



How to Use a Delivery Stick-Advanced

Advanced Throwing/Delivery with a Stick - One hour session

a) Review current throwing techniques

Reinforce i) *Rotation of the rock*, ii) *Line of Delivery*, iii) *Point of Release* and iv) *Pace*

Clinic exercise: i) participants throw two “draws” from each side of the sheet;
ii) participants throw two “take outs” from each side of the sheet;
iii) examine the technique and analyze the repeatability of the shots thrown.

Additional points to address:

- Highlight positives
- Suggest improvements (if any)

b) Line of Delivery

At your starting point, when you look down the delivery stick, it should align directly with the intended target (skip’s broom) at the other end of the sheet.

Square your shoulders to the target (skip’s broom) and ensure your line of delivery is in a reasonably straight line from your starting position towards the target broom.

Walk or slide out to the near hog line.

Clinic exercise

Using lasers: i) participants throw two “draws” from each side of the sheet;
ii) participants throw two “take outs” from each side of the sheet;
iii) examine the Line of Delivery and analyze the ability to walk/slide a straight line.

Additional points to address:

- If the curler’s starting point is not in or touching the hack, the rock to be delivered must be touching the centre line and may require laser re-alignment.
- Video recording might be beneficial

c) Pace

The pace that the participant walks/slides is used to determine the speed of the rock.

Clinic exercise:

Using lasers: i) participants throw two “draws” from each side of the sheet;
ii) participants throw two “take outs” from each side of the sheet;
iii) Record and examine tee line to near hog line and hog line to hog line times for all draws and take outs.

Additional points to address:

- Try to increase your pace (walk/slide faster) to increase rock speed (i.e., tee line to hog line times should be larger for draws and shorter for take outs) in an attempt to reduce use of arms to increase rock speed;
- Look for consistency on draw and take out time measurements.

Clinic Dynamics

- Recommended 4 participants per instructor
- Requires lasers, timing devices and possibly cameras



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Name: _____

shot	hog -to- hog target	In-turn		Out-turn	
		1	2	1	2
Guard	16 sec				
House	13.5 sec				
Hack	11.5 sec				
Control	10 sec				

Name: _____

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