

Session #

Date:

Focus: All aspect introduction, delivery balance, build rapport, game play

	Activity & Procedure	Materials
Introduction 10-15 min	<u>Off-ice-</u> -Classroom basics- intro, history, area of play, flow of a game, safety, etc (5 min) -Static stretching- start from areas on the top of the body and work down the body (< 5 min) -Dynamic stretching- butt kicks, high knees, jumping jacks, push-ups, sit ups- count by seconds or reps (< 5 min)	-whiteboard -seating -space for carpet delivery -Sliders
Instruction	DELIVERY <u>Off ice</u> -Carpet delivery- with sliders, in a circle, practice at least 4x (5 min) -4 STEPS 1. Press forward 2. Hips up 3. Draw back 4. Out <u>On ice</u> - feel the ice- slider off and slider on -AREAS OF PLAY GAME- call out an area of play, everyone must stand in that area. -delivery demo	-sliders -brooms for balance while on ice
Production- Practice	BASIC DELIEVERY -First rotation: two rocks -Second rotation: rock and broom, everyone slides out twice in a row -Third rotation: rock and broom, everyone slides out once, twice for individuals who need it	-brooms -maybe stabilizers -sliders
Instruction	TURNS & RELEASE -turns and proper release -full delivery with release demo	-rocks only
Production- Practice	TURNS & RELEASE -partner up, stand across from each other -practice one turn at a time, throw the rock to your partner	-rocks only
Instruction	SWEEPING -show bottom of the rock -proper sweeping -sweeping demo- have an instructor throw a rock, two other instructors sweep	-brooms

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Production-Practice	SWEEPING -patrons line up on center line, instructor pushes a rock slowly to give an idea of space, foot work, technique -partner up, instructors throw slow rocks and pairs sweep	-brooms
Production-Practice	GAME PLAY -divide up in teams, delegate positions - handshakes! - at least one instructor per two sheets needs to be helping the skips	-sliders -brooms
Closure	Encourage proper attire- layers, warm, flexible. Encourage bringing a water bottle. Encourage stretching at home throughout the next week.	

Session #

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Focus: Delivery (balance & line), game play

	Activity & Procedure	Materials
Introduction 15 min	<p><u>Off-ice-</u></p> <ul style="list-style-type: none">-Classroom basics- intro, history, area of play, flow of a game, etc (5 min)-Static stretching- start from areas on the top of the body and work down the body (< 5 min)-Dynamic stretching- butt kicks, high knees, jumping jacks, push-ups, sit ups- count by seconds or reps (< 5 min)-Carpet delivery review- with sliders, in a circle, practice at least 2x (5 min)<ul style="list-style-type: none">-4 STEPS<ol style="list-style-type: none">1. Press forward2. Hips up3. Draw back4. Out <p>On-ice:</p> <ul style="list-style-type: none">-AREAS OF PLAY GAME- call out an area of play, everyone must stand in that area.	<ul style="list-style-type: none">-whiteboard-seating-space for carpet delivery-Sliders
Instruction	<p><u>On-ice</u></p> <ol style="list-style-type: none">1. Slide out to stretch/warm-up, no rocks Use pool noodles to extend and lower body *everyone try sliding with their brooms/stabilizer, without a rock, at least once2. Stone-foot: Optional first step: Wrap bungee cord around noodle at midline, and other end on a shoe lace of the sliding foot. When sliding, the bungee cord should be perpendicular to the noodle, with the foot being directly behind it at midline. <p>To approximate: Wrap bungee cord around the handle of the rock and other end on a shoe lace. When sliding, the rock should be held in front of the body at midline, with the foot being directly behind.</p> <p>If the curler feels any tension that throws off their balance, guide them by better aligning their foot and stone.</p> <p>When done correctly, the curler should feel tension from the rock pulling in front, but no sideways pull is present.</p>	<ul style="list-style-type: none">-pool noodles-bungee cords-sliders and brooms

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Production-Practice	<p>The Wrist-Breaker: Set up two rocks at the hog line (or before hog line if curlers don't slide that far), with enough space between them that a body could slide through.</p> <p>Have curlers, with their bungees attached to their rocks and shoelaces, line up to slide through the two rocks. Continue to narrow the sliding space between the rocks.</p> <p>To approximate: The space between the two rocks is only about the width of a rock (plus another inch for safety). Hold a broom in center of that space as the target. Have curlers remove their bungees and deliver regularly. Curlers will release the stones to make it through the gap. Emphasize the importance of squaring up to the target and keeping the rock/foot at midline. May use a laundry line and an instructor to stand at center of the gap to visualize line. Eventually attempt full-sheet throws with a "skip" on the other end. Encourage visualizing the shot.</p> <p>Variation: Without a bungee and delivering normally, the curler will release the stone to make it through the gap. While in the hack, instruct curlers to close their eyes during the draw back before launching off. While standing from a vantage point at the center of the gap, tell the curlers when to release during their slide when they are lined up. If not lined up, tell them to pull back on the rock and go back to the hack.</p>	-3 rocks - sliders and brooms -bungees
Production-Practice	GAME PLAY -divide up in teams, delegate positions - handshakes! - at least one instructor per two sheets needs to be helping the skips -encourage application of today's skills and concepts	-all
Closure	<p>Provide positive feedback: tell curlers when they are aligned. Tell curlers when they are taking extra time in the hack to line up. Tell curlers when you see a shift to midline with their rock and foot.</p> <p>If necessary, have curlers slide out again with noodles to stretch.</p> <p>If playing a few ends following these drills, allow for a brief rest period.</p>	

Session #

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Focus: Strength & Sweeping, Communication, Game Play

	Activity & Procedure	Materials
Introduction 15 min	<p><u>Off-ice-</u> -Classroom basics- intro, history, area of play, flow of a game, etc (5 min) -Static stretching- start from areas on the top of the body and work down the body (< 5 min) -Dynamic stretching- butt kicks, high knees, jumping jacks, push-ups, sit ups- count by seconds or reps (< 5 min) <u>On-ice-</u> slide out to stretch/warm-up, no rocks Use pool noodles to extend and lower body *everyone try sliding with their brooms/stabilizer, without a rock, at least once 5 min</p>	-whiteboard -seating -space for carpet delivery -Sliders
Instruction & Production- Practice 10 min	<p><u>On-ice</u> - Using two sheets: Curlers will start with a slide out from the hack, without a rock, as far as they can make it. Instruct curlers to stay in their low delivery position until they stop moving. Then, the curler will get up and to sweep down the center line to the T-line. (make sure everyone sweeps on both sides for evenness.) Curlers will then slide over to the next sheet and repeat the same drill down to the other end. Repeat. Variation: Curlers may want to use a noodle to allow them to get as low as possible.</p> <p>*Keep the curlers moving, even if they have to go a little slower. Make sure they are making it all the way down during their deliveries, and only getting up when they come to a stop. Instruct the curlers behind them to slide out once the curler in front of them is up and sweeping.</p>	-brooms only
Instruction 5-10min	<p>-AREAS OF PLAY GAME- call out an area of play, everyone must stand in that area.</p> <p>On-ice: -Set up: 3 sets of cones are set at courtesy lines, mid sheet, and far hog line. -Explain importance of intercommunication during shots, specifically sweepers to skip. -Sweepers need to be ready to sweeping or sweeping, and look up to assess when they reach the cones. -Demo drill: an instructor skips, one delivers, and two sweep. The sweepers must call out at each pair of cones where they think the rock will end up.</p>	-at least 6 cones -all

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Production-Practice	On-ice: -Run drill with 3-person groups. May want to start the first few with instructors throwing. 1-2 instructors will serve as “skips.” -One or two instructors run the drill. When sweepers reach the cones, prompt them to yell out their assessment -For flow, once a thrower has left the hack, two new sweepers and new throw immediately hops in their place. Encourage 3-person groups to rotate through sweepers and throws.	-6 cones -all
Production-Practice	GAME PLAY -divide up in teams, delegate positions - handshakes! - at least one instructor per two sheets needs to be helping the skips -encourage application of today’s skills and concepts	-all
Closure	Allow a longer break between drills and game play. Encourage curlers to stretch on their own during the allotted time. During the break, you may want to even out any potential soreness, so do bilateral dynamic exercises- ie, squats, burpees, jumping jacks- to even out soreness.	

Session #

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Focus: Delivery (weight & release), game play

	Activity & Procedure	Materials
Introduction 15 min	<p><u>Off-ice-</u> -Classroom basics- intro, history, area of play, flow of a game, etc (5 min) -Static stretching- start from areas on the top of the body and work down the body (< 5 min) -Dynamic stretching- butt kicks, high knees, jumping jacks, push-ups, sit ups- count by seconds or reps (< 5 min)</p> <p><u>On-ice-</u> slide out to stretch/warm-up, no rocks Use pool noodles to extend and lower body *everyone try sliding with their brooms/stabilizer, without a rock, at least once</p>	<ul style="list-style-type: none">-whiteboard-seating-space for carpet delivery-Sliders-noodles
Instruction	<p><u>On-ice</u> . Successive slides- This drill allows curlers to try to control weight by push-off strength. Curlers will slide out of the hack without a rock (Variation: also without a broom/stabilizer) with just the right amount so that the sliding toe stops at the nearest back line. Most curlers will just barely have to leave the hack. Once all curlers have hit at exactly the back line, challenge them to do the same to the back of the 4ft. Continue the challenge through the t-line, top 4ft, top 12ft, and if curlers are capable, a mid guard. Encourage curlers not to use their hands or shift their center gravity to slow themselves down and stop before a line. Instruct them to vary strength while pushing out of the hack.</p> <p>Variation: Curlers may use pool noodles.</p>	<ul style="list-style-type: none">-brooms-maybe noodles
Production- Practice	<p><u>On-ice:</u> Follow the leader- The goal is to be able to reproduce a shot that the curler in front of you throws. Do this in small groups or partners. If in a small group, have a more experienced curler or instructor act as the "leader." The leader will throw a shot, at first typically a draw into the house. The following curler(s) will try to exactly repeat that shot. You may need someone down on the other end to stop slightly-heavier shots from interfering with the leader's rock. All shots that include dramatic and slight weight variations.</p> <p>Variation: Allow sweeping or no sweeping to repeat shots perfectly.</p>	<ul style="list-style-type: none">-All

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Production- Practice	GAME PLAY -divide up in teams, delegate positions - handshakes! - at least one instructor per two sheets needs to be helping the skips -encourage application of today's skills and concepts	-all
Closure	During game play, walk alongside the curlers during deliveries. Remind them to focus on power when in the hack for heavy-weight shots.	

Session #

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Focus: Strategy, All aspects, game play

	Activity & Procedure	Materials
Introduction 15 min	<p><u>Off-ice-</u> -Classroom basics- intro, history, area of play, flow of a game, etc (5 min) -Static stretching- start from areas on the top of the body and work down the body (< 5 min) -Dynamic stretching- butt kicks, high knees, jumping jacks, push-ups, sit ups- count by seconds or reps (< 5 min)</p> <p><u>On-ice-</u> slide out to stretch/warm-up, no rocks Use pool noodles to extend and lower body *everyone try sliding with their brooms/stabilizer, without a rock, at least once</p>	<p>-whiteboard -seating -space for carpet delivery -Sliders -noodles</p>
Instruction & Production- Practice	<p><u>On-ice</u> GAME PLAY -divide up in teams, delegate positions - handshakes! - at least one instructor per two sheets needs to be helping the skips -encourage application of today's skills and concepts</p> <p>-Rotate skips every end, so that everyone gets a chance to skip. -Instructors at the skips' end need to give detailed instruction re: strategy. Attention needs to be given to every shot.</p>	<p>-all</p>
Closure	<p>Allow a break after a couple ends. Encourage application of all previous focuses and drills. Encourage signing up for leagues.</p>	<p>-all</p>