



CLINIC #3 - VIDEO ANALYSIS

UPDATED : SEPTEMBER 16 2026

Duration: 3 hours

This 3-hour clinic is largely conducted on ice, with a short off-ice delivery review preceding on-ice analysis. Participants will have an opportunity to practice their delivery, be videotaped and immediately receive technical feedback. After an opportunity to correct identified delivery faults/areas for improvement, participants will have an opportunity again to be videoed and receive feedback. Due to the time intensive and personalized feedback that is inherent with this clinic, attendance is limited to 18 with 3 CTP Instructors. Participants will have the opportunity to electronically receive their videos along with key feedback.

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 Participants will review the curling delivery off ice, followed by an opportunity to be videotaped and receive feedback on the ice. This will be followed by a chance to practice and once again be videotaped. Participants will have their videos and feedback available to them after the clinic.	Agenda
Delivery Overview (off-ice)	40 minutes	Off-Ice Delivery Review (40 min) • Powerpoint review of delivery basics ◦ Delivery A (Balance, Set Up)	Off-ice hack (if available) Plastic rock (if available)

		○ Delivery B (Timing) ○ Delivery C (Grips, Turns, Releases & LOD) ● Explanation of mechanics, key aspects of each delivery component ● Participants ask questions throughout ● (optional) Demonstrate set up position, slide position, grips during presentation	Projector Computer Off-ice space/seating
Warm Up	10 minutes	Warm Up (10 min) - Light aerobic activities - Dynamic stretching - Sport specific stretches	Off-ice space Warm Up handout
Video Analysis Circuit	90 minutes	Stations (15 minute intervals) ● Station 1: Video and analysis with clinician ○ Participant delivers 1-2 rocks of each handle and sits with clinician to view, listen to feedback and returns to do another delivery after if time) ○ Second participant stays at station to catch rocks as they are being delivered and may observe video playback (this	Ice Hack Broom Grippers Curling Shoes/sliders/tape Drills to Die For (Progressive Hog Line) Drills to Die For (Crazy Eights)

		participant will be videoed next) • Station 2: Open Practice ◦ Participant practices based on feedback given during video analysis • Station 3: Progressive Hog Line ◦ Participant aims to throw rock over hog line and next rock just further, etc (see Drills to Die For) • Station 4: Crazy Eights ◦ Participant sets rocks up and aims to eliminate them, leaving their own rock in its place • Station 5: Line of Delivery Drills ◦ Participant slides to cups/pylons • Station 6: Assistant for video analysis ◦ Participant holds broom for participant being videoed and catches rock once released (will rotate to station 1 and be videoed next)	
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Free Play	15 minutes	Opportunity for participants to be videoed one more time, or if no interest, participants may play one end	
Conclusion	5 minutes	Wrap Up - Answer questions - Review key teachings	