



## Stick Curling - Skill Development Line of Delivery Using Gates

### **Objective:**

To introduce Stick Curling Instructors/Clinicians in the use of technical aides to assist stick curlers to develop a straight line delivery to wherever the target (broom/brush) is at the far end of the sheet.

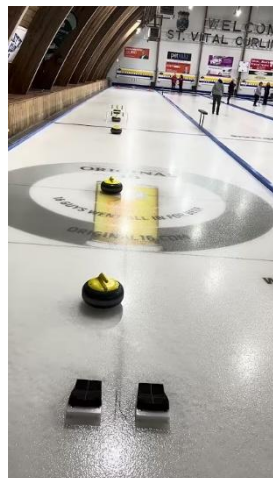
### **Training Aids for this session:**

- Throwing the rock down the center line
- Visualizing or imagining that the centre line moves in accordance with the target line.
- Throwing the rock through 2 sets of “gates” ... representing the target line.

### **Setting up the gates:**

- ◆ Using 2 gates:
  - ◆ set the first gate about 8 feet past the nearest hog line
  - ◆ set the second gate about 8 feet further down the sheet
  - ◆ Each gate has 3 ribbons
  - ◆ The objective is for the centre of thrown rock to hit the centre ribbon of both gates.
  - ◆ When lining up the gates:
    - Select a target at the far end of the sheet (cone, cup, broom)
    - Position a rock about 4 – 5 feet in front of the hack as if it was ready to be thrown down the ice towards the target at the far end
    - Align both gates so that the centre ribbons are directly aligned between the rock and the target.
    - The handle of the thrown rock should hit the centre ribbon on both gates.
    - The thrower and more importantly the bottom end of the delivery stick should be encouraged to follow a straight line towards the target.

### **Set-up (for explanation/visualization)**



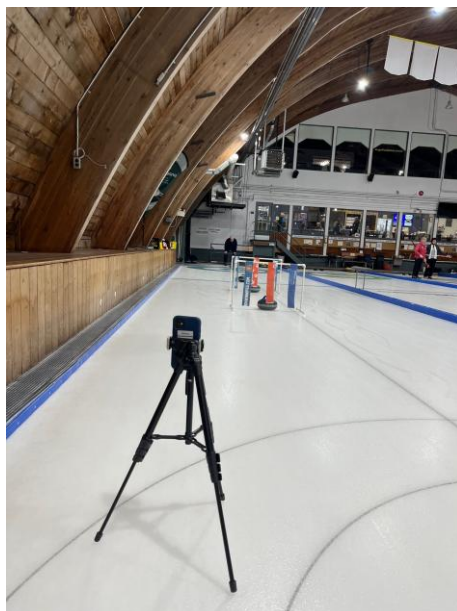
View from the hack



View from the broom



### Camera Location



**Note:** Lower Gates (MSCDC gates) provide a better view than the SVCC gates

Manitoba Stick Curling Development Centre (MSCDC) YouTube Channel: **MSCDC.channel**

### YouTube videos related to Using Gates

#### **Norm – Good & Bad**

<https://youtu.be/XpbZ-wN7y80?list=PLXlv9inGDEAvC8npgCbieHYWVtnciKB27>

1<sup>st</sup> Throw - walks out side target line and throws back to target

2<sup>nd</sup> Throw - walks directly at target and throws

#### **Setup-right-in turn (left-out turn)**

<https://www.youtube.com/shorts/GxrLDPPFycl>

#### **Setup-right-out turn (left-in turn)**

<https://www.youtube.com/shorts/2eFB-at4jLE>

#### **Kathie-out turn**

<https://www.youtube.com/shorts/yCj4Ld5MiZc>