



Increase Throwing Weight

August 16, 2018

Generating Hit Weight

- Stay low in the hack – this angle 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
- Arm extension (but do not push the rock)
- Release the stone sooner
- Equipment – check slider thickness, resistance with broom, resistance from trailing leg
- Drive harder out of the hack