

Task Analysis Component		Observation Criteria	Date/Comments	Follow-up
1. Set-up and Stance				
Stone position	☐ ☐ ☐	Clean the running surface of the stone in a safe manner Position stone in front of hack, on line of delivery Align your body between the rock and the hack See CSCA Rule 7. Point of Delivery a) if throwing from the hack, place foot in appropriate hack (right foot in left hack or left foot in right hack) b) if throwing in front of the hack, but below the top of the 12 foot circle, position rock to be touching centre line and on the line of delivery c) if throwing from above the top of 12 foot circle and behind the hogline, position the rock so that it is completely within 18 inches of the centre line and on the line of delivery	Stepping over the hack is not recommended as it increases the danger of tripping/falling Newer hacks (pad is level with the ice surface) eliminate the need to have the ball of the foot on back of hack	
Attach stick to stone	☐ ☐ ☐	Attach stick head to the handle of the stone The hand holding the stick is in the centre of your body (at the belly button) Position your body so that it and the rock are on the line of delivery		
Align Foot	☐	Feet should be parallel to each other		
Shoulders/hips	☐ ☐	Shoulders and hips should be square to the line of delivery and the target Upper body positioned slightly forward on line of delivery, eyes focused on target		

2. Grip				
Starting position	☐	Start your grip set-up with the stick in the neutral (12:00) position with thumb pointing down the shaft of the stick	The V formed by your thumb and index finger should point at the shoulder the rock will turn towards	If physically unable to use the neutral position, a wrap grip (around the stick handle) may provide better control of the delivery stick
Adjust Grip	☐	Adjust handle to 10:00 or 2:00 for appropriate turn		
Centered	☐	Stick in the centre of your body (at the belly button)		
Shoulders	☐	Shoulders and hips square to the line of delivery, stick pointed at the target, along the line of delivery		
3. Forward Motion & Drive				
Forward motion	☐	Initiate motion of the rock along the line of delivery with your first step toward the target	If possible keep the head of your stick and the target in your line of vision	
Hand/Arm	☐	Stick should continue to be in the centre of your body (at the belly button)		
Step/Slide	☐	Continue to step/slide smoothly toward target, on the line of delivery, maintaining your grip at the 10:00 or 2:00 position		
4. Turn/Release				
Hand/Arm	☐	Stick should continue to be in the centre of your body (at the belly button)		
	☐	Application of the turn is initiated prior to the release point (usually within 3 feet of release point)		
Wrist	☐	Gently rotate your wrist, so that your thumb returns to the neutral (12:00) position		

Arm	☐	The wrist's motion is similar to turning a door knob and should keep elbow movement to a minimum		
	☐	Arm should comfortably extend away from your belly button towards the target along the line of delivery		
Eyes	☐	Eyes should focus on the target along the line of delivery		
	☐	Rock must be released from the stick head before the hogline		
5. Follow Through				
Walk/Slide	☐	Upon release continue to walk/slide along the line of delivery		
Hand/Stick	☐	Hand, arm and stick continue to point at the target, along the line of delivery		
	☐	No need to stop your delivery at the hogline, follow along the line of delivery		
Recovery	☐	Controlled recovery, smooth walk/slide to stop		
6. Next shot				
Return	☐	Safely and efficiently return to the hack area, ensuring you do not interrupt your opponents delivery		
	☐	Initiate your next Set-up and Stance while you watch your opponent's rock complete its travel		

You must remain on your side of the midway point of the curling sheet (i.e., can not go past the half way point of the sheet)