

Balance

- Sliding foot should be under the trunk of your body
- Broom should be at 45 angle, handle tucked behind your back
- Sliding leg should be fully extended, knee off the ice
- This provides a stable tripod

Delivery A: Stance, Hip Elevation, Slide: 1, 2, 3

1 Stance

- Placement of Hack Foot
 - Ball of foot in centre of the hack
- Placement of Sliding Foot
 - Parallel to hack foot; one broom's handle apart
 - Heel/ Toe
- Position of Knees/Hips/Thighs
 - Squat position
 - Hack knee in line with skip's broom
- Position of Delivery arm/Balance arm
 - Delivery arm in line with line of delivery; rest on hack knee
 - Balance arm at 45 angle holding broom
- Position of Head/Upper body
 - Head up; Upper body square to target

2 Hip Elevation

- Raise hips parallel to ice

3 Forward Slide

- Sliding foot under body for maximum stability and balance
- Trailing leg fully extended in line with Line of Delivery

Delivery B: Press, Pullback, Stop, Slide

1. Timing

- Press, Rock Back, Foot Back
- Park
- Rock forward, Foot forward, Extend
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Delivery C: Grip, Turns, Release, Line of Delivery

1. Grip

- Grip gooseneck with index finger and thumb
- Palm does not touch the handle

2 Turns

- Skips signals
- Clockwise or In-Turn (10 o'clock)
- Counterclockwise or Out Turn (2 o'clock)

3 Release

- Release on the centerline (12 o'clock)
- Clean release

4 Line of delivery