

Become a Curler Session Plan 2



Focus: Build the confidence of players while recapping previous learnings, and improve game readiness.

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 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 Recap from session 1 - weight control and hand signals Allow participants the chance to throw one or two stones each to allow for check in on delivery	Emphasise moving slowly, keeping weight low for balance. Watch for participants who are unsteady.	10 minutes

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On Ice	Rotating Shot Challenges	Two teams, rotating positions each shot (thrower, sweeper, skip). Play series of guards, draws, and hits to demonstrate control. Coaches give targeted feedback.	Emphasise role rotation so participants understand all positions. Encourage communication between sweepers and skip. Focus on stone control (line & weight) rather than results. Provide quick, constructive feedback after each shot.	20 minutes
	Sweeping	Focused sweeping drills - either stationary or moving sweep drills For example - maximum 10 seconds sweep with 30 seconds recovery carried out 6 times	Demonstrate correct sweeping technique (brush angle, pressure, footwork). Reinforce safety—stay clear of moving stones and keep brushes under control.	10 minutes
	Gameplay	Play 2 quick ends with minimal coach input. Emphasise self-organisation, rules, and etiquette. Coaches step in only for safety or major guidance.	Encourage teams to take initiative in calling shots and managing play. Observe how players organise themselves and adapt. Reinforce curling etiquette: shaking hands, respecting opponents' shots, and pacing of play. Use debrief afterward to reflect on learning points.	20 minutes

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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 discuss follow on opportunities. 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