

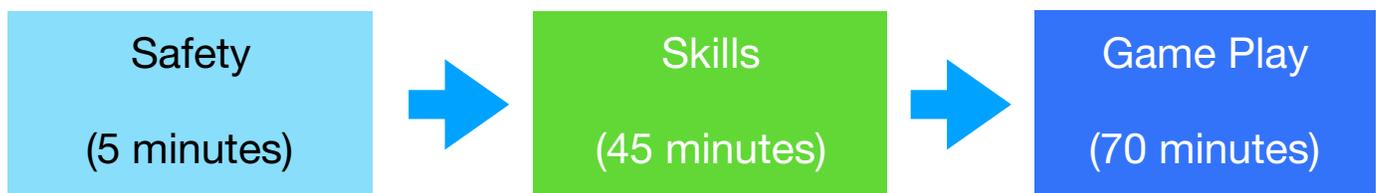
Learn to Curl Instructor Guide

Silicon Valley Curling Club
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General Guidelines for Teaching Learn to Curls

1. Make sure every student is involved. Be encouraging.
2. The main goals for the students are to be safe and to have fun.
3. Be sure to teach curling culture:
 - Coin flips
 - Shake hands and "good curling!"
 - "The winner buys the drinks"
4. Don't be afraid to simplify the rules. It's not necessary to teach the Free Guard Zone to new curlers.
5. It's okay to switch the rotation and sweeping drills as long as you **begin and end with sliding**.
6. Never put your hands on a student without first asking permission. Touching with the broom can be an alternative.

The Order



A sample introduction:

"Hi! I'm your instructor, Horatio. Today we're going to learn to slide, and to throw the rock, and to sweep, just like they do in the Olympics. After that, we'll play a curling game. Before we start, do you have any questions?"

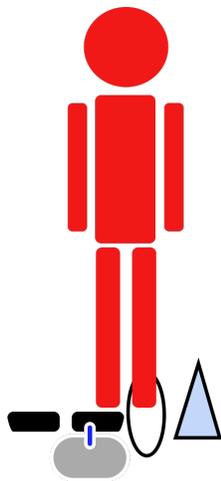
Basic Ice Safety for Students

1. Never, ever, run on the ice. If you can't walk with a rock, it doesn't need sweeping.
2. Do not stop quickly or change direction quickly.
3. Do not pick up or kick the curling stones.
4. Do not push rocks toward people or in an uncontrolled way.
5. Be careful of equipment on the ice: rocks, sliders, brooms, hacks.
6. Do not walk backward.
7. Balance is important--keep hands out of pockets.
8. If you should happen to fall, tuck your head to your chest and your arms to your sides. Do not use your arms to break a fall.
9. Do not walk across sheets with games in play. The edges of the sheet are the safest place to be.

Safety Issues for Instructors

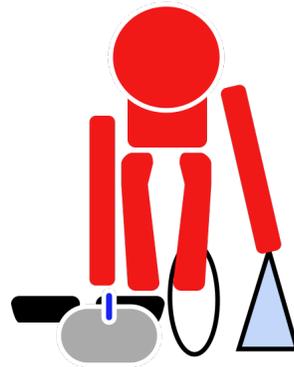
- Do not let students curl in unsafe shoes. Athletic footwear is **mandatory**. If any of your students is wearing inappropriate shoes, send them to the organizers for assistance.
- If students engage in unsafe behavior on the ice, pause the lesson until the unsafe behavior stops. If the unsafe behavior continues, ask the event coordinators to take the unruly participants off the ice.
- If an injury occurs:
 - If the participant can be safely moved, bring them to the side of the rink and call for assistance from the arena staff.
 - If the injury is severe, e.g. if it may involve the spine, or if the player lost consciousness, or if a bone is broken, contact the arena staff immediately. Do NOT attempt to move the player.

Ready-Set-Go Simplified Delivery



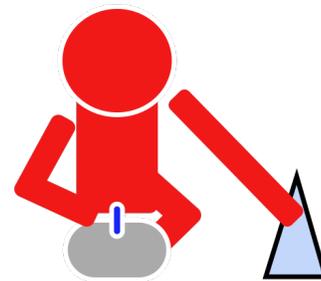
Ready!

Set up rock, stabilizer, slider as pictured. Player steps into hack, aligned with target. Sliding foot is placed on slider. Feet are side by side.



Set!

Player squats and grasps rock and stabilizer. Player then raises hips slightly and looks at target.



Go!

Player slides into a lunge position. Player slides to a stop without releasing the rock. Slider foot is under sternum.

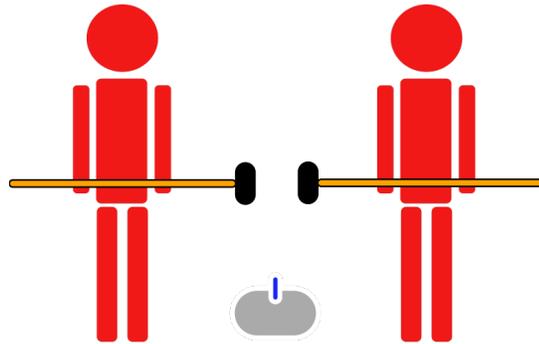
Demonstrate the Ready-Set-Go delivery one time. Then players slide twice each. Watch for correct foot placement under the sternum. Encourage the players to slide farther on their second slide.

During the player slides, hold the broom as a target for them. Encourage them to slide toward the broom.

If a player is physically unable to slide, suggest a stick delivery. If an assistant instructor is available, ask them to assist with stick instruction.

Sweeping

Players form two lines along the sides of the near house. Have players adopt the Safe Sweeping stance: facing forward, brooms horizontal, hands at 1/3 and 2/3, pad toward rock. This stance prevents players from walking backward.



Now have players place broom pads on the center line. This is their sweeping position.

Explain that sweeping is done at a walking pace. Explain the sweep commands, for example, "Sweep!" and "Whoa!", or "On!" and "Off!". Instructors paired on a sheet should agree on their sweep commands.

Points for the players to learn:

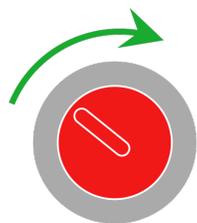
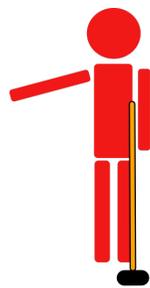
1. We always keep walking while the rock is moving.
2. We listen for calls.
3. We move our feet in a sideways shuffle.
4. Sweeping is only effective if we sweep in the path of the rock.
5. Sweeping becomes more effective with more speed and downward force.

Walk the players down the center line. (Optionally) push a rock for them to walk with. Players practice sweeping, following the sweep calls.

Repeat this drill to return to the starting hack.

Rotation

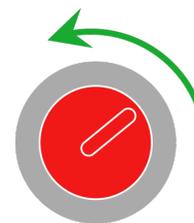
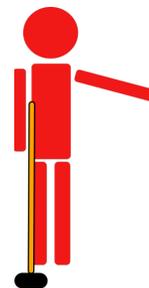
Line up players in pairs, facing each other on the sidelines. Explain the "10 o'clock-to-12 o'clock" throw. Demonstrate the signal for that turn--**the skip's outstretched arm is on the 10 o'clock side**. Players practice giving a signal while their partner throws the correct turn. Repeat for the "2 o'clock-to-12 o'clock" release. Aim for a gentle release, without spinners or dead handles.



10 o'clock



12 o'clock



2 o'clock

Everything Together

Players practice slides with release and sweepers. Instructor holds the broom at mid-ice or at the far house. Continue this until the full 45 minutes have passed.

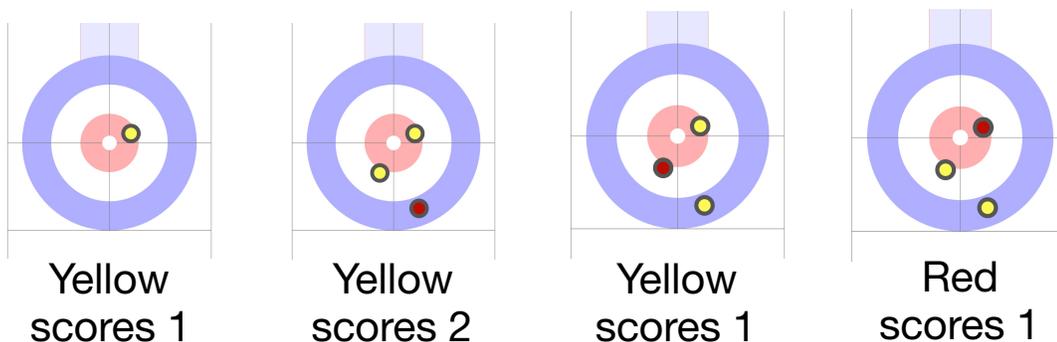
After this step, play a game!

Rules of Play

1. Teams flip for last rock--the *hammer*. Team without hammer throws first.
2. Teams alternate shots until all rocks are thrown.
3. A thrown rock must be released before the near *hog line*.
4. A rock must cross the far hog line to be in play.
5. Rocks that touch the side lines are out of play and are removed.
6. Rocks that are touching the back line are still in play.
7. The player in charge of the house may sweep an opponent's rock once it crosses the *tee line*.
8. Touching a rock in motion while sweeping is called *burning the rock*. Legally, burned rocks are removed from play. In a Learn to Curl, we can choose to let a burned rock remain if the rock wasn't significantly displaced.

Scoring

1. When all rocks are thrown, that is called an *End*. Scoring happens after every end.
2. Every rock is worth a maximum of one point.
3. Only one team scores in each end. The rock closest to the center of the house is the color that scores in that end.
4. To calculate the score, start counting from the rock closest to the button. Count outward from the center until you hit an opposing rock or are out of the house.
5. Set up a few scenarios to help them understand scoring.



The Game

Divide into teams and choose your players' positions (or let them choose if you have the time.) Flip a coin and start the game! One instructor should stay with the skips. If you have two instructors, the other stays at the delivery hack. Have fun!