

CurlTech Delivery Quick Reference

Setup

- Place the ball of your foot on the back of the hack.
- Squat with weight on the hack foot
- Sliding foot heel to toe.
- Place the broom head in front of the sliding foot.
- Cock the handle.

Forward Press

- Move the rock slightly forward.

Draw/Step

- Draw the rock back.
- Simultaneously raise the hips
- Step back onto the sliding foot.

Body Drop

- Start moving forward with the rock and upper body.
- Delay the sliding foot.
- "Catch" the body as it drops into the sliding position.

Slide

- Position the sliding foot with the heel on the line of delivery
- Test for balance

Release

- Slowly extend the arm and rotate rock positively towards skips broom

http://www.curlingschool.com/manual/curltech_delivery.html