



## FIRST FIVE LESSONS

### LESSON ONE – INTRODUCTION TO THE GAME

#### KEY: SAFETY

1. OFF ICE
  - a. SAFETY
  - b. EQUIPMENT
2. ON ICE
  - a. ORIENTATION TO ICE
  - b. MOVING ON ICE WITH 2 GRIPPERS
  - c. MOVING ON ICE WITH SLIDER

### LESSON TWO – DELIVERY A

#### KEY: BALANCE

1. OFF ICE
  - a. REVIEW OF SET UP (PLACEMENT OF HACK FOOT, SLIDING FOOT AND BALANCE DEVICE)
  - b. SQUARENESS – HIPS, KNEES, SHOULDERS
  - c. HIP ELEVATION
  - d. DELIVERY POSITION – SLIDER UNDER STERNUM, BACK LEG EXTENDED, ARM IN FRONT OF BODY
  - e. BALANCE DEVICE PLACEMENT DURING SLIDE
2. ON ICE
  - a. REVIEW OF STANCE ON ICE
  - b. HIP ELEVATION
  - c. EXTENSION/SLIDE

### LESSON THREE – DELIVERY B

#### KEY: TIMING

1. OFF ICE
  - a. EXPLANATION OF TIMING
    - i. HIP ELEVATION
    - ii. ROCK BACK
    - iii. FOOT BACK
    - iv. STOP/PAUSE
    - v. ROCK FORWARD
    - vi. FOOT FORWARD
    - vii. SLIDE
2. ON ICE
  - a. EXECUTION OF CADENCE LISTED ABOVE

#### KEY: SPEED AND PRESSURE

#### LESSON FIVE – SWEEPING

1. OFF ICE
  - a. THEORY BEHIND BRUSHING - WHY
2. ON ICE
  - a. EQUIPMENT – DOUBLE GRIPPER
  - b. APPLICATION OF PRESSURE AND SPEED
  - c. GRIP OF BRUSH – OPEN STANCE, BROOM SPLIT INTO THIRDS
  - d. FOOTWORK – CROSS-COUNTRY MOTION
  - e. BRUSHING MOTION
  - f. BRUSHING WITH PARTNER – ONE PER SIDE

#### KEY: GRIPS, TURNS, RELEASES AND LINE OF

#### LESSON FOUR – DELIVERY C

#### DELIVERY

1. OFF ICE
  - a. EXPLANATION OF
    - CLOCKWISE/COUNTER CLOCKWISE ROTATION AND SKIP SIGNALS
    - DEMONSTRATION OF GRIP
  2. ON ICE
    - a. REVIEW OF GRIP
    - b. PRACTICE GRIP AND RELEASE
    - c. LINE OF DELIVERY – LINING UP IN THE HACK
    - d. RELEASE DURING DELIVERY – LAST 3 FEET OF SLIDE