



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>

1st Throw - walks out side target line and throws back to target

2nd 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>