

# Generating More Hit Weight

- ❖ Do not lift hips too high in the “pull back” – the angle of the hack leg produces more power
- ❖ Place hack foot higher in the hack – think of the hack as “starting blocks” in track and field
- ❖ Extended pause during pull back – transfer weight of hips over back sliding foot heel
- ❖ Bring sliding foot back further in pull back
- ❖ Arm extension (controlled manoeuvre – not a push)
- ❖ Upper Body (shoulder ) drop – both shoulders drop during release
- ❖ Release the stone sooner
- ❖ Equipment – check slider thickness, resistance with broom, resistance from trailing leg
- ❖ Drive harder out of the hack
- ❖ Get stronger



Hips kept low, back flat, hack leg bent. Foot high in hack.



Sliding foot moved back further in pull back, weight of hips transferred to sliding foot heel.



Shoulders high, arm bent prepared for upper body drop and arm extension.



Both shoulders lower, rock speed is increased using large back muscles and extending throwing arm.