

Become a Curler Session Plan 1



Focus: Improving the technique of participant's delivery and sweeping while also introducing team play to build knowledge and skills.

Element		Activity	Coaching Points	Timings
Off Ice	Introductions	Welcome participants, explain the plan for the session, and introduce coaches. Ice safety briefing and equipment overview (grippers, sliders, stabilisers, etc.). Answer initial questions	Use this opportunity to assess different needs, as well as who may be more or less confident about the session. Consider if everyone is in suitable clothing and footwear.	5 minutes
	Warm Up	Dynamic movements to increase blood flow and prevent injury. Ask about injuries or restrictions.	Be considerate of abilities and modify where necessary.	5 minutes
On Ice	Getting Started on the Ice	Distribute brushes and grippers. Enter the ice carefully Walk to hog line and back to get a feel for traction. Run through a short reminder of delivery process including safety points.	Emphasise moving slowly, keeping weight low for balance. Watch for participants who are unsteady.	2 minutes

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On Ice	Delivery and Refinement	Check setup and balance using two stones or delivery aid for stability. Move on to stabiliser or brush delivery. Use sponges to visualise target line. Emphasise smooth weight transfer.	Focus on alignment: shoulders/hips square to target. Encourage balance and controlled movements rather than speed. Reinforce consistent push from hack. Give simple corrections one at a time. Use positive reinforcement. Place sponges at end of sheet or at hog line for half sheet use. Ensure slider foot is loaded when transitioning into the slide position.	15 minutes
	Skip Signals & Sweeping	Demonstrate skip positioning and basic hand signals with rotation of the stone. Practice delivery, sweeping and skipping while allowing everyone to try every role.	Introduce CW/ACW hand signals and stone rotation. Reinforce clear communication – loud and simple signals between players. Stress safety in sweeping (stay clear of moving stones). Reminder of sweeping position. Rotate roles so everyone experiences throwing, skipping, and sweeping.	15 minutes

	Element	Activity	Coaching Points	Timings
On Ice	Weight Control	Introduce guards, draws, and hack-weight hits. Discuss why weight affects line and shot strategy. Allow players to alternate between weights in delivery	Explain why different shots are used in different scenarios. Emphasise feel of release and follow-through for controlling weight. Encourage players to self-assess ("too heavy/too light"). Relate shot choices to strategy basics. Keep shot selection achievable i.e. open draw, open take out.	20 minutes
	Mini Game	Play 1 short end, alternating guards/draws vs. hits. Debrief between shots for teaching moments.		10 minutes
Off Ice	Cool Down and Conclusion	Conclude the session on ice and lead a cool down. Take group to an off ice area to debrief and mention the next session including the idea of tactics. Collect any equipment. Have information ready about the next session or next steps. Offer the opportunity for participants to provide feedback and ask any questions.	Make the effort to speak to each participant/group and establish what their intentions are.	5-10 minutes