

**CURLING
ONTARIO**

CLINIC #6 - BUILD YOUR CLINIC

UPDATED : SEPTEMBER 16 2026

Duration: 3 hours

This 3-hour clinic will include 3 modules which will be selected from the list of available topics to ensure the clinic is tailored to the interests and needs of the attendees. This clinic can be modified in a variety of ways to best suit the club.

Topics Available: Brushing, Weight Control, Increasing Hit Weight, Game Play with Technical Assistance, Line of Delivery, Skills Analysis (Delivery), Strategy (off-ice), Rules & Etiquette (off-ice).

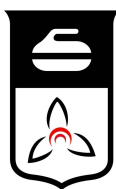
Before the first module

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 will be broken into 3 modules, each about 45 minutes in length. Time will be left at the end of the clinic for participants to revisit topics, or even ask for additional assistance on ice with a skill or concept reviewed during the clinic.	Agenda

Brushing module

Item	Duration	Description	Supplies Needed/ Resources Available
Review of Sweeping	20 minutes	Technical Review • Discuss why sweeping is done	Agenda

		• Open stance (safety, double gripper, head over broom, cross country skiing motion, one sweeper per side, hands splitting broom heads into thirds) • Closed stance (use slider, head over broom, feet outside hip line, bottom hand close to base of broom) • Application of speed and pressure (key: getting head over the broom)	
Application of Skill	15 minutes	Application • Depending on skill level/understanding of group, can start out with participants facing same way standing around 12-foot and practicing the footwork/action, then subsequently stopping, turning and practicing it the other way (to mimic sweeping on both sides) • Move to sweeping up and down the sheet (at a reasonable pace), with instructors providing	



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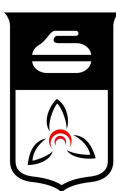
		feedback and assisting with adjustments when necessary	
Communication	10 minutes	Effective Communication • Sweepers to judge weight of stone and communicate this to the player in the house 3-4 times during the duration of the shot • Location vs. number systems • Discussion of timing as tool (can mention common timing practices i.e. split timing, hog to hog, and what can be learned/limitations)	

Resources available :

- ALTC Open vs. Closed Stance Sweeping
- Drills to Die For
- Broom Statement

Weight control module

Item	Duration	Description	Supplies Needed/ Resources Available
Discussion about Weight Control	10 minutes	Importance of Weight Control • Curling as a touch game – do not wear gloves or mitts on delivering hand while delivering	Agenda

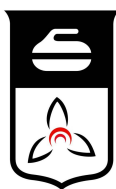


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		• Need to be able to replicate skill (i.e. guard shot or draw shot) • Consistent pre-shot/shot routine	
Strategies to Develop Weight Control	20 minutes	Strategies • Placement of foot in hack (higher in hack when higher weight shots to be thrown, lower for draws/guards) • Degree of pull back (can be adjusted with type of shot thrown, i.e. some curlers do not pull back sliding foot past hack for guard or draw) • Location for release (releasing earlier if momentum too slow, waiting longer if going too fast) • Arm extension (generally used as a last resort only when needed to increase weight) Application • Start out with progressive slides • Give participants an opportunity to throw a few rocks, testing out some of these strategies. Give them the aim of a particular spot on the ice to reach with their rock.	



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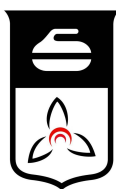
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Drills	15 minutes	Practice • Progressive slides • Climb the ladder • Progressive hog line	
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Hit weight development module

Item	Duration	Description	Supplies Needed/ Resources Available
Discussion of Strategies to Increase Hit Weight	20 minutes	Review of Strategies and Demonstration • Do not lift hips too high during pull back – lower angle produces more power • Place foot higher in the hack • Bring sliding foot slightly farther back during pull back • Release stone sooner • Arm extension (no push, controlled extension) • Extended pause during pull back (weight transfer) • Increase speed of slider/decrease friction (i.e. toe dip) on trailing shoe/trailing leg *NB: Worth mentioning to participants is the awareness of how much weight is required for a particular shot (no need to throw more weight that is required)	Agenda



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Application of Skill	15 minutes	Application • Participants have opportunity to split onto sheets and throw while employing some of the strategies shared • Instructors will circulate and assist with participants trying out strategies	
Drill(s)	10 minutes	Execution through Drills • Set up a hitting drill such as crazy eight for participants to practice • Instructors may show how to set up a few hitting drills	

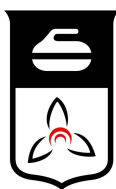
Drills:

- Crazy Eights (Drills to Die For)
- Picket Fence (Drills to Die For)
- Pop Goes the Weasel (Drills to Die For)

Resources available: 9 Way to Increase Throwing Weight

Line of delivery module

Item	Duration	Description	Supplies Needed/ Resources Available
Discussion about Line of Delivery	10 minutes	Set Up • Key to accurate line of delivery • Step in hack from behind • Ensure everything is pointed towards target	

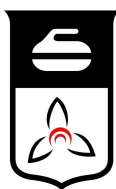


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		(eyes, shoulders, hips, feet, etc.) • Eyes up and on target Slide • Eyes remain on target • Centred delivery (foot under sternum, trailing leg straight back, shoulders and ships square)	
Demonstration of Line of Delivery	5 minutes	Visual Demonstration • Demonstration of actual line of delivery from hack to various points in house at opposite end of ice (demonstrate from both hacks)	Surveying line/line of delivery
Application of Skill	10 minutes	Application • Participants have opportunity to split onto sheets and throw while employing some of the strategies shared • Instructors will circulate and assist with participants	
Drills	20 minutes	Drills/Strategies for Practice • Instructors to work with participants on improving line of delivery	



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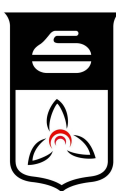
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		• Demonstrate drills and techniques focused on line of delivery ○ Sliding through pylons / Kleenex boxes ○ Sliding directly AT pylons / Kleenex boxes, etc. ○ Place rock at hog line. Release a stone at this rock, see which way the hit stone travels (on line if travels straight) ○ Blindfolded slide	
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Skills analysis (delivery) module

Item	Duration	Description	Supplies Needed/ Resources Available
Brief Delivery Review	15 minutes	Delivery A • Step into hack from behind • Feet set up heel-to-toe • Sliding foot under sternum • Trailing leg extended back • Shoulders, hips squared Delivery B	



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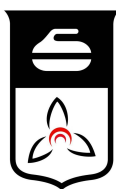
		• Rock Back – Foot Back – Pause – Rock Forward – Foot Forward – Slide Delivery C • Grip rock with fingers together • High wrist • Slightly bent elbow • Apply rotation in last 3 feet of slide	
Application of Skill	30 minutes	Application • Participants spread out onto various sheets and practice delivery • Instructors circulate, spending approx. equal time with each sheet giving feedback after viewing delivery from different angles	

Messages:

- Order of Correction (balance timing line of delivery grip, turn, release)
- Importance of viewing slide from several different angles and viewing several times before making suggestions for improvement
- Take most important/critical issue and recommend fix, allow participant to practice

Teaching tools (optional):

- Toilet paper roll (for issues with grip/release)
- Claw hair clip (for issues with grip)
- Elastic (for grip issues – to keep fingers together)
- Bungee cord (for placement of rock in relation to sliding foot)
- Spoon and ping pong ball (for balance)
- Goggles with bottom half duct taped (to prevent looking down)
- Pylons/Kleenex boxes/cups (for line of delivery)



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- Laser (for line of delivery)

Drills:

- See above + Drills to Die For

Resources available:

- Delivery Triangle (for order of fault correction)
- Skills Analysis Processes and Drills

Game play with technical assistance module

Item	Duration	Description	Supplies Needed/ Resources Available
Mock Game	45 minutes	Mock Game • Instructor to give participants a scenario (i.e. what end, who has hammer, what the score is) • Participants to play a game with instructor assisting with technical and strategic feedback throughout	

Messages:

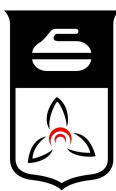
- Consideration of factors in shot calling
- Discussion of end plan (preferred outcome, acceptable outcome, unacceptable outcome)
- Importance of communication (shot calling, weight judgement)
- Shot tolerance

Teaching tools (optional):

- Strategy board (for re-creating scenarios)
- Stopwatch

Resources available:

- FESRAIN



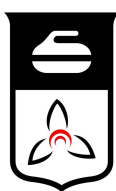
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Rules & etiquette module (off-ice)

Item	Duration	Description	Supplies Needed/ Resources Available
Etiquette	25 minutes	Basic Etiquette • Discussion about the Spirit of Curling – have participants help define what it means • Divide group into smaller groups to brainstorm etiquette in curling • Take up as a group • Examples: handshakes before or after, complimenting good shots, don't move while other team is shooting, stand to side, only back end players stand behind house, etc. • Refer to resources for ideas and refer participants to resources for further information	
Rules	20 minutes	Rules in Curling • First ask participants if they have any questions or confusion about curling rules – what comes up during games, what are they confused about • Discuss some FAQs (have some commonly asked questions/rules ready) ◦ Free guard zone (4 rock vs 5 rock rule, what happens	Chart paper and markers



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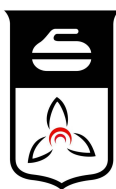
		when you remove an opposition rock vs yours) ○ Burning a stone (between hog lines, after the hog line, etc) ○ Hog line violation ○ Identical measure	
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Resources available:

- World Curling Rules
(<https://worldcurling.org/wp-content/uploads/2026/08/Rules2026.pdf>)
- Some Basic Rules for the Sport of Curling
- Rules of Etiquette for Curling
- Curling Etiquette

Game plans/strategy module (off-ice)

Item	Duration	Description	Supplies Needed/ Resources Available
Discovery	5 minutes	Ask group of participants what questions they have about strategy (assess what information they are looking for since time is limited)	
Factors Influencing Shot Selection	10 minutes	FESRAIN • Review Fesrain with them – factors that influence which shots are called in a game • At club curling level, emphasis placed on ability – what type of shots can your team make	



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Strategic Styles	30 minutes	Review of Strategic Styles Review Pursue, Protect and Probe – what are they, what kind of shots are used, when to use them, etc.	Strategy PowerPoint
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Messages:

- Tactics vs. Strategy – discussion of difference, give definitions and have participants give examples of each concept to check understanding
- 3 Ps – Protect, Pursue, Probe – definition of terms, open discussion of the types of shots most commonly associated with each type of strategy, ask for examples of teams that often employ each type of strategy
- FESRAI(N) – have participants ‘popcorn’ out what each letter stands for and discuss how it impacts strategy/tactics
- Discussion of shot calling, tolerance, acceptable misses
- Discussion of end and game planning as part of bigger picture

Teaching tools (optional):

- Strategy board
- Video clips/scenarios
- Dice Game

Resources available:

- FESRAIN
- Dice Game rules
- Simple Strategy Diagram
- Strategy Scenarios
- Strategy – New Terminology