

LONG-TERM CURLER DEVELOPMENT GUIDE



Curling Canada’s **Long-Term Curler Development (LTCD) Model** is a multi-stage framework that includes appropriate pathways for curlers of every age and ambition.

This guide has been designed to inform coaches, athletes, parents, and administrators about the most important aspects of our LTCD Model.

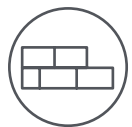
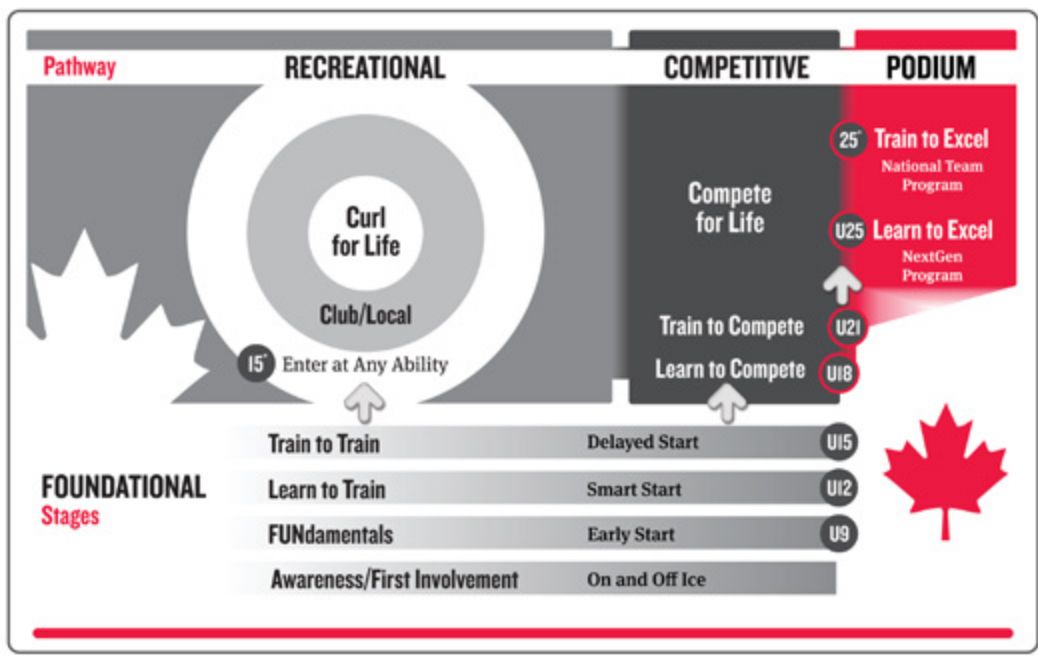
- 3 LTCD Model**
- 4 5-Star Curler**
- 5 Foundational Stages**
- 6 FUNdamentals (U9)**
- 7 Learn to Train (U12)**
- 8 Train to Train (U15)**
- 9 Recreational Pathway**
- 10 Curl for Life (15+)**
- 11 Competitive Pathway**
- 12 Learn to Compete (U18)**
- 13 Train to Compete (U21)**
- 14 Compete for Life (21+)**
- 15 Podium Pathway**
- 16 Learn to Excel (U25)**
- 17 Train to Excel (25+)**
- 18 Performance Standards**
- 19 Coach Development**
- 20 Temporary Appendix**

This guide has been produced by Curling Canada’s **National Training and Development Centre (NTDC)**, which is dedicated to the ongoing refinement of our LTCD Model. A special thanks to the NTDC’s Director and Head Coach, Rob Krepps, Curling Canada’s Manager, Youth Curling and NextGen, Helen Radford, and NCCP and Safe Sport Consultant, Jennifer Ferris, for their significant contributions to this project.

LONG-TERM CURLER DEVELOPMENT MODEL



Curling Canada’s Long-Term Curler Development (LTCD) Model is a multi-stage framework that includes appropriate pathways for curlers of every age and ambition. This model makes it possible for every participant to become a **‘5-STAR CURLER’**.



FOUNDATIONAL STAGES: these stages exist to help young curlers develop both the interest to support future participation and the aptitude to support future competitive success. Find out more about the [Foundational Stages](#).



RECREATIONAL PATHWAY: made up of a single, multi-faceted stage, the Recreational Pathway offers multiple points of entry to accommodate curlers of different ages and experience levels. Find out more about the [Recreational Pathway](#).



COMPETITIVE PATHWAY: the stages that make up the Competitive Pathway encompass all competitors in our sport with the exception of those who compete at the most elite level. Find out more about the [Competitive Pathway](#).



PODIUM PATHWAY: the stages that make up the Podium Pathway are reserved for highly skilled curlers with the demonstrated potential to represent Canada in major international championships. Find out more about the [Podium Pathway](#).





5-STAR CURLER

Curling Canada's **Long-Term Curler Development (LTDC) Model** is designed around the idea of building the '5-Star Curler'. Simply stated, the 5-Star Curler is someone with the necessary skills to succeed at their current stage before advancing to the next.

- ★ **TECHNICAL:** the movement and execution capabilities that make it possible for curlers to throw and sweep effectively. See **Technical Progressions** for each stage.
- ★ **TACTICAL:** the analytical and perceptive capabilities that allow curlers to make sound decisions before and during a shot. See **Tactical Progressions** for each stage.
- ★ **PHYSICAL:** the physiological capabilities that allow curlers to withstand the demands of training and competition. See **Physical Progressions** for each stage.
- ★ **MENTAL:** the psychological capabilities that make it possible for curlers to train and compete effectively. See **Mental Progressions** for each stage.
- ★ **SOCIAL:** the interpersonal capabilities that allow curlers to build positive connections within their teams and with others. See **Social Progressions** for each stage.

In order to build the **5-STAR CURLER**, coaches must provide a stage-appropriate blend of Training, Competition, and Recovery:



TRAINING

Training is the main platform for skill development. At the same time, purposeful training can also be instrumental in competitive success.



COMPETITION

Competition is the main platform for skill assessment. With this said, certain skills are also best learned within the framework of games.



RECOVERY

Recovery is an essential aspect of skill development. In fact, insufficient recovery can greatly reduce the adaptations that would otherwise occur.



FOUNDATIONAL STAGES

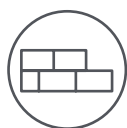


The Foundational Stages provide children and early teens with a gateway into our sport. It is very feasible for young participants to initiate their involvement at any of these three stages, with the optimal timing dependent on their interest and availability:



FUNDAMENTALS (U9):

this stage represents an 'early start' opportunity for children with a strong desire to get involved and the ability to balance curling with their various other sports. Find out more about [FUNDamentals \(U9\)](#).



LEARN TO TRAIN (U12):

this stage marks the recommended starting point for most young curlers, as it offers ample time for anyone to develop the necessary fundamental skills. Find out more about [Learn to Train \(U12\)](#).



TRAIN TO TRAIN (U15):

this stage allows established young curlers to further develop their skills, while still giving motivated beginners a suitable opportunity to catch up. Find out more about [Train to Train \(U15\)](#).

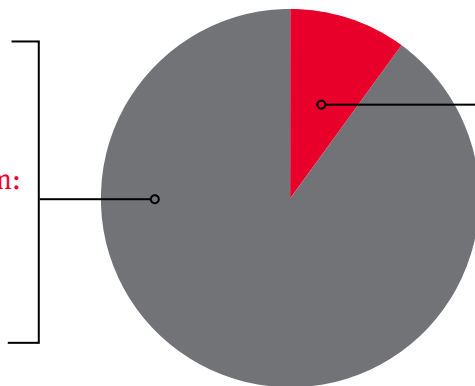
FUNDAMENTALS (U9)



FUNDamentals (U9) offers an early starting point within the **Foundational Stages**. This is particularly appropriate for children with a strong desire to curl **and** an ongoing opportunity to participate in other sports. This combination lets our youngest participants experience curling, while still building their athleticism.

TRAINING (90%)

- 1 x Coached Practice/Week
- **RockStars Program:** Recommended
- Off-Ice Training: Via Other Sports



COMPETITION (10%)

- **Hit Draw Tap:** Optional
- **Youth Triples/Fours:** Built-In
- Other Sports: Year Round

Note to Parents: In addition to the right proportions of Training and Competition, it is important to provide young curlers with adequate Recovery time. At the FUNDamentals (U9) stage this means 2-3 days/week away from curling and other organized sports.

★★★★★ 5-STAR CURLER BENCHMARKS

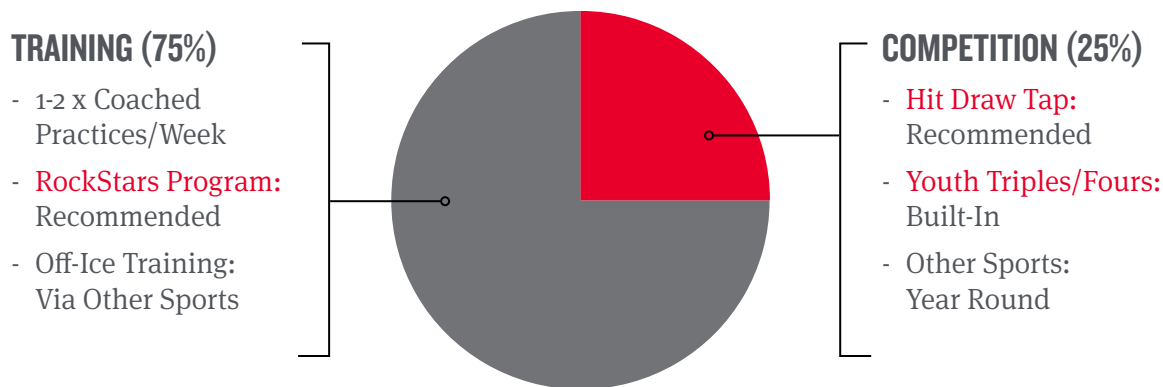
TECHNICAL	Executes Comparably to FUNDamentals (U9) Peers	See Progressions
TACTICAL	Makes Basic Decisions in Youth Triples/Fours	See Progressions
PHYSICAL	Builds ABC's (Agility, Balance, Coordination)	See Progressions
MENTAL	Shows Positive Attitude and Basic Task Focus	See Progressions
SOCIAL	Interacts with Other Curlers, Listens to Coaches	See Progressions

- **NCCP Required:** N/A
- **NCCP Recommended:** **Club Coach Youth**
- **PD Opportunity:** **'Coaching at the Foundational Stages' Webinars.**

LEARN TO TRAIN (U12)



Within the **Foundational Stages**, Learn to Train (U12) is the recommended starting point for most young curlers. This stage is dedicated to the development of fundamental sports skills, including those specific to curling. Consequently, curlers who start at this stage are **not** at any disadvantage to those who started previously.



Note to Parents: In addition to the right proportions of Training and Competition, it is important to provide young curlers with adequate Recovery time. At the Learn to Train (U12) stage this means 2-3 days/week away from curling and other organized sports.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Executes Comparably to Learn to Train (U12) Peers	See Progressions
TACTICAL	Makes Improving Decisions in Youth Triples/Fours	See Progressions
PHYSICAL	Builds Basic Strength, Endurance, Flexibility	See Progressions
MENTAL	Shows Positive Attitude, Task Focus, Self-Confidence	See Progressions
SOCIAL	Interacts with Other Curlers, Respects Coaches	See Progressions

- **NCCP Required:** N/A
- **NCCP Recommended:** **Club Coach Youth**
- **PD Opportunity:** **'Coaching at the Foundational Stages' Webinars**

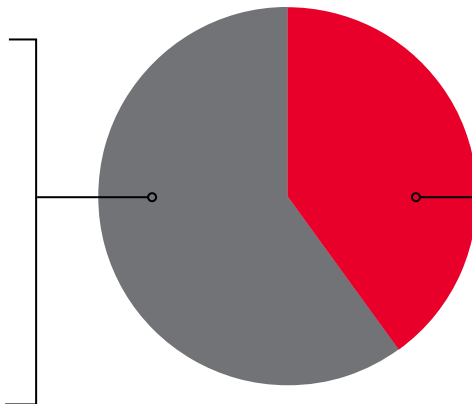
TRAIN TO TRAIN (U15)



As the last of the **Foundational Stages**, Train to Train (U15) prepares curlers for both the **Competitive Pathway** and the **Recreational Pathway**. Both of these options are typically available to established curlers, but those starting at this stage must make a full commitment at this point for the Competitive Pathway to be realistic.

TRAINING (60%)

- 1-2 x Coached Practices/Week
- 0-1 x Self-Directed Practice/Week
- **Singles App (U15):** Recommended
- Off-Ice Training: Recommended



COMPETITION (40%)

- U15 League Curling: Initially
- 3+ x U15 Bonspiels: Eventually
- **Triples/Doubles:** Recommended
- Other Sports: School or Off-Season

Note to Coaches: In addition to the right proportions of Training and Competition, it is important to provide curlers with adequate Recovery time. At the Train to Train (U15) stage this means 1-2 days/week away from curling and school sports.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Executes Comparably to Train to Train (U15) Peers	See Progressions
TACTICAL	Makes Suitable Decisions in U15 Competition	See Progressions
PHYSICAL	Builds General Strength, Endurance, Flexibility	See Progressions
MENTAL	Becomes Aware of Various Mental Skills	See Progressions
SOCIAL	Appreciates Positive Relationships Within Team	See Progressions

- **NCCP Required:** N/A
- **NCCP Recommended:** **Competition Coach (Trained or Certified)**
- **PD Opportunity:** **'Coaching at the Foundational Stages' Webinars**

RECREATIONAL PATHWAY



The Recreational Pathway features a single stage known as **Curl for Life (15+)**, which welcomes a wide range of non-competitive curlers. To do so, this stage offers multiple points of entry to accommodate a wide range of participants:



OLDER TEENS (15+):

this point of entry welcomes older teens who curled at the Train to Train (U15) stage, along with those with little to no curling experience. The key commonality among these age peers is their desire to curl for fun.



BEGINNING ADULTS (21+):

this point of entry welcomes adult participants with little to no curling experience. These newcomers are typically attracted to our sport as a means of staying active and/or of socializing with like-minded peers.



EXPERIENCED ADULTS (21+):

this point of entry welcomes adult curlers moving over from the Competitive Pathway. That is, participants who have chosen to end or postpone their competitive involvement, but who wish to stay involved recreationally.



5-STAR CURLER

The Recreational Pathway/Curl for Life (15+) stage includes benchmarks designed to build the 5-Star Curler. In this case, this means a curler with the necessary skills to enjoy curling on an ongoing basis.



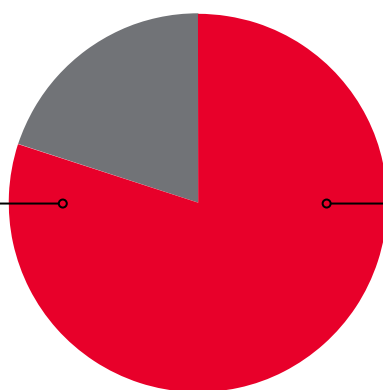
CURL FOR LIFE (15+)



As the only stage on the **Recreational Pathway**, Curl for Life (15+) curlers include adolescents and adults with varying amounts of curling experience. What these participants have in common is a desire to curl on a purely recreational basis. They are also the lifeblood of curling facilities across Canada.

TRAINING (0-20%)

- 0-1 Team Practices/Week*
- 0-1 Individual/Pairs Practices/Week*
- **Singles App:** Optional
- Off-Ice Training: Optional



COMPETITION (80-100%)

- Fun Bonspiels: Optional
- League Curling: Optional
- Multiple Teams: Optional
- **Alternative Formats:** Optional

Note to Curlers: In addition to the right proportions of Training and Competition, it is important to build in adequate Recovery time. At the Curl for Life (15+) stage this typically means 1-2 days/week away from curling and other sports.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Executes Comparably to League/Bonspiel Peers
TACTICAL	Makes Suitable Decisions for Recreational Games
PHYSICAL	Chooses Fitness for Health and Injury Avoidance
MENTAL	Has an Attitude Conducive to Fun and Friendship
SOCIAL	Fosters Positive Relationships Within Team(s) and Group

*Given the nature of this stage, skill progressions are entirely based on individual interest and aptitude.

- **NCCP Required:** N/A
- **NCCP Recommended:** **Club Coach**

COMPETITIVE PATHWAY



The Competitive Pathway encompasses the full range of competitors in our sport with the exception of those on the [Podium Pathway](#). It is made up of three distinct stages to accommodate competitors of different ages:



LEARN TO COMPETE (U18):

this stage marks the first step on the Competitive Pathway and is a necessary prerequisite for the Train to Compete (U21) stage. Find out more about [Learn to Compete \(U18\)](#).



TRAIN TO COMPETE (U21):

this stage represents the next step on the Competitive Pathway and prepares curlers for future competition at the adult level. Find out more about [Train to Compete \(U21\)](#).



COMPETE FOR LIFE (21+):

this is the most diverse stage on the Competitive Pathway in that it provides competitive opportunities across all adult competition categories. Find out more about [Compete for Life \(21+\)](#).



5-STAR CURLER

Each stage on the Competitive Pathway includes specific skill progressions designed to build the [5-Star Curler](#). This means a curler with the necessary skills to succeed at their current stage before advancing to the next.



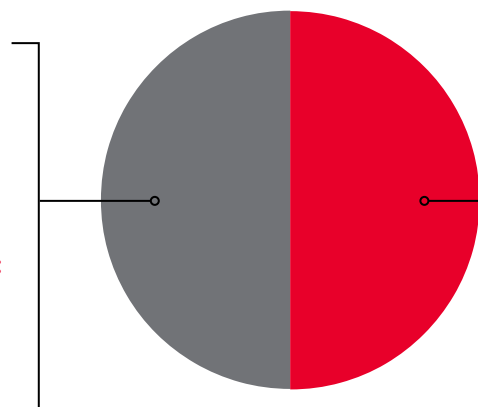
LEARN TO COMPETE (U18)



Building on the progress made during the **Foundational Stages**, Train to Compete (U18) marks the first step on the **Competitive Pathway**. Successful completion of this stage will prepare curlers for **Train to Compete (U21)** and the various competitive opportunities available to them there.

TRAINING (50%)

- 2 x Coached Team Practices/Week
- 1 x Self-Directed Practice/Week
- **Singles App (U18):** Necessary
- Off-Ice Training: Necessary



COMPETITION (50%)

- 4+ x Competitive Bonspiels/Season
- Both U18 and U21 Playdowns
- **Mixed Doubles:** Recommended
- League Curling: Optional

Note to Coaches: In addition to the right proportions of Training and Competition, it is important to provide curlers with adequate Recovery time. At the Learn to Compete (U18) stage this means 1-2 days/week away from curling and off-ice training during the season, and making other sports primarily an off-season pursuit.

★★★★★ 5-STAR CURLER BENCHMARKS

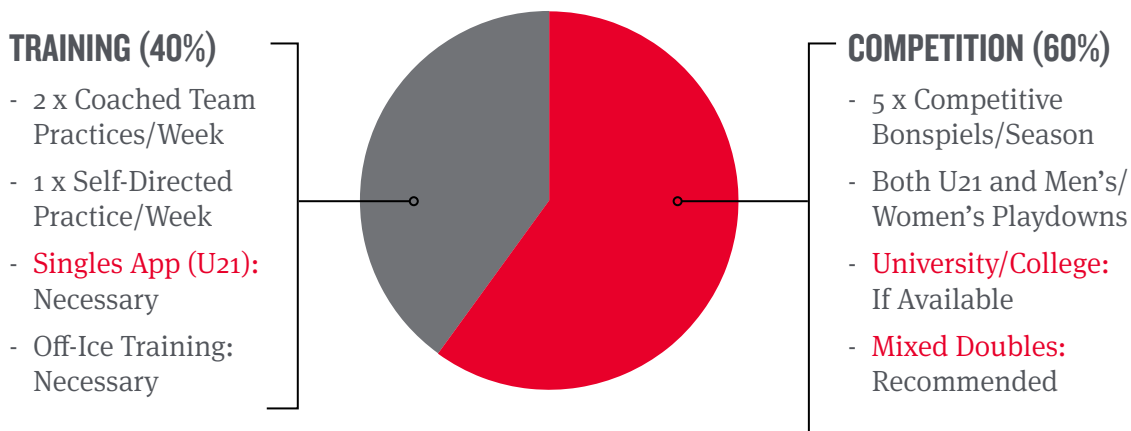
TECHNICAL	Executes in keeping with U18 Standards	See Progressions
TACTICAL	Makes Suitable Decisions for U18 Competition	See Progressions
PHYSICAL	Begins a Specific Physical Training Program	See Progressions
MENTAL	Begins a Specific Mental Training Program	See Progressions
SOCIAL	Builds Relationships and Trust Within Team	See Progressions

- **NCCP Required:** **Competition Coach (Trained)**
- **NCCP Recommended:** **Competition Coach (Certified)**
- **PD Opportunity:** **'Coaching on the Competitive Pathway' Webinars**

TRAIN TO COMPETE (U21)



Building on the progress made at **Learn to Compete (U18)**, the Train to Compete (U21) stage represents the next step on the **Competitive Pathway**. Successful completion of Train to Compete (U21) will prepare curlers for **Compete for Life (21+)**, and potentially for the **Podium Pathway**.



Note to Coaches: In addition to the right proportions of Training and Competition, it is important to provide curlers with adequate Recovery time. At the Train to Compete (U21) stage this means 1-2 days/week away from curling and off-ice training during the season, and making other sports primarily an off-season pursuit.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Executes in keeping with U21 Standards	See Progressions
TACTICAL	Makes Suitable Decisions for U21 Competition	See Progressions
PHYSICAL	Follows a Specific Physical Training Program	See Progressions
MENTAL	Follows a Specific Mental Training Program	See Progressions
SOCIAL	Builds Trust and a Culture of Excellence Within Team	See Progressions

- **NCCP Required:** **Competition Coach (Certified)**
- **NCCP Recommended:** **Competition-Development Coach (In-Training)**
- **PD Opportunity:** **'Coaching on the Competitive Pathway' Webinars**

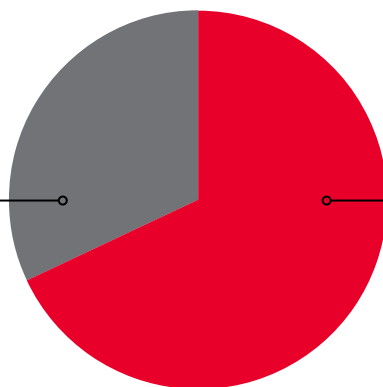
COMPETE FOR LIFE (21+)



As the most diverse stage on the **Competitive Pathway**, Compete for Life (21+) curlers include those who compete in the Men's, Women's, Mixed Doubles, Mixed, University, College, Club Championship, Seniors, and/or Masters categories. The typical point of entry to this stage is through **Train to Compete (U21)**.

TRAINING (25-40%)

- 0-2 Team Practices/Week
- 0-2 Individual/Pairs Practices/Week
- **Singles App (U25+): Recommended**
- Off-Ice Training: Recommended



COMPETITION (60-75%)

- 0-5+ x Competitive Bonspiels/Season
- Enter Targeted Playdown(s)
- League Curling: Optional
- Multiple Teams: Optional

Note to Coaches/Competitors: In addition to the right proportions of Training and Competition, it is important to build in adequate Recovery time. At the Compete for Life (21+) stage this typically means 1-2 days/week away from curling and off-ice training during the season.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Executes Appropriately for Targeted Competitions
TACTICAL	Makes Suitable Decisions for Targeted Competitions
PHYSICAL	Follows a Physical Training Program Based on Ambitions
MENTAL	Follows a Mental Training Program Based on Ambitions
SOCIAL	Builds Trust and a Culture of Excellence Within Team

*Given the diversity of this stage, skill progressions will differ by competitive category.

- **NCCP Required:** **Competition Coach (Certified)***
- **NCCP Recommended:** **Competition Development Coach (In-Training)***
- **PD Opportunity:** **'Coaching on the Competitive Pathway' Webinars**

*Because NCCP requirements vary by competitive category, the above represents the maximum expectations for this stage.

PODIUM PATHWAY



The Podium Pathway is reserved for highly skilled curlers with the capabilities to represent Canada in major international championships. It is made up of two distinct stages, which house Curling Canada's NextGen and National Team Programs.



LEARN TO EXCEL (U25):

this stage marks the first step on the Podium Pathway and is reserved for those curlers who are part of Curling Canada's NextGen Program. Find out more about [Learn to Excel \(U25\)](#).



TRAIN TO EXCEL (25+):

this stage represents the pinnacle of the Podium Pathway and is reserved for curlers who are part of Curling Canada's National Team Program. Find out more about [Train to Excel \(25+\)](#).



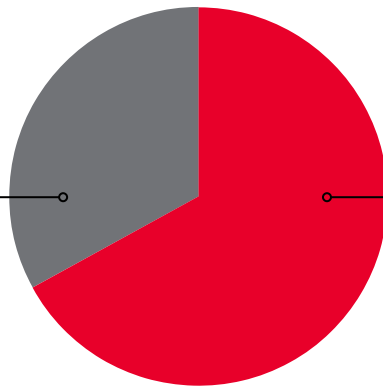
LEARN TO EXCEL (U25)



This stage marks the initial step on the **Podium Pathway** and focuses on curlers who are part of Curling Canada's NextGen Program. With this said, all curlers ranked in the Top-10 on the **U25 Canadian Team Ranking System** are encouraged to follow the training and competition guidelines below.

TRAINING (33%)

- 2 x Team Practices/Week
- 1-2 x Individual/Pairs Practices/Week
- **Singles App (U25+):** Necessary
- Off-Ice Training: Necessary



COMPETITION (67%)

- 6 x Tour Events/Season
- Men's/Women's Playdowns
- **University/College:** If Feasible
- **Mixed Doubles:** Recommended

Note to Coaches/Competitors: In addition to the right proportions of Training and Competition, it is important to build in adequate Recovery time. At the Learn to Excel (U25) stage this means 1-2 days/week away from curling during the season, especially in light of academic and/or employment commitments.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Performs in keeping with U25 Standards	See Progressions
TACTICAL	Makes Sound Decisions in Elite Competition	See Progressions
PHYSICAL	Follows a Specific Physical Training Program	See Progressions
MENTAL	Follows a Specific Mental Training Program	See Progressions
SOCIAL	Builds Trust and a Culture of Excellence Within Team	See Progressions

- **NCCP Required:** **Competition Coach (Certified)**
- **NCCP Recommended:** **Competition-Development Coach (In-Training)**
- **PD Opportunity:** **'Coaching on the Podium Pathway' Workshops**

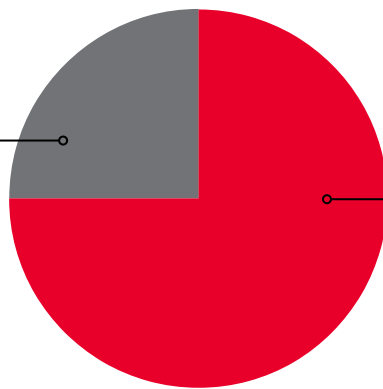
TRAIN TO EXCEL (25+)



As the pinnacle of the **Podium Pathway**, the Train to Excel (25+) stage features the best curlers that our country has to offer. Drawing on the skills that they have developed through all preceding stages, these curlers are poised to represent Canada at the Olympics and/or World Championships.

TRAINING (25%)

- 2 x Team Practices/Week
- 1-2 x Individual/Pairs Practices/Week
- Skills Testing: Necessary
- Off-Ice Training: Necessary



COMPETITION (75%)

- 7+ x Tour Events/Season
- Men's/Women's Playdowns
- International Travel: Necessary
- **Mixed Doubles:** Recommended

Note to Coaches/Competitors: In addition to the right proportions of Training and Competition, it is important to build in adequate Recovery time. At the Train to Excel (25+) stage this means at least 1 day/week away from curling during the season, except for major championship weeks.

★★★★★ 5-STAR CURLER BENCHMARKS

TECHNICAL	Executes in keeping with Elite Standards	See Progressions
TACTICAL	Makes Superior Decisions in Elite Competition	See Progressions
PHYSICAL	Follows a Personalized Physical Training Program	See Progressions
MENTAL	Follows a Personalized Mental Training Program	See Progressions
SOCIAL	Builds Trust and a Culture of Excellence Within Team	See Progressions

- **NCCP Required:** **Competition-Development Coach (In-Training)**
- **NCCP Recommended:** **Competition-Development Coach (Certified)**
- **PD Opportunity:** **'Coaching on the Podium Pathway' Workshops**

PERFORMANCE STANDARDS



The best measure of any curler's performance is shooting accuracy, especially if all shots are carefully charted and scored. The most direct application of shooting accuracy is the assessment of thrower performance, but it can also provide insights into the contributions of sweepers and line-callers.

FEMALE STANDARDS*	DRAWS	HITS	OVERALL
Train to Excel (25+)	82-85%	82-85%	82-85%
Learn to Excel (U25)	78-82%	79-83%	79-83%
Train to Compete (U21)	74-79%	75-80%	75-80%
Learn to Compete (U18)	67-73%	70-76%	69-75%

MALE STANDARDS*	DRAWS	HITS	OVERALL
Train to Excel (25+)	87-90%	86-89%	87-90%
Learn to Excel (U25)	83-87%	82-86%	83-87%
Train to Compete (U21)	79-84%	80-85%	79-84%
Learn to Compete (U18)	74-80%	72-78%	73-79%

*The above standards have been derived from recent Briers, Scotties, Canadian U21 Junior, and Canadian U18 Championships.



COACH DEVELOPMENT



Curling Canada and its member associations are strongly committed developing all coaches in our system. The overarching goal here is to ensure that every coach has necessary training support their curlers’ ongoing development. With this in mind, Curling Canada’s **LTCD Model** features a fully-aligned approach to **Coach Development**.

FOUNDATIONAL STAGES	RECREATIONAL PATHWAY	COMPETITIVE PATHWAY	PODIUM PATHWAY
NCCP COMMUNITY STREAM		NCCP COMPETITION STREAM	
Club Coach Youth (Recommended)	Club Coach (Recommended)	Competition Coach (Required*)	Competition Development Coach (Required*)

*Although NCCP requirements can vary from one competition category to the next, these coaches will eventually need to become Certified.

All Curling Canada coach training programs are connected to the **National Coaching Certification Program (NCCP)** and fall into one of two streams:

Community Stream: This stream is aimed at coaches working at the club level. Coaches supporting **FUNDamentals (U9)**, **Learn to Train (U12)**, and **Train to Train (U15)** curlers are encouraged to take **Club Coach Youth**, while those supporting **Curl for Life (15+)** curlers are best to take **Club Coach**.

Competition Stream: This stream is aimed at coaches working with teams. **Competition Coach** is the standard for coaches of **Learn to Compete (U18)**, **Train to Compete (U21)**, and **Compete for Life (21+)** teams, with **Competition-Development Coach** eventually becoming the standard coaches of **Learn to Excel (U25)** and **Train to Excel (25+)** teams.





TEMPORARY APPENDIX



TECHNICAL SKILL PROGRESSIONS: FUNDAMENTALS (U9)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Aiming and Sliding Toward Broom
Weight Control		✓	✓	Distinction Between Draw and Hit Weight
Turn Application		✓	✓	Basic Technique for Both Turns
Self-Development	X			Not Ready for Non-Coached Sessions
SHOOTING				
Basic Draws		✓	✓	Keep Draws in Play
Complex Draws	X			Beyond These Curlers' Readiness
Basic Hits		✓	✓	Remove Opposition Rocks
Complex Hits	X			Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Sessions
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure	X			Beyond These Curlers' Readiness
Sweeping Speed	X			Beyond These Curlers' Readiness
Sweeping Directionality	X			Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Sessions

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TECHNICAL SKILL PROGRESSIONS: LEARN TO TRAIN (UI2)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Aiming and Sliding Toward Broom
Weight Control		✓	✓	Distinction Between Draw and Hit Weight
Turn Application		✓	✓	Basic Technique for Both Turns
Self-Development	X			Not Ready for Non-Coached Sessions
SHOOTING				
Basic Draws		✓	✓	Keep Draws in Play
Complex Draws	X			Beyond These Curlers' Readiness
Basic Hits		✓	✓	Remove Opposition Rocks
Complex Hits	X			Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Sessions
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure	X			Beyond These Curlers' Readiness
Sweeping Speed		✓	✓	Move Brush Head Quickly
Sweeping Directionality	X			Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Sessions

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TECHNICAL SKILL PROGRESSIONS: TRAIN TO TRAIN (U15)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	INTRODUCE	BUILD	IMPROVE	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Hit the Broom (Centre, Left, Right)
Weight Control		✓	✓	Selected Draw and Hit Weights
Turn Application		✓	✓	Sound Technique with Both Turns
Self-Development	✓	✓		Personal Delivery Practice Protocols
SHOOTING				
Basic Draws		✓	✓	Draws, Guards, and Draw-Arounds
Complex Draws	✓	✓		Preview Freezes
Basic Hits		✓	✓	Hit & Stays, Hit & Rolls, and Peels
Complex Hits	✓	✓		Preview Doubles
Self-Development	✓	✓		Small-Sided Games/Drills (Thrower Role)
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure	✓	✓		Pressure on Brush Head (Primary)
Sweeping Speed	✓	✓		Speed of Brush Head (Secondary)
Sweeping Directionality	✓			Basic Directional Techniques
Self-Development	✓			Small-Sided Games/Drills (Sweeper Role)

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TECHNICAL SKILL PROGRESSIONS: LEARN TO COMPETE (U18)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	BUILD	IMPROVE	ADVANCE	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Hit the Broom Across the Sheet
Weight Control		✓	✓	All Draw and Hit Weights
Turn Application		✓	✓	Consistent Rotation with Both Turns
Self-Development	✓	✓		Personal Delivery Practice Protocols
SHOOTING				
Basic Draws		✓	✓	Draws, Guards, and Draw-Arounds
Complex Draws	✓	✓		Freezes; Preview Taps
Basic Hits		✓	✓	Hit & Stays, Hit & Rolls, and Peels
Complex Hits	✓	✓		Doubles; Preview Finesse Hits
Self-Development	✓	✓		Small-Sided Games/Drills (Thrower Role)
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure	✓	✓		Pressure on Brush Head (Priority 1)
Sweeping Speed	✓	✓		Speed of Brush Head (Priority 2)
Sweeping Directionality	✓	✓		Influence Rock Trajectory (Straight or Curl)
Self-Development	✓	✓		Small-Sided Games/Drills (Sweeper Role)

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TECHNICAL SKILL PROGRESSIONS: TRAIN TO COMPETE (U21)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	IMPROVE	ADVANCE	REFINE	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Hit the Broom Across the Sheet
Weight Control		✓	✓	All Draw and Hit Weights
Turn Application		✓	✓	Consistent Rotation with Both Turns
Self-Development	✓	✓		Personal Delivery Practice Protocols
SHOOTING				
Basic Draws		✓	✓	Draws, Guards, and Draw-Arounds
Complex Draws	✓	✓		Freezes and Taps, Preview Angles
Basic Hits		✓	✓	Hit & Stays, Hit & Rolls, and Peels
Complex Hits	✓	✓		Doubles and Finesse Hits, Preview Runbacks
Self-Development	✓	✓		Small-Sided Games/Drills (Thrower Role)
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure	✓	✓		Pressure on Brush Head (Priority 1)
Sweeping Speed	✓	✓		Speed of Brush Head (Priority 2)
Sweeping Directionality	✓	✓		Influence Rock Trajectory (Straight or Curl)
Self-Development	✓	✓		Small-Sided Games/Drills (Sweeper Role)

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TECHNICAL SKILL PROGRESSIONS: LEARN TO EXCEL (U25)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Slide at Broom, Release to Hold Line
Weight Control		✓	✓	All Draw and Hit Weights
Turn Application		✓	✓	Varying Rotation (Down, Standard, Up)
Self-Development	✓	✓		Personal Delivery Practice Protocols
SHOOTING				
Basic Draws		✓	✓	Draws, Guards, and Draw-Arounds
Complex Draws	✓	✓		Freezes, Taps, and Angles
Basic Hits		✓	✓	Hit & Stays, Hit & Rolls, and Peels
Complex Hits	✓	✓		Doubles, Finesse Hits, and Runbacks
Self-Development	✓	✓		Small-Sided Games/Drills (Thrower Role)
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure	✓	✓		Pressure on Brush Head (Priority 1)
Sweeping Speed	✓	✓		Speed of Brush Head (Priority 2)
Sweeping Directionality	✓	✓		Influence Rock Trajectory (Straight or Curl)
Self-Development	✓	✓		Small-Sided Games/Drills; Instrumented Brush

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TECHNICAL SKILL PROGRESSIONS: TRAIN TO EXCEL (25+)

Technical Skills are the **movement and execution capabilities** that make it possible for curlers to throw and sweep effectively.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
DELIVERY				
Delivery Mechanics		✓	✓	Setup, Drive, Slide, and Release
Line Accuracy		✓	✓	Slide at Broom, Release to Hold Line
Weight Control		✓	✓	All Draw and Hit Weights
Turn Application		✓	✓	Varying Rotation (Down, Standard, Up)
Self-Development		✓	✓	Personal Delivery Practice Protocols
SHOOTING				
Basic Draws		✓	✓	Draws, Guards, and Draw-Arounds
Complex Draws		✓	✓	Freezes, Taps, and Angles
Basic Hits		✓	✓	Hit & Stays, Hit & Rolls, and Peels
Complex Hits		✓	✓	Doubles, Finesse Hits, and Runbacks
Self-Development		✓	✓	Small-Sided Games/Drills (Thrower Role)
SWEEPING				
Sweeping Mechanics		✓	✓	Arm Action, Body Position, and Footwork
Sweeping Pressure		✓	✓	Pressure on Brush Head (Priority 1)
Sweeping Speed		✓	✓	Speed of Brush Head (Priority 2)
Sweeping Directionality		✓	✓	Influence Rock Trajectory (Straight or Curl)
Self-Development		✓	✓	Small-Sided Games/Drills; Instrumented Brush

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the Silver to the Gold level once a skill has been mastered.



TACTICAL SKILL PROGRESSIONS: FUNDAMENTALS (U9)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors	X			Beyond These Curlers' Readiness
TOP Variables	X			Beyond These Curlers' Readiness
Target Outcome	X			Beyond These Curlers' Readiness
Contingency Structure	X			Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Training
SHOT SELECTION				
Strategy Factors	X			Beyond These Curlers' Readiness
House Setup	X			Beyond These Curlers' Readiness
Available Tolerance	X			Beyond These Curlers' Readiness
Execution Decisions		✓	✓	Signals for Called Shot
Self-Development	X			Not Ready for Non-Coached Training
SHOT MANAGEMENT				
Playing Conditions	X			Beyond These Curlers' Readiness
Line Management		✓	✓	Call 'Sweep' when Wide, 'Off' when Narrow
Weight Management		✓	✓	Sweep when Light, Don't Sweep when Heavy
'Plan B' Decisions				Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TACTICAL SKILL PROGRESSIONS: LEARN TO TRAIN (UI2)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors	X			Beyond These Curlers' Readiness
TOP Variables	X			Beyond These Curlers' Readiness
Target Outcome	X			Beyond These Curlers' Readiness
Contingency Structure	X			Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Training
SHOT SELECTION				
Strategy Factors		✓	✓	Hammer (To Sides), No Hammer (To Centre)
House Setup	X			Beyond These Curlers' Readiness
Available Tolerance	X			Beyond These Curlers' Readiness
Execution Decisions		✓	✓	Signals for Called Shot
Self-Development	X			Not Ready for Non-Coached Training
SHOT MANAGEMENT				
Playing Conditions	X			Beyond These Curlers' Readiness
Line Management		✓	✓	Call 'Sweep' when Wide, 'Off' when Narrow
Weight Management		✓	✓	Sweep when Light, Don't Sweep when Heavy
'Plan B' Decisions				Beyond These Curlers' Readiness
Self-Development	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TACTICAL SKILL PROGRESSIONS: TRAIN TO TRAIN (U15)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	INTRODUCE	BUILD	IMPROVE	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors	✓	✓		Game Plan Templates (U15)
TOP Variables	✓	✓		Team vs. Opponent (Execution and Strategy)
Target Outcome	✓	✓		Protect, Probe, Pursue
Contingency Structure	✓	✓		Concept of Bailing Out
Self-Development	✓	✓		Scoreboard Stats (U15 Standards)
SHOT SELECTION				
Strategy Factors		✓	✓	Starting Plays; General Shot Emphasis
House Setup	✓	✓		Positive, Neutral, or Negative House
Available Tolerance	✓	✓		Margin for Error on Current Shot
Execution Decisions		✓	✓	Turn, Weight, and Line Options
Self-Development	✓	✓		Singles App Stats (U15 Standards)
SHOT MANAGEMENT				
Playing Conditions		✓	✓	Path Awareness (Speed and Curl)
Line Management	✓	✓		Team Systems and Standards (U15)
Weight Management	✓	✓		Team Systems and Standards (U15)
'Plan B' Decisions	✓	✓		Audibles with Shot in Motion
Self-Development	✓	✓		Small-Sided Games, Team Drills

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TACTICAL SKILL PROGRESSIONS: LEARN TO COMPETE (U18)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	BUILD	IMPROVE	ADVANCE	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors	✓	✓		Game Plan Templates (U18)
TOP Variables	✓	✓		Team, Opposition, Playing Conditions
Target Outcome	✓	✓		Protect, Probe (-), Probe (+), Pursue
Contingency Structure	✓	✓		Bail Point (Switching to Protect)
Self-Development	✓	✓		Scoreboard Stats (U18 Standards)
SHOT SELECTION				
Strategy Factors		✓	✓	Starting Plays; General Shot Emphasis
House Setup	✓	✓		Positive, Neutral, or Negative House
Available Tolerance	✓	✓		Margin for Error on Current Shot
Execution Decisions		✓	✓	Turn, Weight, and Line Options
Self-Development	✓	✓		Game and Singles App Stats (U18 Standards)
SHOT MANAGEMENT				
Playing Conditions		✓	✓	Path Awareness (Speed and Curl)
Line Management	✓	✓		Team Systems and Standards (U18)
Weight Management	✓	✓		Team Systems and Standards (U18)
'Plan B' Decisions	✓	✓		Audibles with Shot in Motion
Self-Development	✓	✓		Small-Sided Games, Team Drills

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TACTICAL SKILL PROGRESSIONS: TRAIN TO COMPETE (U21)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	IMPROVE	ADVANCE	REFINE	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors		✓	✓	Game Plan Templates (U21)
TOP Variables		✓	✓	Team, Opposition, Playing Conditions
Target Outcome		✓	✓	Protect, Probe (-), Probe (+), Pursue
Contingency Structure		✓	✓	Bail Point (Switching to Protect)
Self-Development	✓	✓		Scoreboard Stats (U21 Standards)
SHOT SELECTION				
Strategy Factors		✓	✓	Starting Plays; General Shot Emphasis
House Setup	✓	✓		Positive, Neutral, or Negative House
Available Tolerance		✓	✓	Margin for Error on Current Shot
Execution Decisions	✓	✓		Turn, Weight, and Line Options
Self-Development	✓	✓		Game and Singles App Stats (U21 Standards)
SHOT MANAGEMENT				
Playing Conditions		✓	✓	Path Awareness (Speed and Curl)
Line Management	✓	✓		Team Systems and Standards (U21)
Weight Management	✓	✓		Team Systems and Standards (U21)
'Plan B' Decisions	✓	✓		Audibles with Shot in Motion
Self-Development	✓	✓		Small-Sided Games, Team Drills

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TACTICAL SKILL PROGRESSIONS: LEARN TO EXCEL (U25)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors		✓	✓	Odds-Based Game Plan
TOP Variables		✓	✓	Team, Opposition, Playing Conditions
Strategy Options		✓	✓	Protect, Probe (-), Probe (+), Pursue
Contingency Plans		✓	✓	Bail Point and Attack Point
Self-Development	✓	✓		Scoreboard Analytics (Your Team)
SHOT SELECTION				
Strategy Factors		✓	✓	Starting Plays; General Shot Emphasis
House Setup	✓	✓		Positive, Neutral, or Negative House
Available Tolerance		✓	✓	Margin for Error on Current Shot
Execution Decisions	✓	✓		Turn, Weight, and Line Options
Self-Development	✓	✓		Shooting Analytics (Your Team)
SHOT MANAGEMENT				
Playing Conditions		✓	✓	Path Awareness (Speed and Curl)
Line Management	✓	✓		Team Systems and Standards (Elite)
Weight Management	✓	✓		Team Systems and Standards (Elite)
'Plan B' Decisions	✓	✓		Audibles with Shot in Motion
Self-Development	✓	✓		Game Video, Small-Sided Games, Team Drills

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



TACTICAL SKILL PROGRESSIONS: TRAIN TO EXCEL (25+)

Tactical Skills are the **analytical and perceptive capabilities** that allow curlers to make sound decisions before and during a shot.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
END PLANNING				
Scoreboard Factors		✓	✓	Odds-Based Game Plan
TOP Variables		✓	✓	Team, Opposition, Playing Conditions
Strategy Options		✓	✓	Protect, Probe (-), Probe (+), Pursue
Contingency Plans		✓	✓	Bail Point and Attack Point
Self-Development		✓	✓	Scoreboard Analytics (Your Team)
SHOT SELECTION				
Strategy Factors		✓	✓	Starting Plays; General Shot Emphasis
House Setup		✓	✓	Positive, Neutral, or Negative House
Available Tolerance		✓	✓	Margin for Error on Current Shot
Execution Decisions		✓	✓	Turn, Weight, and Line Options
Self-Development		✓	✓	Shooting Analytics (Your Team)
SHOT MANAGEMENT				
Playing Conditions		✓	✓	Path Awareness (Speed and Curl)
Line Management		✓	✓	Team Systems and Standards (Elite)
Weight Management		✓	✓	Team Systems and Standards (Elite)
'Plan B' Decisions		✓	✓	Audibles with Shot in Motion
Self-Development		✓	✓	Game Video, Small-Sided Games, Team Drills

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the Silver to the Gold level once a skill has been mastered.



PHYSICAL SKILL PROGRESSIONS: FUNDAMENTALS (U9)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
Strength/Power	X			Beyond These Curlers' Readiness
Endurance/Conditioning	X			Beyond These Curlers' Readiness
Flexibility/Mobility		✓		Incorporate ABC's into Warm-Ups/Cool-Downs
Athlete's Lifestyle		✓		Promote Other Sports (No Limits)
Self-Development	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



PHYSICAL SKILL PROGRESSIONS: LEARN TO TRAIN (UI2)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
Strength/Power		✓		By-Product of Curling/Other Sports
Endurance/Conditioning		✓		By-Product of Curling/Other Sports
Flexibility/Mobility		✓	✓	Incorporate ABC's (Warm-Ups/Cool-Downs)
Athlete's Lifestyle		✓	✓	Promote Other Sports (No Limits)
Self-Development	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



PHYSICAL SKILL PROGRESSIONS: TRAIN TO TRAIN (U15)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	INTRODUCE	BUILD	IMPROVE	POINTS OF EMPHASIS
Strength/Power		✓	✓	General Strength (Body Weight Exercises)
Endurance/Conditioning		✓	✓	General Endurance (Off-Ice Sufficient)
Flexibility/Mobility		✓	✓	General Flexibility (Stretching/Yoga)
Athlete's Lifestyle		✓	✓	Promote Other Sports (School/Off-Season)
Self-Development	✓	✓		General Fitness Program – Non-Coached

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



PHYSICAL SKILL PROGRESSIONS: LEARN TO COMPETE (U18)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	BUILD	IMPROVE	ADVANCE	POINTS OF EMPHASIS
Strength/Power		✓	✓	General Strength (Weight Training)
Endurance/Conditioning		✓	✓	General Endurance (Sweep Intervals Optional)
Flexibility/Mobility		✓	✓	General Flexibility (Stretching/Yoga)
Athlete's Lifestyle		✓	✓	Nutrition, Sleep, Other Sports (Off-Season)
Self-Development	✓	✓		General Fitness Program (Non-Coached)

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



PHYSICAL SKILL PROGRESSIONS: TRAIN TO COMPETE (U21)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	IMPROVE	ADVANCE	REFINE	POINTS OF EMPHASIS
Strength/Power		✓	✓	Functional Strength (Weight Training)
Endurance/Conditioning		✓	✓	Functional Endurance (With Sweep Intervals)
Flexibility/Mobility		✓	✓	Functional Flexibility (Stretching/Yoga)
Athlete's Lifestyle		✓	✓	Nutrition, Sleep, Other Sports (Off-Season)
Self-Development	✓	✓		Curling Fitness Program (Non-Coached)

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



PHYSICAL SKILL PROGRESSIONS: LEARN TO EXCEL (U25)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
Strength/Power		✓	✓	Functional Strength (Weight Training)
Endurance/Conditioning		✓	✓	Functional Endurance (With Sweep Intervals)
Flexibility/Mobility		✓	✓	Functional Flexibility (Stretching/Yoga)
Athlete's Lifestyle		✓	✓	Nutrition, Sleep, Health and Wellness
Self-Development	✓	✓		Curling Fitness Program (Semi-Coached)

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the **Silver** to the **Gold** level once a skill has been mastered.



PHYSICAL SKILL PROGRESSIONS: TRAIN TO EXCEL (25+)

Physical Skills are the **physiological capabilities** that allow curlers to withstand the demands of training and competition.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
Strength/Power		✓	✓	Functional Strength (Weight Training)
Endurance/Conditioning		✓	✓	Functional Endurance (With Sweep Intervals)
Flexibility/Mobility		✓	✓	Functional Flexibility (Stretching/Yoga)
Athlete's Lifestyle		✓	✓	Nutrition, Sleep, Health and Wellness
Self-Development		✓	✓	Curling Fitness Program (Coached)

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the **Silver** to the **Gold** level once a skill has been mastered.



MENTAL SKILL PROGRESSIONS: FUNDAMENTALS (U9)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
Self-Confidence	X			Beyond These Curlers' Readiness
Stress Management	X			Beyond These Curlers' Readiness
Task Focus		✓		Aware of Good and Bad Breaks
Character Strengths		✓		Positive Attitude, Enthusiasm
Self-Development	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



MENTAL SKILL PROGRESSIONS: LEARN TO TRAIN (UI2)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
Self-Confidence		✓	✓	Improvement over Execution
Stress Management	X			Beyond These Curlers' Readiness
Task Focus		✓	✓	Accept Good and Bad Breaks
Character Strengths		✓	✓	Positive Attitude, Enthusiasm
Self-Development	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



MENTAL SKILL PROGRESSIONS: TRAIN TO TRAIN (U15)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	INTRODUCE	BUILD	IMPROVE	POINTS OF EMPHASIS
Self-Confidence	✓	✓		Process over Performance, Self-Esteem
Stress Management	✓	✓		Primarily Situational Pressure
Task Focus		✓	✓	Focus on Current Shot
Character Strengths		✓	✓	Growth Mindset, Short-Term Goal Setting
Self-Development	✓	✓		Watch Elite Curling

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



MENTAL SKILL PROGRESSIONS: LEARN TO COMPETE (U18)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	BUILD	IMPROVE	ADVANCE	POINTS OF EMPHASIS
Self-Confidence	✓	✓		Balance Process and Performance, Self-Esteem
Stress Management	✓	✓		Situational and Self-Generated Pressure
Task Focus		✓	✓	Focus on Current Shot and End
Character Strengths		✓	✓	Growth Mindset, Goal Setting, Self-Control
Self-Development	✓	✓		Watch Elite Curling, Routines, Self-Reflection

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



MENTAL SKILL PROGRESSIONS: TRAIN TO COMPETE (U21)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	IMPROVE	ADVANCE	REFINE	POINTS OF EMPHASIS
Self-Confidence	✓	✓		Balance Process and Performance, Courage
Stress Management	✓	✓		Situational and Self-Generated Pressure
Task Focus		✓	✓	Focus on Current Shot, End, and Game
Character Strengths		✓	✓	Growth Mindset, Goal Setting, Self-Control
Self-Development	✓	✓		Watch Elite Curling, Routines, Self-Reflection

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



MENTAL SKILL PROGRESSIONS: LEARN TO EXCEL (U25)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
Self-Confidence		✓	✓	Expect Performance, Value Process, Courage
Stress Management		✓	✓	Situational and Self-Generated Pressure
Task Focus		✓	✓	Focus on Current Shot, End, Game, and Event
Character Strengths		✓	✓	Goal Setting, Self-Control, Proactivity
Self-Development	✓	✓		Imagery, Routines, Self-Reflection/Compassion

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the **Silver** to the **Gold** level once a skill has been mastered.



MENTAL SKILL PROGRESSIONS: TRAIN TO EXCEL (25+)

Mental Skills are the **psychological capabilities** that make it possible for curlers to train and compete effectively.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
Self-Confidence		✓	✓	Expect Performance, Value Process, Courage
Stress Management		✓	✓	Situational and Self-Generated Pressure
Task Focus		✓	✓	Focus on Current Shot, End, Game, and Event
Character Strengths		✓	✓	Goal Setting, Self-Control, Proactivity
Self-Development		✓	✓	Imagery, Routines, Self-Reflection/Compassion

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the **Silver** to the **Gold** level once a skill has been mastered.



SOCIAL SKILL PROGRESSIONS: FUNDAMENTALS (U9)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
Teammate Connections		✓		Positive Interactions, Support, Belongingness
Coach Connections		✓		Curlers Listen to Coaches
Competition Connections	X			Beyond These Curlers' Readiness
Other Connections	X			Beyond These Curlers' Readiness
Self-Directed	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



SOCIAL SKILL PROGRESSIONS: LEARN TO TRAIN (UI2)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	DELAY	INTRODUCE	BUILD	POINTS OF EMPHASIS
Teammate Connections		✓	✓	Positive Interactions, Support, Belongingness
Coach Connections		✓	✓	Curlers Listen to Coaches, Accept Feedback
Competition Connections	X			Beyond These Curlers' Readiness
Other Connections	X			Beyond These Curlers' Readiness
Self-Directed	X			Not Ready for Non-Coached Training

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



SOCIAL SKILL PROGRESSIONS: TRAIN TO TRAIN (U15)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	INTRODUCE	BUILD	IMPROVE	POINTS OF EMPHASIS
Teammate Connections		✓	✓	Positive Interactions, Support, Belongingness
Coach Connections		✓	✓	Curlers Listen to Coaches, Apply Feedback
Competition Connections	✓	✓		Respect for Opponents, Umpires, Organizers
Other Connections	✓	✓		Appreciation for Parents/Supporters
Self-Directed	✓	✓		Gratitude Thoughts

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



SOCIAL SKILL PROGRESSIONS: LEARN TO COMPETE (U18)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	BUILD	IMPROVE	ADVANCE	POINTS OF EMPHASIS
Teammate Connections		✓	✓	Support, Communication, Trust
Coach Connections		✓	✓	Two-Way Communication, Curlers Apply Feedback
Competition Connections	✓	✓		Respect for Opponents, Umpires, Organizers
Other Connections	✓	✓		Appreciation for Parents/Supporters, Sponsors
Self-Directed	✓	✓		Gratitude Practice

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



SOCIAL SKILL PROGRESSIONS: TRAIN TO COMPETE (U21)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	IMPROVE	ADVANCE	REFINE	POINTS OF EMPHASIS
Teammate Connections		✓	✓	Communication, Accountability, Trust
Coach Connections		✓	✓	Two-Way Communication, Curlers Apply Feedback
Competition Connections	✓	✓		Respect for Opponents, Umpires, Organizers
Other Connections	✓	✓		Appreciation for Parents/Supporters, Sponsors
Self-Directed	✓	✓		Gratitude Practice, Empathy

Note to Coaches: In order to ensure that your athletes are developing appropriately, you should shift your focus from the Silver to the Gold level as this stage progresses.



SOCIAL SKILL PROGRESSIONS: LEARN TO EXCEL (U25)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
Teammate Connections		✓	✓	Communication, Accountability, Trust
Coach Connections		✓	✓	Ongoing Collaboration, Reciprocal Feedback
Competition Connections	✓	✓		Respect for Opponents, Umpires, Organizers
Other Connections	✓	✓		Relationships with Fans, Sponsors, Media
Self-Directed	✓	✓		Gratitude Practice, Empathy

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the **Silver** to the **Gold** level once a skill has been mastered.



SOCIAL SKILL PROGRESSIONS: TRAIN TO EXCEL (25+)

Social Skills are the **interpersonal capabilities** that allow curlers to build positive connections within their teams and with others.

SKILL CATEGORIES	ADVANCE	REFINE	MAINTAIN	POINTS OF EMPHASIS
Teammate Connections		✓	✓	Communication, Accountability, Trust
Coach Connections		✓	✓	Ongoing Collaboration, Reciprocal Feedback
Competition Connections		✓	✓	Respect for Opponents, Umpires, Organizers
Other Connections		✓	✓	Relationships with Fans, Sponsors, Media
Self-Directed		✓	✓	Gratitude Practice, Empathy

Note to Coaches: In order to prioritize the most pressing areas for improvement, you should shift your focus from the **Silver** to the **Gold** level once a skill has been mastered.