

Try Curling Session Plan



Focus: Provide a welcoming and friendly first interaction to curling, where participants get a taste of the different aspects of the game while having fun and meeting new people.

Element		Activity	Coaching Points	Timings
Off Ice	Introductions	Take the time to meet with participants off ice prior to the session. Ensure they know the names of the coach(es) and provide opportunity for them introduce themselves to one another. Use a short ice breaker if suitable. Provide a summary of the session and what they will be doing. Ask if everyone has seen the safety video, if possible show the video to familiarise points. Explain and hand out kit such as grippers, sliders, brushes etc. Check if anyone is left handed.	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.	10 minutes
	Warm Up	Lead a dynamic warm up which suits the abilities of all participants. Ensure all participants are included regardless of mobility challenges. Share with the group the importance of warming up prior to participation. Highlight the lunge position as signification for those who will be using sliding delivery.	Be considerate of abilities and modify where necessary.	5 minutes

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On Ice		Introduction to Ice and Sweeping	Lead the group to the edge of the allocated ice sheet and explain getting onto the ice safely. Ask for the 3 reasons curlers sweep – Straight, Curl, Distance. Demonstrate how to hold brush in a stationary position. Practice sweeping stationary, get the participants to sweep as hard as they can on the spot when you shout go/sweep. Practice sweeping while moving and explain body position with the coach pushing a stone down the ice. Swap sides to sweep and return back down rink.	Supervise each participant getting onto the ice. Create awareness of boundaries e.g. stay between these lines. Point out and name some of the markings on the rink – hog line, house & hack. Reminder not to lift stones.	5 minutes
		Delivery	Explain the scoring system in curling, however include that this may vary during this session to make the session inclusive for everyone. All participants to try stick deliver first. Stick Delivery Explain the principles of stick delivery (include seated if wheelchair user), including starting in the hack, walking out in the direction the stone is to travel and releasing the stone before the hog line. Allow all participants to try the delivery before offering individuals the opportunity to try sliding delivery. Sliding Delivery Explain basic delivery – three stages Ready Steady Curl – with quick demonstration. Participants to take turns Stage 1 – Keep hold of the stone Stage 2 – Let go of stone with no push Stage 3 – Release stone	Provide information on differences in delivery – stick and sliding. Purpose is to establish balance and build confidence in position and actions	10 minutes

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On Ice	Delivery with Sweeping	Split the group into 2 groups, one will through first, and one will sweep. Start with a short delivery by aiming to get the stone to the first hog line, and then increase the length of the target as they gain confidence. Swap the groups around to ensure everyone gets to try all aspects. Once everyone has had a turn at throwing, introduce the concept of handles. Participants do not need to try it if they are not ready.	Ensure support and guidance is provided to both groups. The main aim is to get people throwing stones. Technical aspects are not a focus for this session. Celebrate individuals successes and encourage particiapnts to celebrate each other successes.	15 minutes
	Game	Split the group into 2 teams, while ensuring there is balance in abilities within each team. Explain the team positions, and give a brief explantation of skip signals. Consider adapting the scoring based on abilities. Guide the participants through an end of curling.	Continue to make the session fun for participants.	15 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. Collect any equipment. Have information ready for next steps for those interested in returning. 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