

The Curling Delivery

Roger Rowlett

USCA Certified Level II Instructor



Elements of Delivery

- Alignment
 - Essential for proper line of delivery
- Balance
 - Essential for developing power and maintaining line of delivery
- Curl (Grip & Release)
 - Essential for imparting predictable trajectory



Alignment

- Approach hack from behind
- Place right foot in hack with toe pointing toward line of delivery
- Place left foot beside and slightly ahead of hack foot
- Sit straight down in hack with shoulders and hips square to line of delivery
- Rock should be on line of delivery, directly ahead of hack toe



Balance

- Slide foot
 - Flat on ice
 - Centered under sternum on line of delivery and directly behind rock
 - Slightly toed out
- Trailing foot
 - Extended directly behind on line of delivery
 - Preferably toed in or straight



Curl (Grip & Release)

- Grip rock in center of handle *exactly as if you were picking up a bucket*
- Maintain high wrist throughout delivery
- Fingers should be together
- Thumb on side of handle
- Maintain firm, but not death grip



Release

- Grip rock with handle in either 10 o'clock (clockwise) or 2 o'clock (counterclockwise) position
- *Maintain this handle position* throughout the delivery until just before release
- At release, turn the handle of the stone to 12 o'clock over a distance of about 3 feet while gently extending your arm to follow the rock
 - Release motion is almost identical to that of twisting a doorknob and opening a door



Characteristics of a Good Release

- Wrist held high throughout release
- Hand ends up in “handshake” position after release, pointing along line of delivery
- Rock slips from hand, not “pushed” or “pulled”
- Rock makes 2½-3½ revolutions as it travels down the ice



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- Press
 - Push stone forward slightly to unstick from ice
- Draw
 - Pull stone back toward hack toe; stabilizer hand moves in concert
 - Elevate hips; draw hips and slide foot backward
- Slide
 - Push stone ahead to make room for slide foot; stabilizer hand moves in concert
 - Move body forward; slide moves in front of hack foot
 - Push out of hack to balance position & release



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- Elevate Hips
- Stone Back
- Foot Back
- Park
- Stone Forward
- Foot Forward
- Slide



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Cadence

- *Elevate Hips*
- Stone Back
- Foot Back
- Park
- Stone Forward
- Foot Forward
- Slide



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Cadence

- Elevate Hips
- *Stone Back*
- Foot Back
- Park
- Stone Forward
- Foot Forward
- Slide



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Cadence

- Elevate Hips
- Stone Back
- *Foot Back*
- Park
- Stone Forward
- Foot Forward
- Slide



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Cadence

- Elevate Hips
- Stone Back
- Foot Back
- *Park*
- Stone Forward
- Foot Forward
- Slide



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Cadence

- Elevate Hips
- Stone Back
- Foot Back
- Park
- *Stone Forward*
- Foot Forward
- Slide



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Cadence

- Elevate Hips
- Stone Back
- Foot Back
- Park
- Stone Forward
- *Foot Forward*
- Slide



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Cadence

- Elevate Hips
- Stone Back
- Foot Back
- Park
- Stone Forward
- Foot Forward
- *Slide*



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Some Practice Tips

- Use the mantra: Elevate hips, stone back, foot back, park, stone forward, foot forward, slide
- Slide without the stone (prevents “riding the rock” for balance)
- Slooooooow down your cadence and shorten your slide
- Practice good technique—25+ repetitions required to learn new muscle memory

