

# BASIC FUNDAMENTALS OF THE STICK DELIVERY

## SET UP

- ① - FEET POSITION ... COMFORTABLE, BALANCED
- ② - STRAIGHT RIGHT (LEFT) ARM, MAKING A STRAIGHT LINE WITH THE ARM AND STICK TO THE LINE OF DELIVERY TO THE BROOM.
- ③ - CENTRE OF THE ROCK ON THE LINE OF DELIVERY
- ④ - SET HANDLE AT  $\pm 45^\circ$  WITH THE LINE OF DELIVERY
- ⑤ - THE GRIP ... SET THE TOP END OF THE STICK IN THE PALM OF THE HAND (KNUCKLES DOWN FOR OUT TURN, KNUCKLES UP FOR IN TURN)
- ⑥ - FLEX YOUR KNEES SLIGHTLY FOR BALANCE
- ⑦ - POSITION YOUR LEFT (RIGHT) ARM FOR BALANCE
- ⑧ - KEEP YOUR HEAD STILL
- ⑨ - PAUSE ... THINK OF THE WEIGHT REQUIRED FOR THIS SHOT, WHICH WILL DETERMINE THE FORCE USED WHEN DRIVING OUT OF THE HACK.

## THE DELIVERY (SLIDING OR WALKING)

- ① - KEEP THE HEAD STILL, FOCUSING ON THE BROOM.
- ② - DRIVE OUT OF THE HACK WITH THE REQUIRED FORCE (.. FOR A GUARD, TOP 12-8, BACK 12-8, HACK, NORMAL HIT, FIRM HIT, PEEL)
- ③ - TRY TO MAINTAIN THIS SLIDING, OR WALKING PACE BEFORE THE RELEASE OF THE ROCK
- ④ - MAINTAIN THE INITIAL HAND POSITION UNTIL RELEASE
- ⑤ - ROTATE THE WRIST TO THE NORMAL "STRAIGHT" POSITION TO PUT THE TURN ON THE ROCK.
- ⑥ - TRY NOT TO PUSH THE ROCK ... (IF A PUSH IS REQUIRED, TRY TO PUSH THE ROCK ON THE LINE TO THE BROOM)
- ⑦ - FOLLOW THROUGH SMOOTHLY, POINTING THE STICK AT THE BROOM. (.. A NICE CLEAN RELEASE..)

HAVE FUN, AND GOOD LUCK!

(H.J.C. FEB '09)