

HOW TO DELIVER A ROCK USING A STICK

- a step by step guide

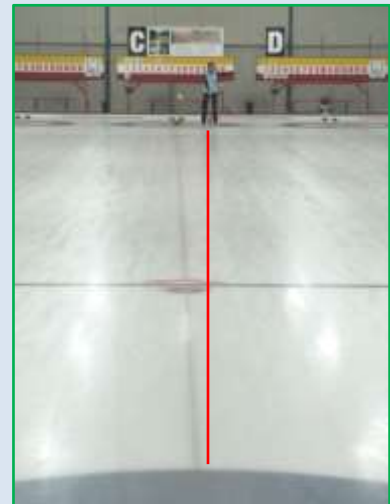
STEP 1

- Clean the base of the rock.
- Place the rock in front of the hacks.



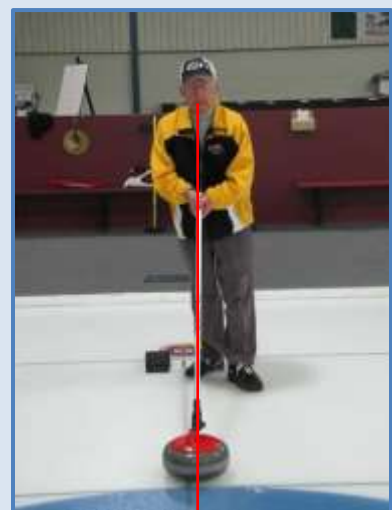
STEP 2

- Retire to the “**thinking box**” behind the hacks.
- Determine the shot being called by the skip.
- Visualize the shot you will play.
- Attach the stick to the rock & step into the “**delivery box**”.



STEP 3

- Using 2 hands, centre the rock on the “imaginary line” to the skip’s broom.
- Look down & ensure that your stick is centred on your body & in line to the skip’s broom (*ungloved delivery hand at the top of the stick*).



STEP 4

- Using 2 hands, slowly step forward along the “imaginary line”.
- Maintaining the line, increase your pace to the desired speed.
- Prior to the hog line, remove your supporting hand & prepare to release the rock.
- After your release (with correct rotation) continue your forward motion into the “follow thru box”.
- Watch the rock until it stops.

