

Curling Delivery Clinic

Sunday, November 3, 2024



Clinic Timings and Costs:

- Hack Curlers : 10:00 a.m. -12:00 p.m.
- Stick Curlers : 1:30-4:00 p.m..
- Cost per person - \$30 + hst



Learning Topics:

- Delivery : Technical-set up, Line of Delivery, timing, release, follow-through, tactical-ice reading & tracking
- ANGLES & DRAG EFFECT
- Mental-keeping focus
- Physical-developing endurance/ sweeping mechanics

Objectives: to provide information for fine tuning your game



Activities/Drills-Duration

- WARM UPS-off ice & on ice prep~ progressive slides/ increasing balance position ~5 mins
- DRILL #1~ breaking down the parts of a curling delivery~Five parts to the curling delivery~ Pre-shot routine/set up/body drive/slide/arm extension/release/follow through 40 minutes Equipment needed~ laser/ flapper/speed traps/rock hawk/bridges~chains
- DRILL#.2 assessing set up, LOD, timing, release, rotation. 50 mins Video Analysis/ leg drive station (for 14.0 sec ice we need 1.40-1.45 seconds through zone) /hit weight for accuracy *
- DRILL#3~ sweeping mechanics. Closed & Open sweeping methods. The importance of footwork & broom verticality.~ scale test 30 mins OR Off ice~ video analysis/review and Think Box/Play Box~ 20 mins
- DRILL#4_ PRACTICE ASSESSMENT: de-brief- what was learned from the drills? Did they meet our needs?
- Then it's just PRACTICE~PRACTICE~PRACTICE!!!

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Expert Coach - Maurice Wilson

- Coach Maurice Wilson has coached for 40 years in various sports from fast-pitch softball at a national level, to basketball, soccer, track & field, cricket and ice hockey at a senior level.
- He is an NCCP Competition Development certified coach & evaluator for Curling and has coached 19 teams to the provincials and 5 to nationals.
- The teams he has coached have won titles at the Bantam provincials in 2001, Juniors in 2003, OUA's in 2011, 2012, 2014 and CIS nationals in 2011 & 2012.
- He was the recipient of the Asham Coaching Award in 2003 & 2004 for provincials accomplishments and CIS(now USports) Coach of the Year in 2011 & 2012.
- In 2012 the team he was coaching won gold at the Karuizawa International Curling championship in Japan.
- Maurice is also very active in the curling community as a Provincial High Performance Coach since 2006 and a provincial Learning Facilitator and evaluator since 2005. He has been a part of the Next Gen program has a mentor coach for the past eight seasons. This is also his fourth year working as National Mentor Coach for the U18s with Curling Canada.

