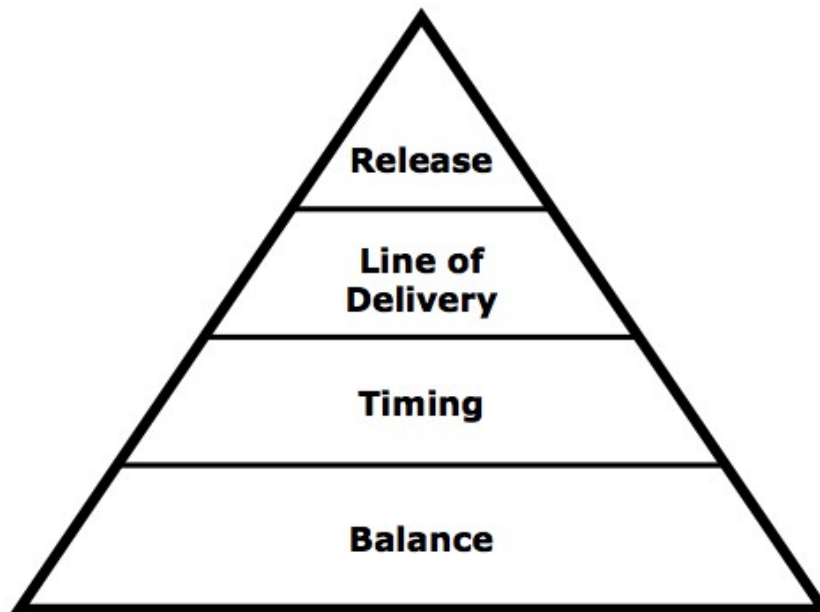


# Elements of the Curling Delivery



## Balance

Is your slide steady? Balance is the foundation of a good delivery. Signs of a lack of balance are:

- leaning on the rock
- unsteadiness
- putting your hand on the ice
- sliding on your hack knee

This usually means your sliding foot is not underneath the center of your body.

To correct balance problems:

- position your sliding foot under the center of your chest
- practice sliding without a rock, with your hand off the ice
- use your broom at 45°, your sliding foot and your trailing toe as a tripod (practice this position on the living room rug)

## Timing

How's your timing? Timing is the second important part of a good delivery. Signs of incorrect timing are:

- the rock is underneath you as you leave the hack
- your foot is beside the rock instead of behind it
- pushing the rock at release

This usually means you are not getting the rock out in front of your body. To correct timing problems:

- use the delivery cadence: rock back, foot back, park, rock forward, foot forward, slide
- make sure your arm is extended before you leave the hack
- try to use the mental image of the rock pulling you out of the hack

## Line of Delivery

Do you find yourself sliding off-line? Correct alignment is key to hitting the broom. Signs of line of delivery problems are:

- sliding down center line when the broom is to the side of the house
- drifting towards the sidelines away from the broom

If this happens to you, it means you are not sliding straight towards the broom. To correct line of delivery problems:

- place your toe in the hack so it is pointing towards the broom
- ensure your hack knee also points to the broom & that your shoulders are square to the broom
- move the rock in a straight line towards the broom

## Release

The release is the final step in a good delivery. Signs of release problems are:

- flipping the rock outside or turning it inside
- throwing spinners or rocks with no turn

If this happens to you, it means you are not releasing the rock cleanly. To correct release problems:

- grip the rock gently in the second digits of your fingers
- slide with the handle at the 10:00 or 2:00 position then turn to 12:00 over the last metre of your slide
- finish with your hand in the handshake position
- put 2-3 rotations on the rock for traveling the length of the ice