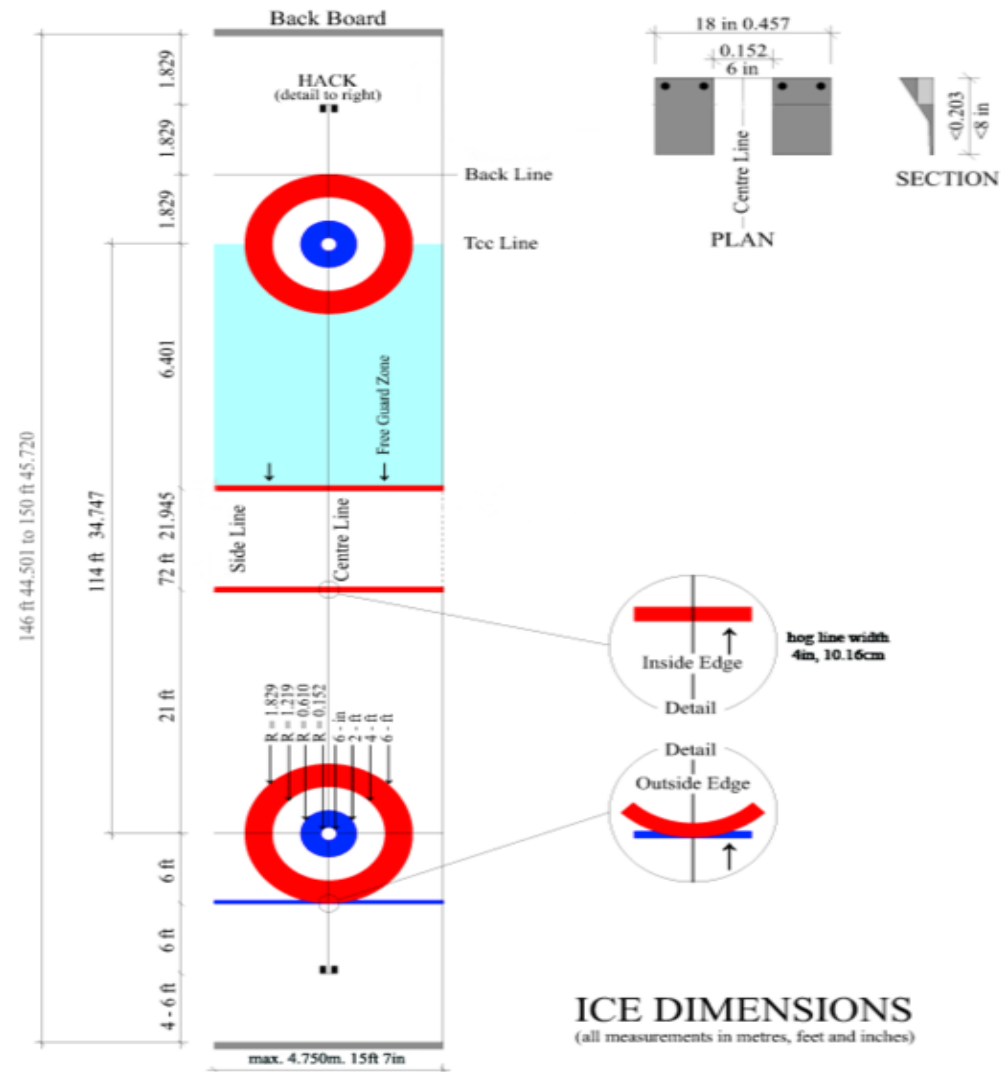


Safety First!

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



Review Curling Sheet Lingo



The 3 Step Delivery

- Step 1 – The Approach
- Step 2 – Hip Elevation
- Step 3 – 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 – Hip Elevation

- Raise hips so level with shoulders



Step 3 – Slide

- Slide/Stretch – Slide/stretch to tee line
- Go VERY slowly only stretch/slide as far as you are comfortable
- NOTE – your knee can be on the ice! Use for balance



Sweeping

- Step 1 – hold the broom like a hockey stick (dominant hand at top of broom, if you are right handed, right hand at top of broom)



Sweeping

- Body facing forward
- Toes pointed forward in “normal” walking position



Sweeping

Move broom back and forth in front of the stone



Schedule – Week 2

- Three Step Delivery
 - With and without a rock
- Introduction to Sweeping
- Introduction to the Scoreboard
- Throwing Rocks and Sweeping

