







Delivery

It is important to note, while best practices should be encouraged, adaptations will need to be made depending on the participants' ability and fitness.

Line - up



-  Stand behind hack.
-  Head up, eyes towards skip's brush / target.
-  Step into hack.
(Right handed, right foot, on left side of hack.
Left handed, left foot, on right side of hack).
-  Ball of foot on the slope of hack
-  Align hack foot towards target
-  Shoulders & hips square to target.



Angled line up right



Central line up



Angled line up left

The foot position and alignment is essential for direction. Correct positioning of the hack foot and sliding foot is required for consistent alignment and aim towards the target.

Set up



Front View

Head up with eyes towards target.

Stone should be aligned to hand and eyes.

Shoulders, hips, knees and feet square towards target.

Stone is positioned in front of hack foot with handle set to either 10 or 2 o'clock.



Left side View

Brush is held under arm for support in a forward position.

Brush handle positioned across the small of the back. Novice and improver could tuck brush under upper arm.

Brush head up = less friction on the ice. If performance style is being used flat edge should be on the ice.

Sliding foot is parallel to and is comfortably forward of hack foot.



Right side View

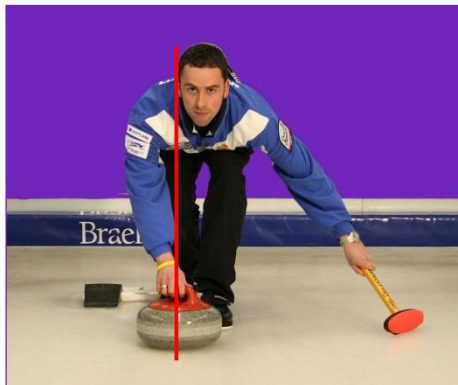
Delivery arm should be above knee with arm extended to hold stone.

Stone is held with a light grip. Grip the handle in centre of the stone with the fingers close together. Fingers hold the underside of the handle and the thumb rests to the other side. The palm of the handle should not make contact with handle.

Stone is positioned as close as possible to hack foot. A beginner may have a forward body position; ensure that the stone is not positioned under the knees.

Body weight should be spread evenly on both feet (50/50)

Hip Lift



Front View

Head stays up, maintaining eye contact with target.

Shoulders, hips, knees and feet remain square towards target.

Stone alignment from target or eye does not move.

Feet positions remain parallel - hip width apart, a gap should be seen between the legs.

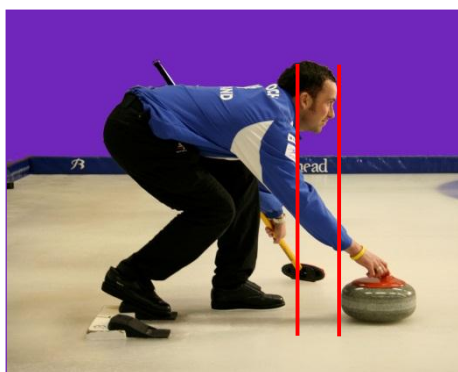


Left side View

Player's back is flat and parallel to the ice.

Brush is held in a comfortable position to assist balance.

Sliding foot is positioned under chest. Ensure that the sliding foot does not move across the body - as per front view. However to enable hip lift, sliding foot and stone may move forward. Ensure that stone and foot move the same distance together.



Right side View

Maintain hack foot position.

Legs must remain bent and not extended to ensure that the stone position is in front of player's shoulders.

Legs must sustain body weight and not transfer onto stone and / or brush.

Majority of body weight is on sliding foot.

Pull Back



Front View

Head up, maintain eye contact with target.

Sliding foot and stone moves straight back maintaining line towards target. Ensure that lateral transfer does not take place.

Hips remain square to target and as low as physically possible.

Handle remains set in position at either 10 o'clock or 2 o'clock dependent on rotations



Left side View

Sliding foot moves back to a comfortable position as close to hack as possible. Sliding foot should remain flat on the ice.

The toe of the sliding foot is approximately in line with the heel of the hack foot.

Stone and brush move back a similar distance to that of the sliding foot.



Right side View

Majority of body weight is transferred on to sliding foot.

Hack foot heel remains high - if physically able and balanced.

Drive Forward



Front View

Stone moves forward towards target.

Visible forward body movement commences after stone movement.

Raised grip and handle position is maintained.

Slide foot is moved into a central position relative to the body.



Left Side View

Hips are kept low to maximise drive of the stone = player's leg drive pushes stone.

Stone and brush position remain consistent throughout movement.

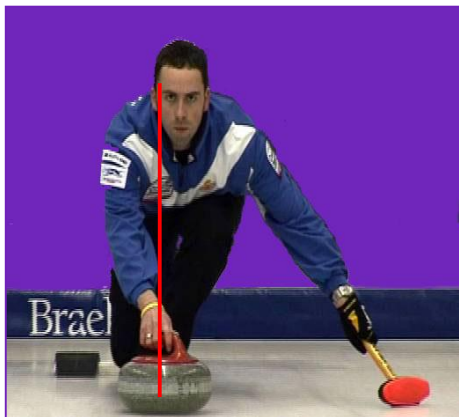
Weight transfer through motion = sliding foot > hack foot > sliding foot



Right Side View

Transfer of body weight over hack from the pull back position to the forward drive position.

Extend out



Front View

Body weight should be fully on sliding foot.

Eyes maintain contact with target.

Slide towards target maintaining stone alignment with both target and eye.

Shoulders and hips remain square and level towards target.

Both feet should be aligned behind stone. Toes of the sliding foot may be turned out slightly to assist balance but NOT turned in.



Left Side View

Grip light, with raised wrist, arm extended, no leaning on handle.

Brush remains in forward position.

Body position as low as physically possible ready for slide position.



Right Side View

Sliding foot is flat on ice sustaining body weight.

Back leg extends to create drive into slide. The speed of the slide is generated by the leg extension.

Note the shoulder, elbow, wrist and stone relationship.

Slide



Front View

Stone handle remains set to either 10 or 2 o'clock ready for release.

Feet and body are aligned behind the stone.

Stone alignment to target is maintained.



Left Side View

Stone is comfortably situated in front of the body with extended arm and raised wrist maintained.

All body weight on sliding foot

Slide foot remains flat on the ice. Back foot, sole up. If the toes of the sliding foot have been turned out slightly, to assist balance, toes of the back foot may need turn in towards the body but NOT turned out.



Right Side View

Body trunk is balanced over slide foot. Centre of gravity should also be over slide foot.

(note - If trunk is tilted backwards, the player will lean on back leg which will drag on the ice).

Release



Front View

Eyes remain on target. Stone target and eye alignment should be maintained.

The rotation of the stone should begin approximately 1 brush length before release.

Stone should be released in the 12 o'clock position.

The stone should be clearly released in one movement before the hogline.

(Note - double releases are illegal!)

A light grip should be maintained until release.



Left Side View

The optimum point of release is before deceleration of the slide.

Once the stone has been released any further contact is prohibited.



Right Side View

Arm remains in a slightly bent position and is not over extended.

Body posture is maintained throughout the slide and release.