

# 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 the rock on the line of delivery
- 4 - Set handle at  $-45^\circ$  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!**