

# Delivery Basics



# Safety

- Always step on the ice gripper foot first
- Broom used as third point of balance when moving on ice surface
- Only move forward on ice
- Do not pick up stones – only push/slide them
- Always be aware of surroundings
- Don't step over the stones

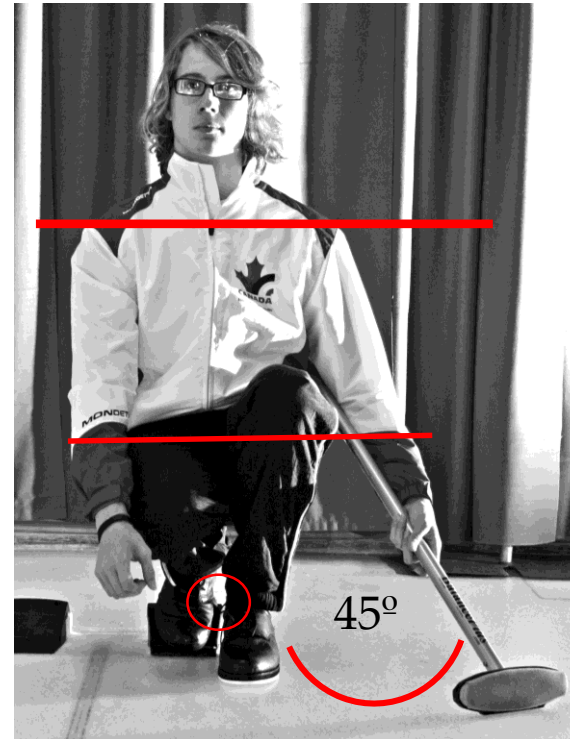


# Delivery A – BALANCE

- **FOCUS: Set Up and Slide Position**

## SET UP

- Step into hack from behind
- Heel-to-toe
- Square
- Feet shoulder-width apart
- Brush – under arm, bend in elbow, resting on back
- OR – Balance device under shoulder



# Delivery A - BALANCE

## SLIDE POSITION

- Sliding foot under sternum
  - Slightly toed out
- Trailing leg straight behind
  - Straight or Slightly toed in
- Broom at 45 degree angle parallel with rock
- Body level and square



# Delivery B - Timing

- Hip elevation
- Sliding foot pulls back heel-to-toe
- Slider in full contact with ice at all times



“Hips up - Rock back – foot back – STOP– rock forward – foot forward – slide”





# Delivery C – LOD and Grips, Turns, Releases

- FOCUS: Line of Delivery and Grips, Turns, Releases
- Line of Delivery
  - Step in from behind
  - Ensure all parts of body lined up with target
    - Eyes, shoulders, hips, knees, feet
  - Step in after shot called



# Delivery C – LOD and Grips, Turns, Releases

- Grips, Turns, Releases
  - Second pads of fingers under handle
  - Thumb around the other side
  - “V” pointing to shoulder
  - 10 or 2 o’clock
  - Release at 12 o’clock
  - Follow through
  - Turn applied over last 3 feet of slide



# The Curling Delivery

- The “quieter” the better
  - The less extraneous movement there is, the less opportunity for error
- Focus on the fundamentals
- Accommodations available – we can help!

