

Special Olympics Instructor's Guide



Special Olympics
Olympiques spéciaux
Canada





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INTRODUCTION



HOW TO USE THIS GUIDE

This guide is intended to help you learn about and teach the basics of the Olympic sport of curling. Using a FloorCurl kit is a great way to teach people of any age about curling basics.

This 10 lesson guide is simple and easy to deliver, and does not require any previous experience or knowledge of curling whatsoever.

Each Week is broken down into three (3) parts which should take no more than 10 minutes each.



1. TEACH



2. PRACTICE



3. PLAY



Note: Some weeks (2,3,4,5 and 8, 9) will begin with a Quick Recap of the previous lesson in order to reinforce the concepts learned so far. By the end of these lessons, athletes should have a concrete idea of scoring and basic shots. Quick Recaps are indicated in this Lesson Guide by the icon at the left.

Our hope is that everyone learns something new about the game of curling, but the most important thing is that everyone has fun and gets more physically active!



LESSON 1: SCORING



TEACH: INTRODUCTION TO CURLING

The object of curling is to score more points than the opponent by having one's rocks closer to the button at the completion of each end.

1. What is the House?
 - a. The House is made up of red & blue rings. The middle circle in the rings is known as the button.
 - b. The House is the target area where the rocks are directed and scoring is determined in any curling game (see Fig. 1).
 - c. The goal in curling is to get your rocks closer to the centre than the other team.

2. What is an End?

An End in a curling game is completed once all the rocks are thrown and the score has been determined. An End is similar to an inning in baseball.

3. How do you determine the score?

- a. Scoring is determined after all the rocks are thrown into the House.
- b. Points are given for each rock that is closer to the button than the other teams rocks (see Fig. 2-4 for examples of scoring).
- c. If no rock from either team is in the House, then no score is awarded in that End.



PRACTICE: SCORING EXAMPLES

1. Place some blue and red rocks in one of the Houses to show athletes some different examples of scoring (see Fig. 2-4 for examples).
2. Mention you do not count the score until all the rocks have been thrown in an End.
3. Have the athletes guess which colour scores, and how many points that colour scored.
4. Be clear when teaching scoring that each rock is only worth one point no matter how close they are to the button.
5. Mention that only one team can score per End.



PLAY: TWO-END GAME

Split the group up into different team of 2 or 4 players each. Have them play one End of a curling game. Allow the group to agree upon the score after the end and then judge if they are correct or not.

After all rocks have been thrown you determine who is closer and then score the points. This is called one End.

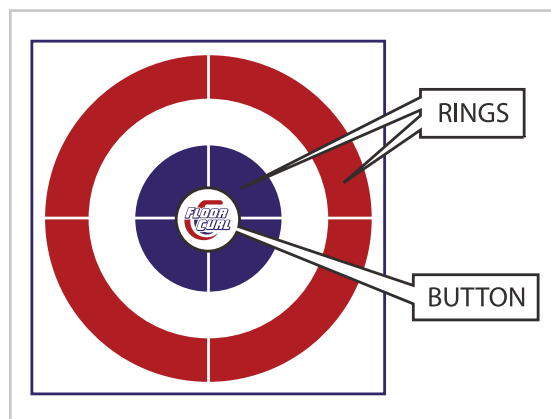


Fig. 1: The House

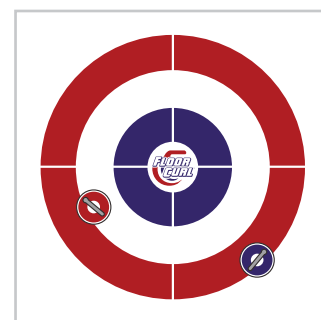


Fig. 2: Red scores 1

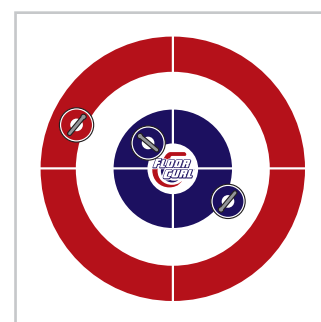


Fig. 3: Blue scores 2

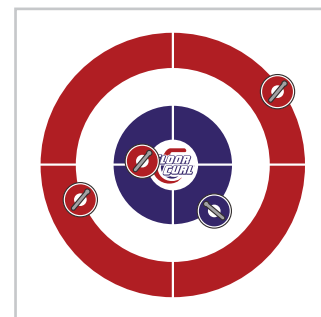


Fig. 4: Red scores 1

LESSON 2: GRIPS & TURNS

QUICK RECAP: SCORING

Briefly recap the Scoring lesson from the previous week (no more than 2-3 minutes).

TEACH: GRIPS & TURNS

Holding the rock handle - Keep your fingers together. Grip the middle of the handle at the second joint in your fingers. Place the side of your thumb on the other side of the handle.

What are turns in curling? When you release a curling rock you always put a “turn” on the rock which tells the rock what direction to curl. A clockwise turn will curl from left to right, and vice versa. (Please note that FloorCurl stones will travel straight, and not curl like stones on ice as it is a different set of physics at play!).

Putting a “turn” on a curling rock - Start the nose of the rock pointing at your skips hand (either 10 or 2 o’clock) and as you release, always turn towards 12 o’clock.

The skip indicates what turn to throw with an out-stretched arm. From the thrower’s perspective, the rock handle should start pointed the direction of the skip’s arm, and be brought back to 12 o’clock upon release. The rock would curl in the direction from the skip’s arm towards their body.

Demonstrate grip and turns - Show both turns using the rock and a athlete volunteer holding the broom and raising the appropriate hand. Use any type of similar object to act as a broom (eg: hockey stick).

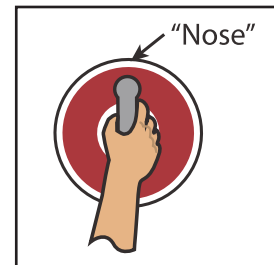


Fig. 5: Grip

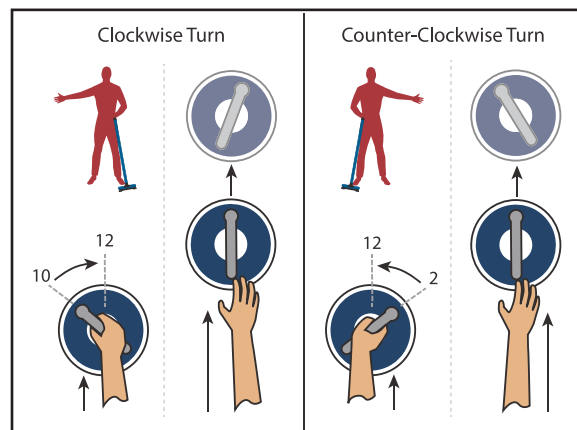


Fig. 6: Clockwise and Counter-Clockwise Turns

PRACTICE: GRIPS & TURNS

1. Move all athletes to area with brooms and rocks, divide into two groups with all 1’s getting a rock and all the 2’s getting a broom (or broom like object) while standing about 15 feet across from someone with a rock
2. Have all the 2’s put out their hand as they are the skip calling a shot and the 1’s will slide the rock with the right turn on it, have them do this 3-4 times.
3. Switch all the 2’s will now throw the rocks and the 1’s will hold the broom.

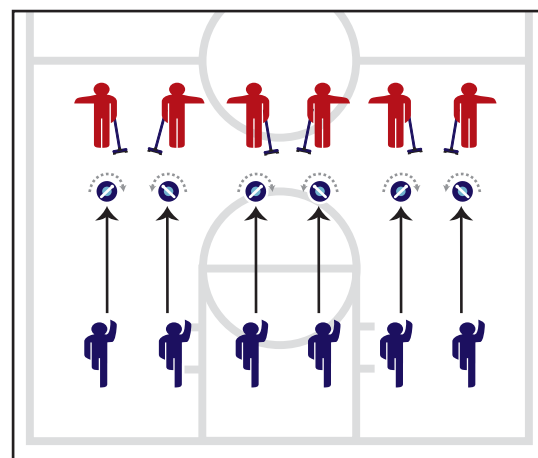


Fig. 7: Practice Grips & Turns

PLAY: TWO-END GAME

Split the group up into teams of 4 players, assign each player a number (1, 2, 3, 4) to designate each teams Lead (1), Second (2), Third (3) and Skip (4).

Have two teams play a Two-End game (see Lesson 1).

Sweeping in curling is the action of moving a broom back and forth in front of the path of a moving rock.

LESSON 3: POSITIONS

QUICK RECAP: GRIPS & TURNS

Briefly recap the Grips & Turns lesson from the previous week (no more than 2-3 minutes).

TEACH: POSITIONS

What are the different positions of a curling team?*

1. The Lead - throws the first two rocks in an End of curling.
2. The Second - throws the second two rocks in an End.
3. The Third - throws the third two rocks in an End.
4. The Skip throws the last two rocks in an End.

The Skip is also the team leader, telling the shooters where to aim their rocks, and sweepers when to sweep the rocks as they approach the House (see Fig. 8).

*FloorCurl Kits have four rocks per team - not eight - so each of the positions above will throw one rock - not two - per End.

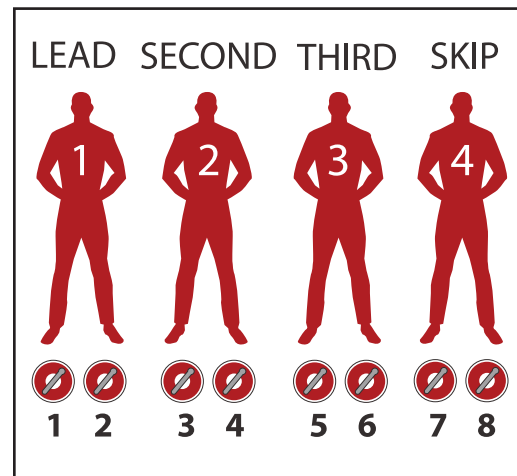


Fig. 8: Positions on a curling team.

PRACTICE: POSITIONS EXERCISE

The purpose of this exercise is to demonstrate who throws first and how it rotates between both teams.

1. Split the athletes into two teams of four players each. Name one "Red Team" and the other "Blue Team".
2. Put Teams and rocks at one end of the gym and place the House in the middle of the gym approx. 25' from where the teams are.
3. Assign each athlete a numerical position on their team (1, 2, 3, 4) which determines who is the Lead (1), Second (2), Third (3), and Skip (4) for the practice.
4. Have the Lead (1) for Red Team throw the first rock to the Button, followed by the Lead (1) for Blue Team throwing their first rock towards the Button (see Fig. 9).
5. Have the Second (2) for Red Team throw their second rock to the button followed by the Second (2) for Blue Team throwing their second rock to the button.
6. Alternate throws in the same manner for the Third (3) position players on both teams, followed by the Skip (4) positions throwing the final rocks to the button.
7. At this point, all the rocks should be delivered in the proper order. Have the athletes run to carefully get their rocks, return and line up in the same way as the start of the exercise. Repeat the exercise once.

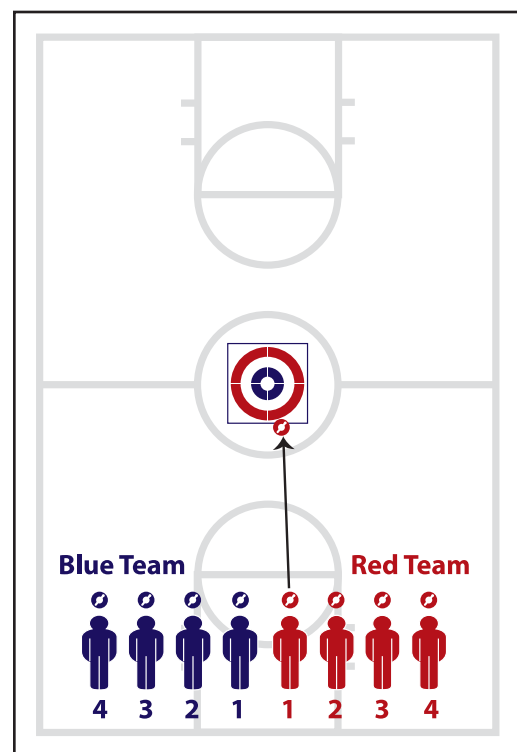


Fig. 9: Positions on a curling team.

PLAY: TWO-END GAME (WITH POSITIONS)

Split the group up into teams of 4 players, assign each player a number (1, 2, 3, 4) to designate each teams Lead (1), Second (2), Third (3) and Skip (4). Have two teams play a Two-End game (see Lesson 1).

LESSON 4: DRAWS

QUICK RECAP: POSITIONS

Briefly recap the Position lesson from the previous week (no more than 2-3 minutes). Ask the athletes if they recall the positions: Lead, Second, Third, and Skip. Ask how many rocks each position throws (2).

TEACH: DRAWS

There are 3 main shots in curling: Draws, Hits and Guards:

This week we put a focus on Draws.

A Draw is a curling shot that stops in the rings of the House (see Fig. 10).

Draws are the most basic shot in curling - you must be able to deliver a rock to the rings with the proper weight (force) so it stops within the House.

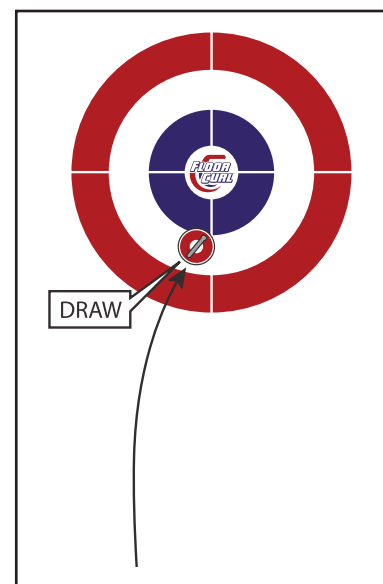


Fig. 10: The Draw shot.

PRACTICE: DRAWS RELAY

The purpose of this exercise is to practice Draws. Place the House at one end of the gym for each team, and place one rock for each team at the centre line of the gym (see Fig. 11).

1. Break the athletes into two teams, a Blue Team and Red Team and have each team line up at the other end of the gym.
2. When you say "GO!" one athlete from each team begins the relay by racing to their team's rock at the centre line and attempts to deliver a Draw shot that stops in the House.
3. If successful, the athlete will run to the rock in the House, pick it up and gently return it to the centre line where it was before, and then return to tag the next player on their relay team.
4. If not successful, the athlete will retrieve the rock and try a second draw to the House. Whether or not the athlete makes the second Draw shot, they will gently retrieve the rock and leave it at the centre line and run to tag the next player.
5. The athlete tagged will repeat this process until the whole team has finished the relay.

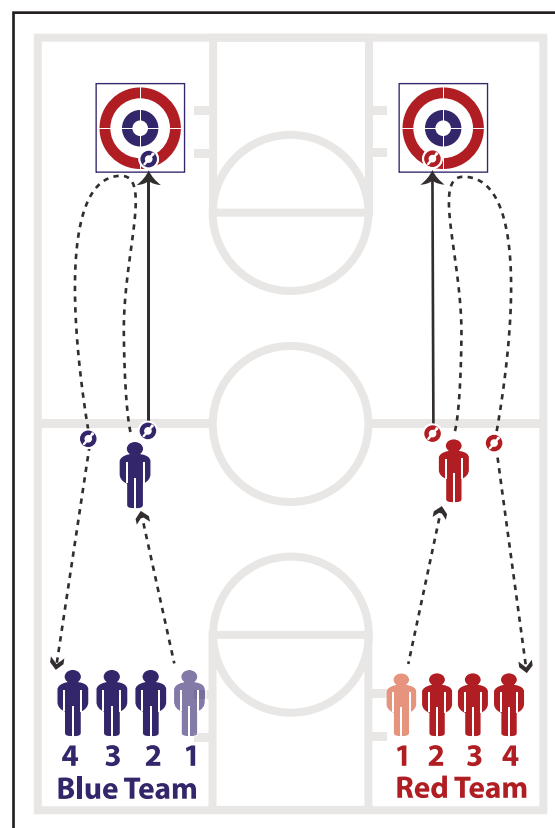


Fig. 11: Draw Relay

PLAY: DRAW TO THE BUTTON

Each athlete will get two chances to Draw their rock into the house.

Ensure they all start from the same line and throw the rock an equal distance.

Move the top four athletes that had shots closest to the button to a second round where they each get one Draw to the button. Closest rock to the button of the four is declared the "Draw To The Button" winner.

LESSON 5: HITS



QUICK RECAP: DRAWS

Briefly recap that a successful Draw shot is one that stops in the rings of the House.



TEACH: HITS

There are 3 main shots in curling: Draws, Hits and Guards.

This week we put a focus on Hits.

Hits are shots that are meant to knock another team's rock out of scoring position and/or out of play (see Fig. 12).



PRACTICE: HITS

The purpose of this exercise is to practice the Hit shot. Place the House at one end of the gym for each team, and place one rock for each team at the centre line of the gym (see Fig. 13). Place a rock in the House as a target for a Hit shot.

1. Break the athletes into two teams, a Blue Team and Red Team and have each team line up at the other end of the gym.
2. When you say "GO!" one athlete from each team begins the relay by racing to their teams rock at the centre line and attempts to deliver a Hit that connects with the other rock in the House.
3. If successful, the athlete will run to the House, gather the rock that was Hit and put it back in it's original position in the Rings. The athlete must then gently pick up their rock, replace it back to the centre line and return to tag the next player on their relay team.
4. If not successful, the athlete will retrieve the rock and attempt a second Hit shot. Whether or not the athlete makes the second Hit shot, they will gently retrieve the rock and leave it at the centre line and run to tag the next player.
5. The athlete tagged will repeat this process until a team has finished the relay.



PLAY: HIT AND STICK

Place a rock on the button in the house and have the athletes throw their rock to try to Hit the other rock out of play.

Award one (1) point if the athlete Hits the other rock and both rocks roll out of play.

Award two (2) points if the athlete Hits and Sticks - which means the athlete's rock doesn't roll out of play.

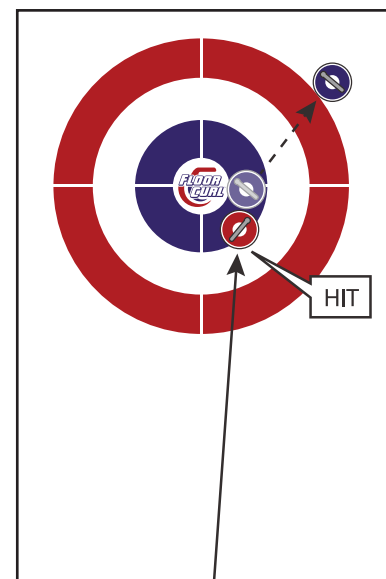


Fig. 12: The Hit shot.

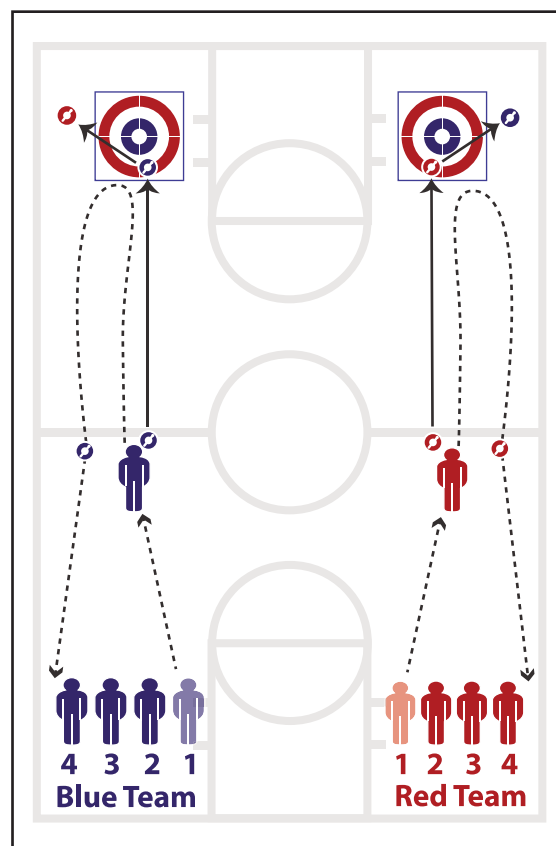


Fig. 13: Hit Relay

LESSON 6: CURLING BASICS (RECAP)



In order to keep the first five lessons in context, it's important at this stage to have one session dedicated to reviewing and re-enforcing the lessons learned so far.

SCORING

Briefly recap the different parts of the House, including the rings and button. Remind the athletes that after all the rocks have been thrown (one End), one point is scored for each rock a team has closer to the button than the other (see Fig. 15).

SWEEPING

Sweeping is the action of moving a broom or brush back and forth in front of the path of a moving stone. Note that the friction of the broom against the surface allows the rock to travel further. Quickly display proper sweeping technique.

POSITIONS

Recap the positions on a curling team (see Fig. 17):

- Lead - throws the first 2 rocks in an End.
- Second - throws the second 2 rocks in an End.
- Third - throws the third 2 rocks in an End.
- Skip - throws the last 2 rocks in an End.

Quiz the athletes on how many rocks each position throws (Answer: 2).

DRAWS

Draws are curling shots that are thrown with just the right amount of weight that they stop in the rings of the House.

HITS

Hits are curling shots that are thrown harder than a draw and meant to collide with an opposition's rock and knock it out of the House area.

PLAY: 4-END GAME

Split the group up into 4 different teams of 2-4 players and have them play a 4-End game.

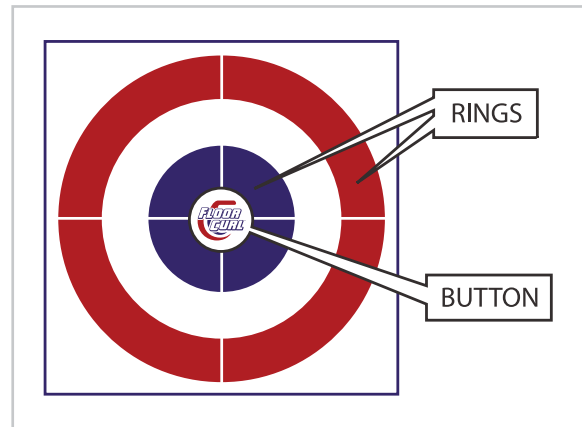


Fig. 14: The House

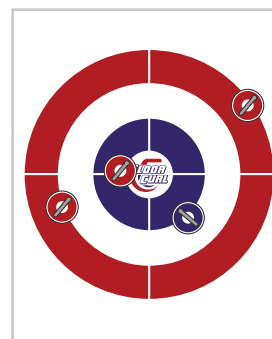


Fig. 15: Red Scores 1



Fig. 16: Sweeping

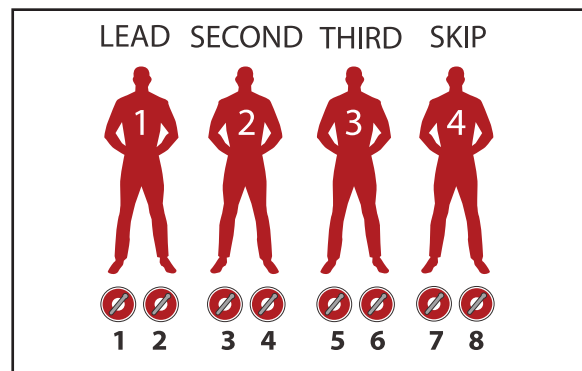


Fig. 17: Positions on a curling team.

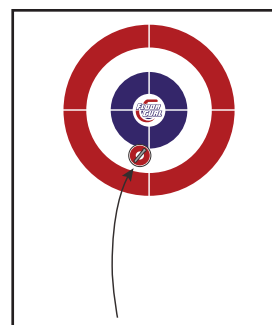


Fig. 18: Draw

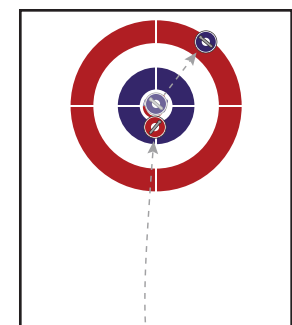


Fig. 19: Hit

LESSON 7: GUARDS



TEACH: GUARDS

There are 3 main shots in curling: Draws, Hits and Guards:

This week we put a focus on Guards.

A Guard is a stone that is placed short of the House in order to protect another rock in the House (see Fig. 20).



PRACTICE: GUARDS

The purpose of this exercise is to practice the Guard shot. Place the House at one end of the gym for each team, and place one rock for each team at the centre line of the gym (see Fig. 21). Place a rock in the House (similar to the Draw in Fig. 20) for the athletes to Guard.

1. Break the athletes into two teams, a Blue Team and Red Team and have each team line up at the other end of the gym.
2. When you say "GO!" one athlete from each team begins the relay by racing to their teams rock at the centre line and attempt to deliver a Guard that stops in front of the other rock already in the House.
3. If successful, the athlete will run to their rock, pick it up and gently return it to the centre line where it was before, and then return to tag the next player on their relay team.
4. If not successful, the athlete will retrieve rock and attempt a second Guard shot. Whether or not the athlete makes the second Guard shot, they will gently retrieve the rock and leave it at the centre line and run to tag the next player.
5. The athlete tagged will repeat this process until a team has finished the relay.



PLAY: DRAW AND GUARD GAME

Divide the athletes into pairs. The first person will attempt to throw a Draw in the House. The next person will attempt to throw a Guard above the House directly in front of the previous Draw.

The pairs will take turns doing this until each athlete has had a chance to throw a Draw shot and a Guard shot.



PLAY: 4-END GAME

Split the group up into 4 different teams with 2-4 players on each team and have them play a 4-End game.

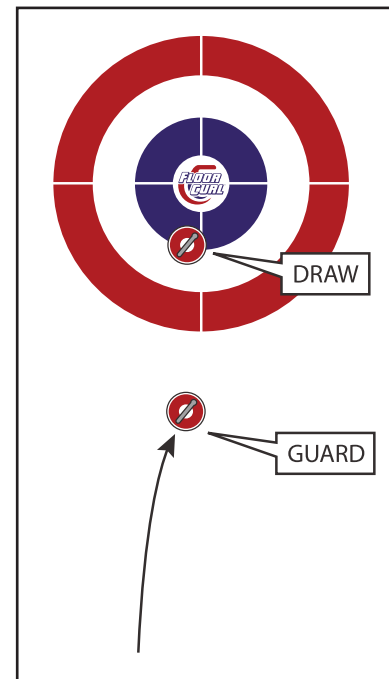


Fig. 20: Guard

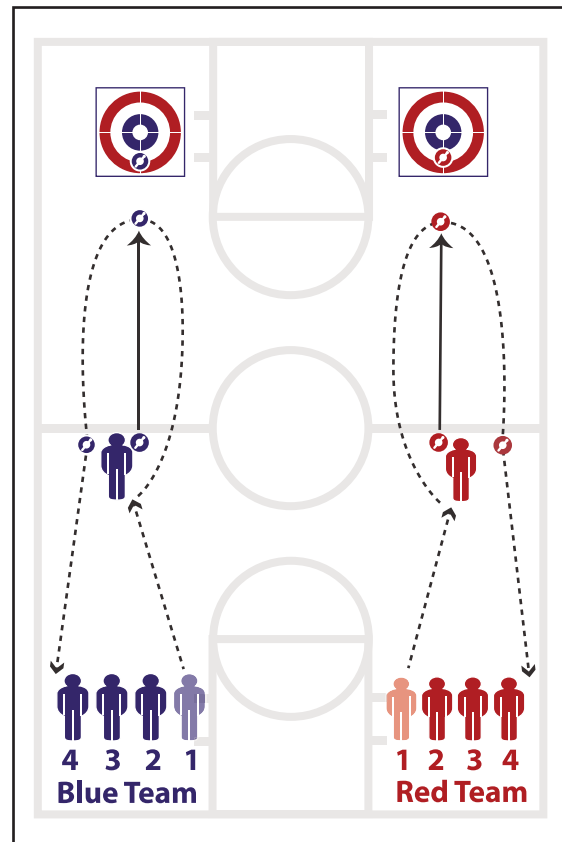


Fig. 21: Guard Relay

LESSON 8: TAP BACKS



QUICK RECAP: GUARDS

Briefly recap the Position lesson from the previous week (no more than 2-3 minutes). Ask the athletes if they recall the positions: Lead, Second, Third, and Skip. Ask how many rocks each position throws (2).

TEACH: TAP BACKS

Put one rock in front of the house as a Guard position. Each athlete will take a turn trying to tap the rock into the house. Make sure the rock is in the same starting position for each player.

PRACTICE: TAP BACKS

The purpose of this exercise is to practice the Tap Back shot. Place the House at one end of the gym for each team, and place one rock for each team at the centre line of the gym (see Fig. 13). Place a rock in the House as a target for a Guard shot.

1. Break the athletes into two teams, a Blue Team and Red Team and have each team line up at the other end of the gym.
2. When you say "GO!" one athlete from each team begins the relay by racing to their teams rock at the centre line and attempt to deliver a Tap Back shot that bumps the rock in front of the House INTO the House.
3. If successful, the athlete will run to the rock in the House, pick it up and gently return it to the centre line where it was before, and then return to tag the next player on their relay team.
4. If not successful, the athlete will retrieve the rock and attempt a second Tap Back shot to the House. Whether or not the athlete makes the second shot, they will gently retrieve the rock and leave it at the centre line and run to tag the next player.
5. The athlete tagged will repeat this process until a team has finished the relay.

PLAY: TAP BACK CHALLENGE

Give every athlete two chances to execute a proper Tap Back shot. If the athlete is happy with their first attempt they can decide to not try again.

The 4 players who executed a Tap Back shot closest to the button will enter a final round to determine the winner. Give each player one attempt to make the best Tap Back shot. Ensure that each athlete delivers the rock with the proper delivery technique.

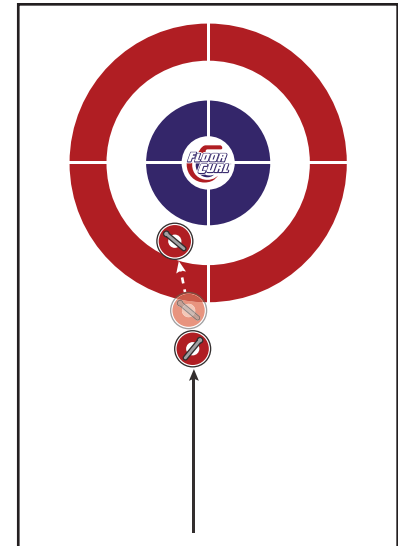


Fig. 22: Tap Back shot

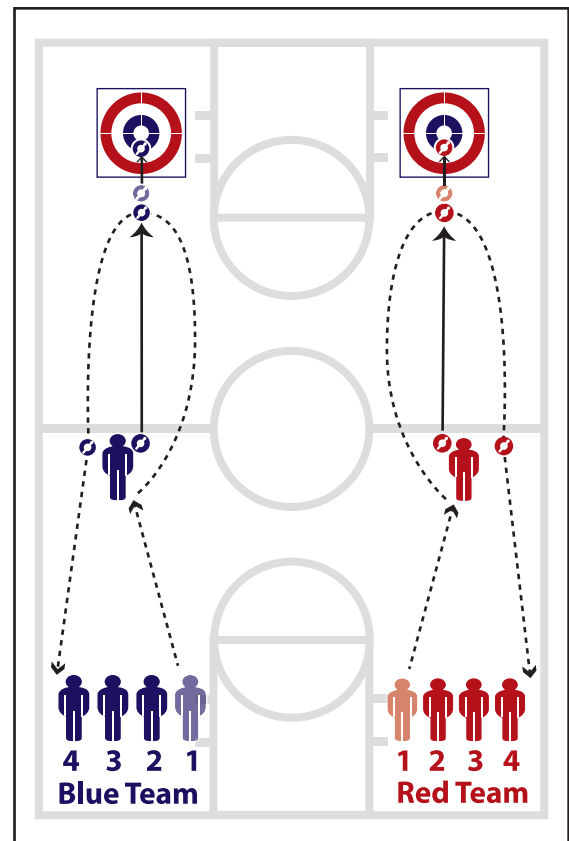


Fig. 23: Tap Back Relay

LESSON 9: RECAP

In order to keep all the lessons in context, it's important at this stage to have a second "Recap" session dedicated to reviewing and re-enforcing the lessons learned so far.

◀ RECAP: GUARDS

Place one rock like a Draw in the House (see Fig. 24).

Each athlete will take a turn trying to throw a Guard rock in order to protect the Draw rock in the House (see Fig. 24).

For fairness, the placed Draw rock should be in the same position for each players attempt, so try to ensure that the Draw rock is back to the same place in the House for each athlete.

◀ RECAP: TAP BACK

Place one rock like a Guard in front of the House (see Fig. 24).

Each athlete will take a turn trying to throw a rock to Tap Back the Guard into the House (see Fig. 25).

For fairness, the placed Guard rock should be in the same position for each players attempt, so try to ensure that the Guard rock is back to the same place above the House for each athlete.

▶ SHOOT OUT

Have all the athletes sit in a circle with a house in the middle.

Each athlete will get one turn to throw a rock, if their rock is closer to the button than the previous thrown rock, it gets to stay in the ring while the other rock is removed.

Once all athletes have thrown their rock which ever rock is closer is the winner of the shoot out.

▶ PLAY: 4-END GAME

Split the group up into 4 different teams with 2-4 players on each team and have them play a 4-End game.

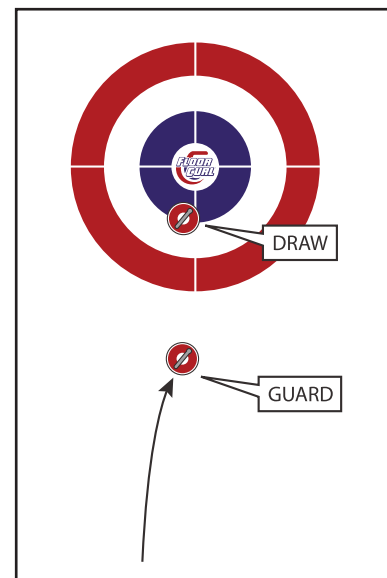


Fig. 24: The Guard shot

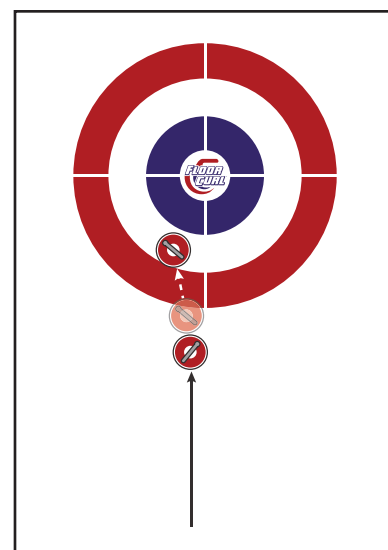


Fig. 25: Tap Back

LESSON 10: MINI TOURNAMENT



▶ PLAY: MINI-TOURNAMENT

Split the class into 4 different teams. They will rotate through playing each team once, a total of 3 games. Each game will last 4-6 ends (pre-determine before the tournament starts). Add in sweeping and skips to ensure proper turns are thrown with each shot.

▶ SHOOT OUT

Have all the athletes sit in a circle with a house in the middle.

Each athlete will get one turn to throw a rock, if their rock is closer to the button than the previous thrown rock, it gets to stay in the ring while the other rock is removed.

Once all athletes have thrown their rock which ever rock is closer is the winner of the shoot out.



INTERESTING FACTS ABOUT CURLING

1. Special Olympics in Canada has over 1,600 athletes participating in 11 of the Provinces/Territories.
2. Curling debuted in the Olympic in 1924 but was not an official Olympic Sport until 1998.
3. Curling was founded by Scots in 1541.
4. The first World Championships of curling was held in 1958.
5. The average curling stone weighs 42 pounds.
6. Curling tournament is called a bonspiel.
7. Curling ice is pebbled by water droplets sprinkled on the ice that form little bumps (the pebble) and not smooth and slippery like ice used for figure skating or hockey.
8. The name Curling comes from the old verb to curr (to grumble), which is the noise made by the rock moving along the pebbled ice.
9. There are over 50 member nations of the World Curling Federation including Brazil, Greece and the US Virgin Island.
10. Curling stones are made of Granite, but there has been documents in Canada saying that an iron stone was once used.



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