



CLINIC #2 - SKILLS ANALYSIS

UPDATED : SEPTEMBER 16 2026

Duration: 3 hours

This 3-hour clinic is best suited to a curler with 1-2+ years of experience. This clinic will review delivery fundamentals with an increased focus on skill analysis/fault correction. After technical review of each aspect of the delivery, participants will have an opportunity to practice the skill and receive feedback for improvement. The majority of this clinic will be conducted on the ice. Time will be reserved at the conclusion of the clinic for additional feedback from clinicians on any aspect of the delivery.

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 best suited for curlers with 1-2+ years of experience and a basic understanding of the delivery. This clinic will review delivery fundamentals with an increased focus on skill analysis/correction. The majority of this clinic will be conducted on the ice.	Agenda
Off-Ice Review	20 minutes	Delivery Basics Presentation • Brief overview of Delivery Basics PowerPoint, emphasizing the key points • Point out that more in depth review/instruction will be provided on the ice	Delivery Basics PowerPoint

Warm Up	10 minutes	Warm Up (10 min) • Light aerobic activities • Dynamic stretching • Sport specific stretches	Off-ice space Warm Up handout
Delivery A	30 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) Application of Skill (20 min) • Participants split over several sheets to practice skill, clinicians circulate to watch and give feedback	Hack Broom Grippers Curling Shoes/sliders/tape Green “Delivery Basics” pocket book Skills Analysis Processes and Drills
Delivery B	30 minutes	Overview (Focus: <u>Timing</u>) (10 min) <i>Key Teachings:</i> • Hip elevation	Same as above

		• “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 (20 min) • Participants split over several sheets to practice skill, clinicians circulate to observe and provide feedback	
Delivery C	30 minutes	Overview (Foci: <u>Grips, Turns, Releases & Line of Delivery</u>) (10 min) <i>Key Teachings:</i> • 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 Application of Skill (20 min) • Participants partner up and practice grip, holding out hand (for turn) and release across a sheet	Same as above

		Participants split up over several sheets to practice skill, clinicians circulate to observe and give feedback	
Sweeping	20 minutes	Review of Open Stance Sweeping - Cross country skiing motion, open stance, feet pointed towards target - Speed and Pressure – two most important aspects - Have participants demonstrate their sweeping and provide feedback - Place in groups of 3 and have them rotate between sides and pushing the rock to practice effective sweeping on both sides	
Additional Review	10 minutes	Open Practice - Opportunity for participants and clinicians to re-review any aspect of the delivery needing assistance - This is an excellent opportunity to show curlers how they may work on areas for improvement after the clinic (i.e. demonstrate drills)	
Conclusion	10 minutes	Wrap Up (off-ice) - Answer questions - Review key teachings	