



Setup: Lower Body Checklist

Key Considerations	Technical Rationale
✓ Ensure that the ball of the gripper foot is positioned squarely against the hack, with the laces pointing at the target broom.	○ This will promote a solid and consistent push off during the Drive phase, which enhances both line accuracy and weight control.
✓ Position the heel of the slider foot even with the toe of the gripper foot, with both feet parallel to each other and 2-3 inches of lateral separation between them.	○ This squares the hips to the target line/path, and provides sufficient clearance for the slider foot to move straight back and through during the Drive.
✓ Ensure that the body's weight evenly distributed (i.e., 50% and 50%) between the slider foot and the gripper foot.	○ This not only encourages balance and stability in the Setup, but promotes these same conditions during the Drive phase as well.
✓ Ensure that the knees stack on top of the feet, and that the hips are square (i.e., perpendicular) to the target line, as the body lowers into the hack.	○ This positioning will help the lower body to maintain its proper orientation to the target line throughout the rest of the delivery.



Setup: Upper Body Checklist

Key Considerations	Technical Rationale
✓ Ensure that the shoulders are square (i.e., perpendicular) to the target line, and level (i.e., parallel) with the ice surface.	○ This makes it more likely for the upper body to maintain the proper orientation throughout the rest of the delivery.
✓ Ensure that the throwing shoulder is internally rotated (i.e., palm in) on in-turns, and externally rotated (i.e., palm out) on out-turns.	○ This positioning will allow the throwing arm to soften properly during the Slide phase, and to extend properly during the Release phase.
✓ Keep the throwing arm/elbow extended, while keeping the upper arm, forearm, and wrist all on the same plane.	○ This creates a strong lever that will carry forward into the Drive, where it will help to promote both line accuracy and weight control.
✓ Ensure that the broom handle is either securely anchored across the back (at 30-35° to the target line), or that it is parallel to it and flat on the ice.	○ This helps to ensure that the broom will be in a suitable position to enhance stability throughout the rest of the delivery.



Setup: Rock & Handle Checklist

Key Considerations	Technical Rationale
✓ Centre the rock at a chosen position between the middle and the centre-line edge of the hack, while also keeping it well ahead of the gripper kneecap.	○ This allows for side-to-side and front-to-back reference points in relation to the gripper kneecap, which can facilitate consistent rock positioning.
✓ Ensure that the handle is already in its pre-set position (i.e., at 10 or 2 o'clock) before applying the grip to the handle.	○ This sets the stage for 4.5 to 5.0+ rotations when combined with a proper Release tempo, while also facilitating proper shoulder positioning.
✓ Centre the index finger on the handle and establish the grip in a manner that puts a slight 'break' in the throwing wrist (i.e., a semi-high position).	○ This grip structure not only facilitates proper turn application, but encourages a 'mini-set' Release motion as well.
✓ Establish a grip pressure between 4 and 6 on a scale of 1 to 10, with a potential variance within this range depending on the weight of the shot.	○ This recognizes that more sensitivity could be useful on draws (i.e., less pressure) and more control could be useful on heavy hits (i.e., more pressure).



Drive: Lower Body Checklist

Key Considerations	Technical Rationale
✓ Ensure that the slider foot moves straight back and straight through, travelling on a direct line towards the target broom.	○ The path of the slider foot is a key consideration in line accuracy, and increases the likelihood of a proper 'plant' at the outset of the Slide phase.
✓ Ensure that backward motion is powered by the hips, with an appropriate amount of body weight shifting onto the slider foot as it moves back.	○ This recognizes that more potential power is stored when more of the body's weight has moved behind the hacks and onto the slider foot.
✓ Initiate the forward motion by shifting body weight back onto the gripper foot, before shifting it forward onto the slider foot as it moves past the hack.	○ This is very similar to a walking or running motion, where weight is shifted to the lead foot in the chain in order to propel the body forward.
✓ Push off from the hack with the necessary leg drive for the shot, while delaying the timing of this motion progressively as the weight of the shot increases.	○ This second point recognizes that a later push off is also a more horizontal one, with more force therefore transferred into the rock's forward motion.



Drive: Upper Body Checklist

Key Considerations	Technical Rationale
✓ Ensure that the shoulders and arms form a strong 'frame' to support the rock's backward and forward motions during the Drive.	○ This helps to keep the rock on the extended target line as it moves backward, and on the actual target line as it moves forward.
✓ Keep the shoulders square to the target line and level with the ice throughout the Drive, just as they were during the Setup.	○ This keeps the upper body properly oriented to the target line throughout the Drive, which is a key contributor to line accuracy.
✓ Keep the throwing arm straight and diagonal to the ice (i.e., at least a 45° arm angle) during both the backward and forward motions.	○ This ensures that the throwing arm is positioned to be an effective lever, which enhances both line accuracy and weight control.
✓ Keep the broom arm strong and stable throughout the Drive, while maintaining the exact same broom positioning as in the Setup.	○ This locks in the 'broom-side' of the frame, which can be an easy thing to overlook due to the natural focus on the 'rock-side' of the frame.



Drive: Rock & Handle Checklist

Key Considerations	Technical Rationale
✓ If an initial 'forward press' is used, ensure that the rock only moves forward a short distance (i.e., no more than 2-3 inches).	○ This is because a longer motion is bound to activate the small muscles of the forearm, which are best to remain passive during the Drive.
✓ Allow the rock to move straight backward and forward along the target line, without any active contribution from the throwing arm.	○ This recognizes that the Drive should be controlled by the big muscles of the lower body, with a strong upper body frame also stabilizing the rock's path.
✓ Ensure that the rock is always the furthest point forward during both the backward and forward motions of the Drive.	○ This will be the case as long as the strong upper body frame is maintained, since this includes a distinct forward arm angle.
✓ Maintain the same handle positions (i.e., 10 or 2 o'clock), grip structure, and grip pressure (i.e., 4 to 6 out of 10) as established during the Setup.	○ This sets the stage for 4.5 to 5.0+ rotations, while striking an appropriate balance between sensitivity and control.



Slide: Lower Body Checklist

Key Considerations	Technical Rationale
✓ Ensure that the slider foot 'plants' accurately on the target line, with the inside edge of the ankle aligned with the mid-line of the rock.	○ This eliminates both a 'drift' (i.e., planting too far across the rock's mid-line) and a 'fade' (i.e., planting well short of the rock's mid-line).
✓ Ensure that the front-to-back positioning of the slider foot is appropriate to the slide style (i.e., further forward for flat-foot, further back for toe-tuck).	○ This promotes superior balance and stability throughout the Slide, which enhances both line accuracy and weight control.
✓ Ensure that the hips are still square, and that the trailing leg is now fully extended and entirely within the the outer borders of the rock.	○ This is important because a line drawn from the trailing foot to the throwing hand is actually what the curler perceives as the correct Slide line.
✓ Orient the gripper foot so it sits as square to the ankle as possible, ideally with the tops of the toes in contact with the ice.	○ Unlike the other options (i.e., toed-in, toed-out, or just the tips of the toes), this positioning both enhances stability <u>and</u> reduces friction.



Slide: Upper Body Checklist

Key Considerations	Technical Rationale
✓ Keep the shoulders square to the target line and level with the ice, while maintaining the same broom position as during the Setup and Drive.	○ This helps to maintain the proper orientation of the upper body throughout the Slide, which is a key contributor to line accuracy.
✓ Keep the head centred on the target line, knowing that it can still be cocked so that either eye aligns with the mid-line of the rock.	○ This recognizes that one eye is typically dominant from a sighting standpoint, and that the head can be oriented to address this reality.
✓ Keep the throwing arm/elbow extended for the early part of the Slide (i.e., approximately between the back-line and the t-line).	○ This is a continuation of the arm's positioning in the Drive, and is appropriate since the shoulders will still be a little higher at this point.
✓ Allow the throwing arm to soften at the elbow as the Slide continues (i.e., approximately between the t-line the top of the rings).	○ This offers greater sensitivity to the speed of the rock, while setting the stage for some related fine-tuning during the Release phase.



Slide: Rock & Handle Checklist

Key Considerations	Technical Rationale
✓ Keep the rock moving straight forward along the target line, understanding that the body will now be directly behind it.	○ This puts the body in a position to sight the target line properly, and to monitor the rock's speed as the delivery moves towards Release.
✓ Maintain the same handle positions (i.e., 10 or 2 o'clock), grip structure, and grip pressure (i.e., 4 to 6 out of 10) as during the Setup and Drive.	○ This sets the stage for 4.5 to 5.0+ rotations, while striking an appropriate balance between sensitivity and control.
✓ When delivering an in-turn, the throwing elbow should point as much out as downward once the arm has softened.	○ This is a natural result of the internal shoulder rotation established in the Setup, and helps to facilitate a mini-set Release.
✓ When delivering an out-turn, the throwing elbow should point straight down to the ice once the arm has softened.	○ This is a natural result of the external shoulder rotation established in the Setup, and helps to facilitate a mini-set Release.



Release: Lower Body Checklist

Key Considerations	Technical Rationale
✓ Keep slider foot directly below the vertical mid-line of the body, with the inside of that ankle bisecting the rock, just as it was during the Slide	○ This promotes balance and stability, and helps to ensure that both rock and body remain within the target path (i.e., lane).
✓ Maintain the exact same slider foot positioning (i.e., flat-foot, raised-heel, or toe-tuck) that existed during the Slide.	○ This ensures that there is no change to the the body's main balance point (i.e., the slider foot) at this late juncture of the delivery.
✓ Ensure that the hips are still square, and that the trailing leg is still extended and entirely within the the outer borders of the rock.	○ This is important because a line drawn from the trailing foot to the throwing hand is actually what the curler perceives as a 'pure' Release line.
✓ Maintain the exact same gripper foot positioning that existed during the Slide (i.e., ideally square to the ankle, with the top of the toes on the ice).	○ This recognizes that a late change to the orientation of the gripper foot could have a negative impact on the body's direction.



Release: Upper Body Checklist

Key Considerations	Technical Rationale
✓ Ensure that the shoulders remain square to the target line and level with the ice throughout the entire Release phase.	○ This orientation positions the shoulders on either side of the target line, which can be a valuable reference point in relation to Release direction.
✓ Extend the throwing arm smoothly over a distance of at least 6 feet, understanding that this distance should lengthen with increased weight.	○ This deliberate motion helps to ensure that the extension of the throwing arm is never too abrupt, with no 'jabbing' involved.
✓ Begin the turn application about halfway through the arm extension, while using a purposeful and consistent tempo (i.e., cadence) with both turns.	○ This sequencing and tempo are both key contributors to producing the desired rotation (i.e., 4.5 to 5.0+ turns to an unimpeded stop).
✓ Maintain the same throwing arm position that existed at separation until the end of the follow-through (i.e., at least 6 feet).	○ This provides important feedback to the curler's nervous system with respect to how the rock has just been released.



Release: Rock & Handle Checklist

Key Considerations	Technical Rationale
✓ Direct the rock from the middle towards the outside of the target broom head while the throwing arm extends and turn is applied.	○ This 'mini-set' motion has proven to work well on all shots and under all playing conditions (i.e., from curling clubs to arenas).
✓ Rotate the handle from its pre-set position (i.e., 10 or 2 o'clock) to a point just before 12 o'clock, where it will separate from the hand.	○ This reduces the likelihood of drastically redirecting the rock's direction at Release, either by turning it in or setting it out too much.
✓ On an in-turn, 1-2 knuckles (and therefore none of the palm) should be visible between separation and the end of the follow-through.	○ This in-turn hand positioning is entirely consistent with the separation of hand from handle occurring just before 12 o'clock.
✓ On an out-turn, 1-2 palm pads (and therefore no knuckles) should be visible between separation and the end of the follow-through.	○ This out-turn hand position is entirely consistent with the separation of hand from handle occurring just before 12 o'clock.