

Video lessons for new curlers

- *[Curling Canada – Discover Curling – Learning to Curl](#)
- *[Getting started school program – on ice delivery](#)
- *[Getting started for adults \(Earl Morris\)](#)
- *[Sliding forward](#)

Jamie Sinclair: Learn to curl series

- +1 – Balance
- +2 – Sweeping form
- *3 – Broom position
- *4 – How to score
- *5 – Reading the scoreboard
- *6 – Stance in the hack
- *7 – The slide
- +8 – Grip and release
- +9 – Weight control
- +10 – Weight judgement
- +11 – Skip’s hand signals
- +12 – Matching rocks
- *13 – How to line up (delivery)
- +14 – What different hit weights look like
- +15 – What do stop watches do?
- +16 – The follow through (delivery)
- *17 – Free guard zone

Jamie Sinclair: Strategy Series

- +Strategy 101: The Basics
- +Strategy 102: Playing with the Hammer
- +Strategy 103: 5 Factors in Decision Making
- +Strategy 104: 5 Rock Rule

Curling Class (Matt Bean)

- *Balance: No “c”
- +Balance: flying blind
- +Line of delivery
- +5 tips to becoming a better curler
- +Weight control: Climb the ladder
- +Weight control: Time warp
- *Weight control: Line of delivery
- +Weight control: Split times
- *Weight control: Line dancing
- +Weight control: RMC singles
- +Weight judgement and communication
- +Weight judgement: Keep away
- +How to line up takeouts
- +Raises
- +Splits

- +Tick shot
- +The drag effect
- +Tactics: Basics of curling strategy
- +Tactics: Throw everything to the pin
- +Tactics: Hit everything
- +Tactics: Combating a conservative opponent

Chess on Ice Series: Curling Strategy

- +Playing with the hammer
- +Playing without the hammer
- +Avoiding danger with a big lead
- +Final end steal
- +Final end defence
- +The null move
- +Understanding mixed doubles

RLCC Rocks: Curling Skip Basics

- +Lead stone placement
- +Broom placement
- +Split timing and sweeping

Stick Curling

[Curling Canada: Learn to Curl – Stick Curling](#)

[+RLCC Rocks: Stick Curling Demo](#)

[+Edge Curling Supplies: Stick Curling Demo](#)

***Rules of Curling – Explained**

[+How Curling Stones are Made](#)

[+Making Championship Ice – Curling Canada](#)

Fitness with Jamie Sinclair:

[+Empowered performance](#)

[+Summer training](#)

Fitness: Superior physical therapy

[+Curling balance exercises](#)

Fitness:

[SPSC4161 Curling Training: Advanced](#)

*=Informative for Greens, Ones and Twos.

+ = Informative for all levels of curlers.