



**CURLING
ONTARIO**

CLINIC #1 - LEARN TO DELIVER

UPDATED : SEPTEMBER 16 2026

Duration: 3 hours

This 3-hour clinic is ideal for a newer curler (up to 2 years of experience). With both off and on ice instruction, this clinic teaches the basics of the curling delivery – focusing on balance, correct timing and grips, turns and releases. Introductory sweeping instruction is included. Participants will have an opportunity to learn about, observe, practice and receive feedback on their deliveries and sweeping.

Item	Duration	Description	Supplies Needed/ Resources Available
Introduction	20 minutes	Welcome • Introduce self, clinic topic and agenda • Carefully outline the aim and objective of the clinic This clinic is ideal for a newer curler with 0-2 years of experience. The clinic will incorporate both on and off ice instruction, curlers will learn the fundamentals of delivery (balance, timing, grips turns and releases) and sweeping. Curlers will have an opportunity to practice and receive feedback on their deliveries.	Agenda
Off-Ice Delivery Intro	20 minutes	PowerPoint Presentation • Briefly review the PowerPoint presentation on delivery basics, touching on the fundamentals of delivery • Explain that this will be explored much more in depth on the ice	Delivery PowerPoint
Warm Up & Safety	10 minutes	Warm Up (10 min) • Light aerobic activities	Off-ice space



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		• Dynamic stretching • Sport specific stretches Safety Messages (deliver during warm up) • Broom as balance aid • Gripper foot first stepping on ice • Don't lift rock • Move forwards not backwards	Warm Up handout
On-Ice Orientation	(If needed) 10 minutes	Introduction to Ice (10 min) • Step on safely • Push slide with broom as balance aid • Group slides from one end of ice to the other with explanation of components of sheet	
Delivery A	20 minutes	Overview (Focus: <u>Balance</u>) (10 min) <i>Key teachings:</i> • Set up (heel-to-toe, ball of the foot over the "t" of the hack, feet parallel, broom tucked under arm into small of back, sliding foot flat on ice) • Elevation (elevate hips so back parallel, sliding foot remains heel-to-toe) • Extension (sliding foot extends in front of hack under sternum, broom at 45 degree angle to side, sliding foot slightly toed out or straight, trailing leg slightly toed in or straight, eyes up)	Hack Broom Grippers Curling Shoes/sliders/tape Green "Delivery Basics" pocket book

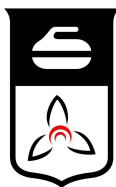


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		Application of Skill (10 min) Participants split over several sheets to practice skill, clinicians circulate to watch and give feedback	
Delivery B	20 minutes	Overview (Focus: <u>Timing</u>) (10 min) <i>Key Teachings:</i> - Hip elevation "Rock back, foot back, pause, rock forward, foot forward, slide" - Rock and foot both straight back - Foot pulls back to heel-to-toe Application of Skill (10 min) - Participants split over several sheets to practice skill, clinicians circulate to observe and provide feedback	Same as above
Delivery C	20 minutes	Overview (Foci: <u>Grips, Turns, Releases & Line of Delivery</u>) (10 min) Key Teachings: - Fingers together in grip, thumb grips opposite side of handle - High wrist - Second pads of fingers under the handle of the rock - Grip over centre axis of rock - Arm comfortably extended in front of body - Positive application of turn and follow through - In-turn/out-turn	Same as above

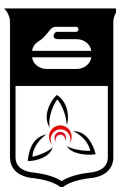


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		Application of Skill (10 min) • Participants partner up and practice grip, holding out hand (for turn) and release across a sheet • Participants split up over several sheets to practice skill, clinicians circulate to observe and give feedback	
Sweeping	20 minutes	Overview (10 min) • Demonstrate hand positioning, footwork • Have participants stand on 12 foot circle, turn the same way, place hands on broom and slowly move around the circle (one direction first, second direction after with opposite hand down) practicing sweeping motion <i>Key Teachings:</i> • Open stance footwork (cross country ski motion) • Weight over balls of feet • Head over broom • Speed and pressure on broom head • Hands separate broom into thirds Application of Skill (10 min) • Have participants pick a side of the centre line and all practice	



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		sweeping on way down while clinicians observe and provide feedback • At far end, stay on same side of sheet but turn around and practice sweeping with other hand down on way back	
Free Play	20 minutes	Option 1: Application of Skill • Participants put whole skill together, clinicians circulate to observe and provide feedback <u>OR</u> Option 2: One End of Play • play one end of curling with assistance from clinicians	
Conclusion	20 minutes	Wrap Up/Additional Feedback • Answer questions • Review key teachings • Allow participants to receive additional instruction/feedback on desired aspects	