



Coaching Pack



**SCOTTISH
CURLING**

Scottish Curling is the trading name
of the Royal Caledonian Curling Club

funded by the

**Development
Assistance Programme**

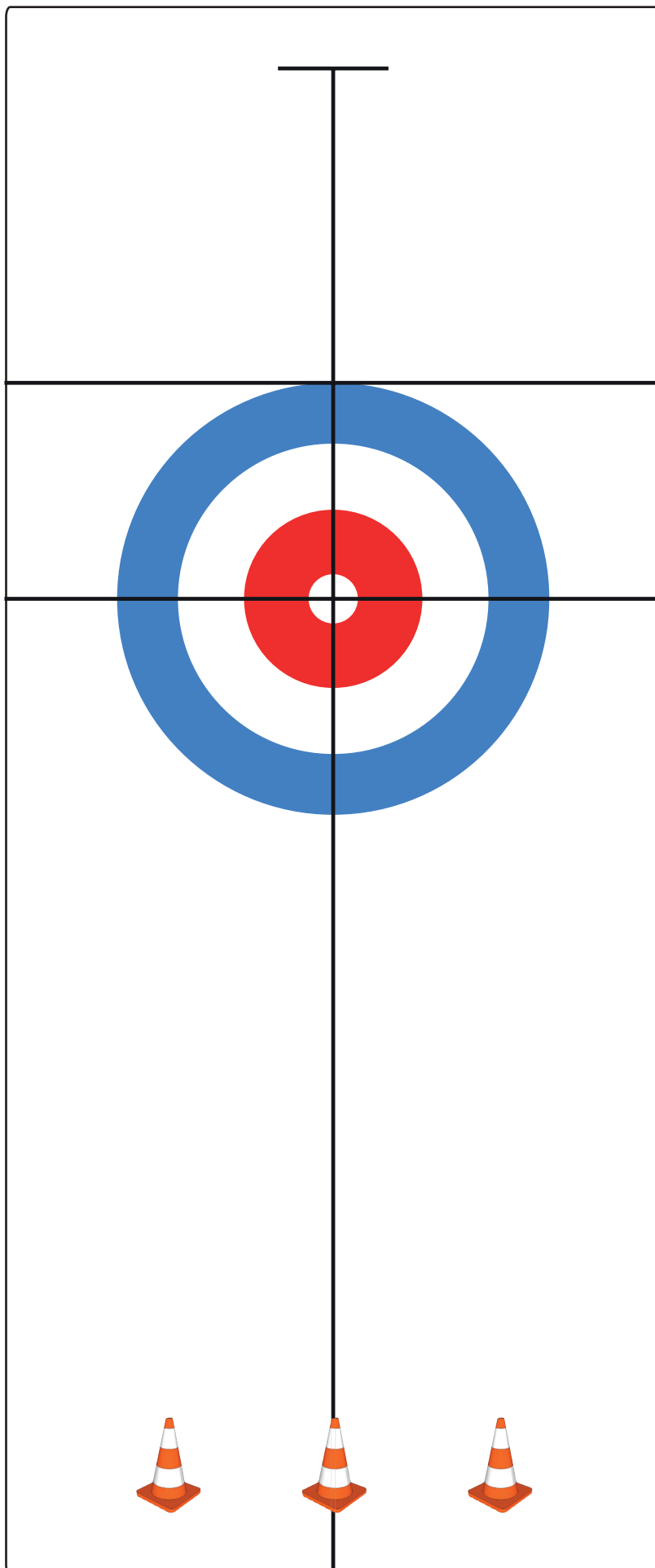


Curling's Cool		Session 1 of 4	Venue;	
Date:			Time	Duration: 1.5hrs (1hr on ice)
School:				No of players -
Objectives of Session: - In a fun way, safely introduce children to the sport of Curling.				
Equipment Required: - Grippers, Step on Sliders, Brushes/Delivery Aids				
Activity:	Time	Players	Coaches	Coach Allocation
Coach briefing	10 min		- Check everyone understands session plan - Allocate duties - Prepare equipment	
Welcome	10 min	School arrives; children are assembled into designated area.	- Check attendance numbers - Check if any issues with teachers - Check suitable footwear/clean - Name labels <i>Note: All coaches smile, welcome and direct children.</i>	
Safety	10 min	Listen to safety talk	Explain safety using points from Scottish Curling lesson plan and own rink.	
Warm Up	5 min	Take part in active exercises/Dynamic warm up	Coach to lead dynamic warm up <i>Note: Return to lunges with sliding leg forward. Get coaches to quickly check everyone's position.</i>	
Coach allocation	5 min	Sorted into groups	- Divide quickly into groups (ratio approx 1:8). - Hand out equipment <i>Note: Double check footwear suitability for ice.</i>	
Ice intro	5 min	Experience stepping on the ice for the 1st time. Learn to move safely. Identify some of the markings on the rink.	- Safely step onto the ice with two grippy feet - Build participants confidence by walking on the ice - Lead the group up and down the ice, walking and getting comfortable on the ice <i>Note: Once moving comfortably point out and name some of the markings on the rink - hog line, house & hack.</i>	
Basic delivery	5 min	"Ready steady go" slide with two stones. Ready – hips up Steady – Pull hips back Go – Slide out.	- Explain basic delivery - Ready Steady go - Allow children to practice, one at a time – remind not to let go and to keep the stones together. - Encourage other children to observe by asking questions eg call out "Ready Steady Go" as player performs each stage. <i>Note: Maintain safety. Praise and encourage effort.</i>	
Sweeping	5 min	Practice sweeping up and down the centre line with two gripping feet.	- Introduce sweeping the stone - Explain the 3 reasons to sweep (keep short & sharp) - Identify good sweeping positions - Practice – children to sweep parallel to the line and up the sheet <i>Note: Coach to maintain safety, encourage and praise.</i>	
Basic delivery	10 min	"Ready steady go" slide with a stone and a brush/delivery aid	- Ask children to name the three steps (RSG). - Introduce the stone - explain and show how to hold. - Allow children to practice with stone and brush/delivery aid - Remind not to let go of the stone. - Try to retain mobility for safety. - Encourage other children to observe by asking questions eg call out "Ready Steady Go" as player performs each stage. <i>Note: Maintain safety. Praise and encourage effort</i>	
Short game	5 min	In group play end(s) of short game (from Hogline to house).	- Move Stones to Hogline or Play from hack - Coach to explain concept of short game and safety aspects. - Set up <i>Note: Supervision required for safety, catch stones and ask/answer questions</i>	
Time up		Get off ice and hand in equipment	- Stones moved and put away - Equipment returned and off ice - Coaches to ensure all groups come off ice safely	
Cool down	5 min	Static stretches. Calm session down.	- Coach to lead cool down - Use static stretches <i>Note: As per Scottish Curling coaching manuals.</i>	
Departure		All children are escorted to school transport	- Coaches to ensure that all children are escorted out rink. - Raise any issues for future session with teacher.	
Debrief	10 min		- Recap session with other coaches - Discuss any issues of the day. - What worked well/What did not	
Safety Points: Reinforce "Scottish Curling Safety Code" at all times,				
Pre notification of Incidents/Injuries:				

Curling's Cool		Session 2 of 4	Venue;	
Date:			Time	Duration: 1.5hrs (1hr on ice)
School:			No of players -	
Objectives of Session: - In a fun way, safely introduce children to the sport of Curling.				
Equipment Required: - Grippers, Step on Sliders, Brushes/Delivery Aids, Cone				
Activity:	Time	Players	Coaches	Coach Allocation
Coach briefing	10 min		- Check everyone understands session plan - Allocate duties - Prepare equipment	
Welcome	5 min	School arrives; children are assembled into designated area.	- Check attendance numbers - Check if any issues with teachers - Check suitable footwear/clean - Name labels <i>Note: All coaches smile, welcome and direct children.</i>	
Safety	5 min	Safety reminder	Using questions draw out safety points from previous session – ref. SC lesson plan 1.	
Warm Up	5 min	Take part in active exercises	- Coach to lead dynamic warm up - Ask participants to demonstrate exercises <i>Note: Return to lunges with sliding leg forward. Get coaches to quickly check everyone's position.</i>	
Coach allocation	5 min	Sorted into groups	- Divide quickly into groups (ratio approx 1:8). - Hand out equipment <i>Note: Double check footwear suitability for ice.</i>	
Basic delivery	5 min	"Ready Steady Go" slide with a stone and a brush/ delivery aid Ready – hips up Steady – Pull hips back Go – Slide out.	- Explain/remind the delivery – Ready Steady Go. - Allow children to practice - remind not to let go of stone. Encourage other children to observe by asking questions eg call out "Ready Steady Go" as player performs each stage. <i>Note: Maintain safety. Praise and encourage effort.</i>	
Basic delivery	5 min	"Ready Steady Go" slide with a stone and a brush/ delivery aid Try to slide further. Try to slide further than own cone marker	- Explanation – replace stone with a cone. (focus on balance) - Encourage children to slide further by seeing how far they can push off and leave cone as a marker. Encourage other children to observe by asking questions eg call out "Ready Steady Go" as player performs each stage. <i>Note: Maintain safety. Praise and encourage effort</i>	
Handles	5 min	Observe skip signals for Clock wise and anticlockwise handles.	- Explain and demonstrate the anticlockwise and clockwise handles (e.g. 10-12 and 2-12) - Explain the skip signals – as per coaching reference manuals.	
		In pairs, practice handle across sheet.	Practice releasing stone with the requested handle across the rink (use anti clockwise/clockwise as cues so as not to confuse left & right handed participants)	
Basic delivery	10 min	Ready Steady go slide with a stone, a brush/ delivery aid and releasing with handle	- Reiterate "Ready Steady Go". Ask questions - Check handle is in correct start position. (10 or 2) - Allow children to practice releasing the stone with handle - Rotate group to catch the stones and throw. <i>Note: Question player for feedback i.e. was that the correct handle?</i>	
Sweeping	5 min	Practice sweeping up and down the centre line with two gripping feet and with stone	- Remember the 3 reasons to sweep (ask questions) - Identify good sweeping positions - Practice – children to sweep parallel to the line and up the sheet - Introduce a stone and sweeping in pair <i>Note: Coach to maintain safety and praise. Encourage to increase speed in preparation to sweep a moving stone.</i>	
Full length	10 min	Take turns delivering a full length stone. Take turns sweeping a full length stone.	- Take turns one at a time to throw a stone full length - Coach to manage the players – who is sweeping, stand to the side <i>Note: Observe and supervise for safety. Praise and encourage effort.</i>	
Time up		Get off ice and hand in equipment	- Stones moved and put away - Equipment returned and off ice - Coaches to ensure all groups come off ice safely	
Cool down	5 min	Assemble all together for Cool down. Static stretches. Calm session down.	- Coach to lead cool down - Use static stretches <i>Note: As per Scottish Curling coaching manuals.</i>	
Departure		All children are escorted to school transport	- Coaches to ensure that all children are escorted out rink. - Raise any issues for future session with teacher.	
Debrief	10 min		- Recap session with other coaches - Discuss any issues of the day. - What worked well/What did not	
Safety Points: Reinforce "Scottish Curling Safety Code" at all times,				
Pre notification of Incidents/Injuries:				

Curling's Cool		Session 3 of 4	Venue;	
Date:			Time	Duration: 1.5hrs (1hr on ice)
School:				No of players -
Objectives of Session: - In a fun way, safely introduce children to the sport of Curling.				
Equipment Required: - Grippers, Step on Sliders, Brushes/Delivery Aids, Cones				
Activity:	Time	Players	Coaches	Coach Allocation
Coach briefing	10 min		- Check everyone understands session plan - Allocate duties - Prepare equipment	
Welcome	5 min	School arrives; children are assembled into designated area.	- Check attendance numbers - Check if any issues with teachers - Check suitable footwear/clean - Name labels <i>Note: All coaches smile, welcome and direct children.</i>	
Safety	5 min	Safety reminder	Using questions draw out safety points from previous session – ref. SC lesson plan 1.	
Warm Up	5 min	Take part in active exercises	- Coach to lead dynamic warm up - Ask participants to demonstrate exercises <i>Note: Return to lunges with sliding leg forward. Get coaches to quickly check everyone's position.</i>	
Coach allocation	5 min	Sorted into groups	- Divide quickly into groups (ratio approx 1:8). - Hand out equipment <i>Note: Double check footwear suitability for ice.</i>	
Basic delivery, aiming	5 min	"Ready Steady Go" slide with a stone and a brush/ delivery aid Ready – hips up Steady – Pull hips back Go – Slide out.	- Remind basic delivery "Ready Steady Go" - Place a cone at an appropriate distance for each player. - Practice, one at a time, sliding towards the cone – remind not to let go on stone <i>Note: Explain line up and aiming for target</i>	
Basic delivery, tunnel training	5 min	"Ready Steady Go" slide in a straight line, with a stone and a brush/ delivery aid through a tunnel.	- Expand on the previous exercise by encouraging the children to slide through a "tunnel" (see diagram). - Place cones as a tunnel - Highlight the need to line up in the hack in order to face the direction of travel. <i>Note: Make tunnel smaller/wider for different levels of difficulty</i>	
Basic delivery Hit the cup	10 min	"Ready Steady Go" slide in a straight line, with a stone and a brush/ delivery aid - Try to hit down cone Stone catcher	- Get participant to let go of the stone and knock down a cone which has been placed at the near hogline (Similar to 'Skittles', see diagram). Move cone left and right - Allocate one child (rotating role through the group) to stand at near hogline, behind cup, providing handle request and ready to stop the stone <i>Note: Coach may need to assist with catching the stones</i>	
Full length	10 min	Take turns delivering a full length stone to stop stone in house. Points for zone Take turns sweeping a full length stone.	- Children take turns one at a time to throw a stone full length - Coach to manage the players – rotate who is sweeping Give points for zones (marked with cones) on points for stones through the house. <i>Note: Observe and supervise for safety. Praise and encourage effort.</i>	
	5 min	Understand expectations for next week – Game play, order of play, and scoring	- Briefly explain game procedure - Scoring - Build expectation for the last session.	
Time up		Get off ice and hand in equipment	- Stones moved and put away - Equipment returned and off ice - Coaches to ensure all groups come off ice safely	
Cool down	5 min	Assemble all together for Cool down. Static stretches. Calm session down.	- Coach to lead cool down - Use static stretches <i>Note: As per Scottish Curling coaching manuals.</i>	
Departure		All children are escorted to school transport	- Coaches to ensure that all children are escorted out rink. - Raise any issues for future session with teacher. - Check that a list of all the children who participated has been submitted for certificates	
Debrief	10 min		- Recap session with other coaches - Discuss any issues of the day. - What worked well/What did not - Discuss full game situation for next session	
Safety Points: Reinforce "Scottish Curling Safety Code" at all times,				
Pre notification of Incidents/Injuries:				

Skittles



Objective

Line up & aiming to brush.

Use cones or grippers etc as markers placed on near hog line opposite hack. One on centre line, one to either side (a stones width apart).

Player throws stone to the cone to knock it down.

(Player should nominate which cone they are aiming for before delivery).

Try to knock down each cone in turn. Varying weight can be encouraged.

Catchers are required to stop the stones and replace the cones.

Encourage player to line up correctly for angles.

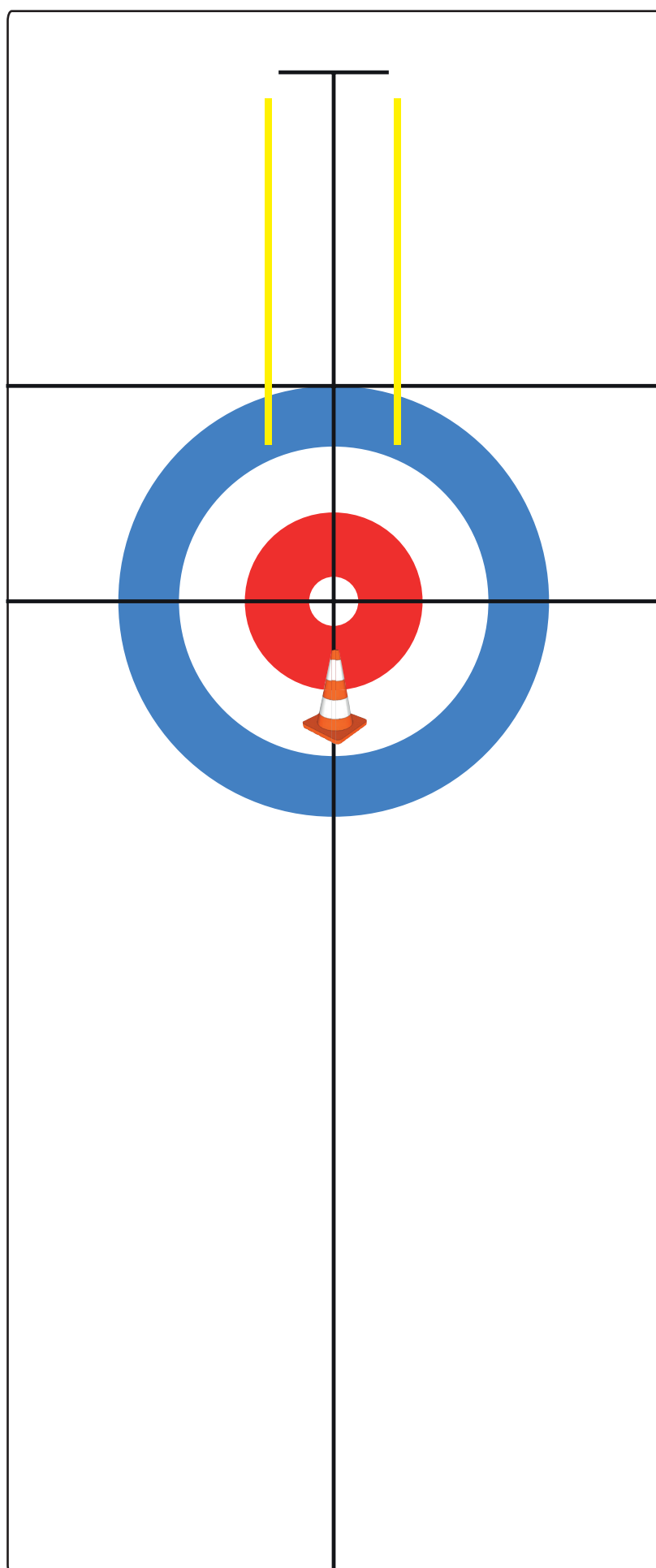
Scoring

For a clean hit = **2 points**

If a cone touched but not knocked down = **1 point**

Direction of play	
% of rink required	Hack to hog line
No. of players	Any
Difficulty level	    
Purpose	Line up & Balance

Tunnel training



Objective

Balance exercise - Use garden canes (or Plastic straps, brush handles etc), placed approximately three feet from the hack about two feet apart, place a marker at the end of the tunnel in the middle.

No stones to be used.

Slide through the canes without touching to reach the marker with your hand. Brushed can go round the tunnel.

Tunnel can be moved closer to the hack depending on ability.

Develop the skills by decreasing the width of the tunnel gradually to a stone's width.

Move the target left or right and develop angles and line up.

Scoring

For a clean slide reaching the tin = **3 points**

One strap touched and reaches the tin = **2 points**

If both touched but reached the tin = **1 point**

Direction of play	↓
% of rink required	Hack to hog line
No. of players	1+
Difficulty level	★☆☆☆☆
Purpose	Line & Balance

Curling's Cool		Session 4 of 4		Venue;		
Date:			Time		Duration: 1.5hrs (1hr on ice)	
School:				No of players -		
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Equipment Required: - Grippers, Step on Sliders, Brushes/Delivery Aids						
Activity:	Time	Players	Coaches			Coach Allocation
Coach briefing	10 min		• Check everyone understands session plan • Allocate duties • Prepare equipment			
Welcome	5 min	School arrives; children are assembled into designated area.	• Check attendance numbers • Check if any issues with teachers • Check suitable footwear/clean • Name labels <i>Note: All coaches smile, welcome and direct children.</i>			
Safety	5 min	Safety reminder	• Using questions draw out safety points from previous session – ref. SC lesson plan 1.			
Warm Up	5 min	Take part in active exercises	• Coach to lead dynamic warm up • Ask participants to demonstrate exercises <i>Note: Return to lunges with sliding leg forward. Get coaches to quickly check everyone's position.</i>			
Team allocation	5 min	Sorted into teams and numbered for team position	• Divide quickly into teams of 4 (5 if needed). • Hand out equipment • Explanation the order of play, player roles and order of sweeping <i>Note: Double check footwear suitability for ice.</i>			
Game play	25 min	Play a game	• Play a 3 end game • Limit technique instruction; focus on fun safety and to keep game moving • If distance is a problem, change to how far you can throw a stone and award points. <i>Encourage skip to shout sweeping instructions and all to acknowledge good shots. Create a fun atmosphere.</i>			
Time up	5 min	Get off ice and hand in equipment	• Stones moved and put away • Equipment returned and off ice • Coaches to ensure all groups come off ice safely			
Cool down	5 min	Assemble all together for Cool down. Static stretches. Calm session down.	• Coach to lead cool down • Use static stretches <i>Note: As per Scottish Curling coaching manuals.</i>			
Awards	10 min	Certificates and award ceremony Info to take home for local / After school club.	• Distribute Curling's Cool certificates • Distribute handouts "after school clubs" or "Young Curlers"/ information • Thank all children for coming and taking part. Ask if they enjoyed their experience of Curling. <i>Note: If Scottish Curling do the certificates, allow extra game time and let school know certificates are on the way</i>			
Departure	10 min	All children are escorted to school transport	• Coaches to ensure that all children are escorted out rink. • Raise any issues for future session with teacher.			
Debrief	10 min		• Recap session with other coaches • Discuss any issues of the day. • What worked well/What did not			
Safety Points: Reinforce "Scottish Curling Safety Code" at all times,						
Pre notification of Incidents/Injuries:						

Scottish Curling Safety Code for sessions:

Getting on to the ice

- Place your gripper foot on the ice first
- Don't step onto the ice over parked stones

Delivery

- Finish sliding before getting up
- Stand up on your gripper foot first

Equipment

- Never swing your brush around
- Stop stones with your brush, not feet
- Move stones with your brush – don't lift them
- Clear stones carefully after an end

Etiquette

- Keep food and drink away from the ice surface
- Stand between hog-lines when not playing
- Never cross in front of anyone playing

Emergency call

- Know the call "ICE!" (= "FORE" in golf)

