

LITE ROCKS



Session

1

INTERMEDIATE

OBJECTIVES:

- To introduce curlers to equipment, facilities and program.
- To review the basics of the balanced delivery.
- To create an atmosphere that is enjoyable and inviting.

EQUIPMENT:

- Grippers
- Sliders/Tape
- Brushes
- Handouts
- Plastic Cups

WARM-UP:

Establish the importance of warming up and stretching to reduce injuries and increasing flexibility.

Select a variety of stretches that are curling specific.

Demonstrate and practice stance and slide position.

SKILL DEVELOPMENT:

OFF ICE

- ☺ ACTIVITY: Discussion of Policies and Safety guidelines
 - announcements
- ☺ ACTIVITY: Tour of Club Facilities
 - washroom/water/off limit area/equipment location
- ☺ ACTIVITY: Distribute and discuss equipment and proper clothing
 - clean shoes/no lint/comfortable, warm clothing/care of equipment
- ☺ ACTIVITY: Discussion of on-ice behaviour
 - no food on ice/no running

- ☺ ACTIVITY: Warm-up (see above)

ON ICE

- ☺ ACTIVITY: Remind how to get on the ice safely (Gripper foot first)
- ☺ ACTIVITY: Basic Terminology Contest
 - create a game such as 'The Weakest Link' or 'Who Wants to be a Millionaire' to review the terminology of the game. Focus on the lines, team positions, rules, scoring, turns, etc.
- ☺ ACTIVITY: Sweeping - stance, grip, footwork
 - partners sweep in front of the other's brush moving down the ice
- ☺ ACTIVITY: Review slide position
 - square shoulders/head up/flat foot/trailing leg/throwing arm position
 - assisted movement by holding on to the coach's brush with slight pull
- ☺ ACTIVITY: Demonstrate and practice the stance
 - enter hack from the back/foot position/alignment/brush position
- ☺ ACTIVITY: Slide from sideboard or hack
- ☺ ACTIVITY: Delivery-Stance, step back, push and slide
 - timing and body position
- ☺ ACTIVITY: Coach individually for stance and balanced slide
- ✎ DRILLS: Line of Delivery
 - drop a golf tee in a paper cup
 - slide between paper cups
 - grab the broom

THE GAME:

Curlers at this stage want to play. They haven't thrown a rock this session so Backboard curling is one fun way to work on strategy, teamwork and accuracy. Curlers sit on the backboard and 'deliver' the rock into the house closes to them. It can be made more interesting by changing the rules each 'end' such as: you cannot remove the opponent, rocks cannot be left short, create target challenges in the house etc.



LITE ROCKS



Session

2

INTERMEDIATE

OBJECTIVES:

- To develop the mechanics of partner sweeping.
- To review the basics of the balanced delivery.
- To develop consistent release.

EQUIPMENT:

- Grippers
- Sliders/Tape
- Brushes

WARM-UP:

Review the importance of warming up and stretching to reduce injuries while increasing flexibility.

Select a variety of stretches that are curling specific.

Monitor the group for correct technique.

SKILL DEVELOPMENT:

ON ICE

(three stations eliminates boredom and increases involvement)

- ☺ ACTIVITY: Remind them to step onto the ice surface safely.
- ☺ ACTIVITY: Brushing - stance, grip.
 - sweep on the spot,, both sides
 - demonstrate and practice varying the pressure and stroke rate
 - discuss different types of brooms and the reason for sweeping
- ☺ ACTIVITY: Brushing - footwork
 - practice footwork on both sides moving slowly down the ice
 - partners sweep in front of the other's brush while moving down the ice

- ☺ ACTIVITY: Brushing - partner
 - practice footwork with one sweeper on each side moving slowly down the ice
 - partners sweep in front of a third person's brush while moving down the ice
- ☺ ACTIVITY: Review slide position
 - square shoulders/head up/flat foot/trailing leg/throwing arm position
- ☺ ACTIVITY: Demonstrate and practice stance
 - enter back from the back/foot position/alignment/brush position
- ☺ ACTIVITY: Delivery - Stance, step back, push and slide
 - hip position/brush position/step back/weight transfer/slide
- ☺ ACTIVITY: Slice with a rock
 - review hip position/brush position/step back/weight transfer/slide
 - add rock position at pull back
 - slide with a rock without releasing
- ☺ ACTIVITY: Turns
 - review skip signals
 - review grip position and tension
- ☺ ACTIVITY: Teach and practice grips for each turn
 - V position on the handle, in turn/out turn start positions
- ☺ ACTIVITY: Release
 - handshake position at release
 - pass the rock to partner on opposite board
- ✍ DRILL: slide to target at near hog line with required turn
 - coach for technical improvement
- ☺ ACTIVITY: Coach Individually

THE GAME:

Put curlers into teams of 4. Create a contest for them to earn points by accurately throwing a rock close to a target. Give points for accuracy, distance and correct turn. Vary the distance of the target to challenge them. One member will indicate the turn, one throws and two will sweep. Rotate the positions as in a game. Keep track of points. Remove stones after each shot.



LITE ROCKS



Session

3

INTERMEDIATE

OBJECTIVES:

- To improve techniques and conditioning for brushing.
- To practice the balanced delivery.
- To teach understanding of line of delivery

EQUIPMENT:

- Grippers
- Sliders/Tape
- Brushes
- Plastic Cups

WARM-UP:

Review the importance of warming up and stretching to reduce injuries while increasing flexibility.

Select a variety of stretches that are curling specific.

Monitor the group for correct technique.

SKILL DEVELOPMENT:

ON ICE

(two stations eliminates boredom and increases involvement)

- ☺ **ACTIVITY:** Brushing - stance, grip, footwork.
 - practice footwork on both sides moving slowly down the ice
 - two grippers, upright body position
- ✍ **DRILL:** Brushing - partner
 - practice footwork with one sweeper on each side moving slowly down the ice
 - partners sweep in front of a third person's brush while moving down the

ice

- rotate positions several times to allow recovery time
- allow heart rate to enter training zone using max 30 second intervals

- ☺ ACTIVITY: Delivery - stance, step back, push and slide
 - square shoulders/head up/flat foot/trailing leg/throwing arm position
 - hip position/brush position/step back/weight transfer/slide
- ☺ ACTIVITY: Slide with rock
 - review hip position/brush position/step back/weight transfer/slide
 - slide with rock without releasing
- ☺ ACTIVITY: Review turns and release
 - handshake position at release
- ✎ DRILL: Add the release
 - slide to target at near hog line with required turn
 - coach for technical improvement
- ☺ ACTIVITY: Line of Delivery
 - reinforce the importance of line-up in stance
 - demonstrate line of delivery using a string extended from hack to far T-line
 - emphasize that this target line does not relate to centre line
 - check position of rock, body and brush every time before throwing
- ✎ DRILL: slide between plastic cups placed at top of house
 - use both turns and change the position of the cups
- ☺ ACTIVITY: Coach individually

THE GAME:

Put curlers into partners. Create a contest for them to earn points by accurately throwing a rock through a pair of plastic cups. Give points for accuracy, and correct turn. Vary the position of the cups to challenge them. One member will indicate the turn, one throws. Keep track of the points. Remove stones after each shot.



