

“I HAVE THE POWER!!”



Most people struggle to develop enough power for take-outs. There are several **power generators** to choose from as listed below:

LEG DRIVE – In your strength and conditioning program, make sure leg strength is an integral part of your training. Be careful to avoid excessive push with your hack foot as it can lead to a trailing leg fault (lateral drift that may cause alignment difficulties with the upper body). Remember, push with the leg, not the foot.

MOVE SLIDING FOOT BACK – Aside from supporting the hips, the benefit is the sliding foot has an opportunity to also build up speed by the time the curler “bottoms out”. The result is more forward velocity.

LIFT YOUR SLIDING FOOT OFF THE ICE – When you lift your sliding foot off the ice, you can move it forward more easily. The movement should be straight and low.

DELIVERY ARM EXTENSION – NOT a push!. The difference is in the follow-through. As you straighten your delivery arm, extend forward directly towards the target. Shooters must be extremely careful not to push the stone – doing so may affect the rock’s alignment plus it will produce faulty interval stopwatch times.

WEIGHT SHIFT - Occurs when a shooter is in the most upright and back position and begins to move the body toward the skip’s broom. Additional power is generated as the shooter’s body moves down toward the ice (body drop). Excessive elevation during the draw back and the subsequent body drop during the ensuing portion of the delivery may unduly complicate the delivery. Lower is better – strive to achieve a “sitting in a chair” position at the far point of the draw back portion of the delivery.

SHOULDER DROP - Dropping the upper body forward, under control will provide more power.

EARLY RELEASE – The instant you leave the hack, you begin to decelerate. An earlier release will provide more power. However, different release points can lead to “team” technical issues.

HIGHER HACK FOOT POSITION – Most people place their hack foot so that the toe touches the flat portion of the hack with the ball of the foot on the sloped portion. As you push off, the last part of the hack foot to leave the hack is the toe. For more power, place your hack foot in the hack so that no part of the hack foot touches that flat bottom portion. The entire hack foot is on the sloped portion. This will provide you with that extra push in your delivery.