

HANDLES

First teach the grip

Hold the handle by the middle joints of the fingers, then make a 'V' with the thumb and index finger.

How to teach handles

Keep it simple!

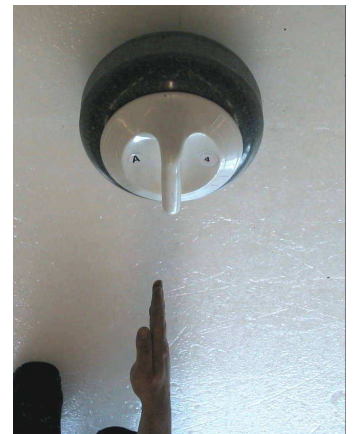
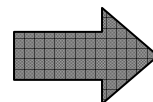
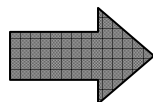
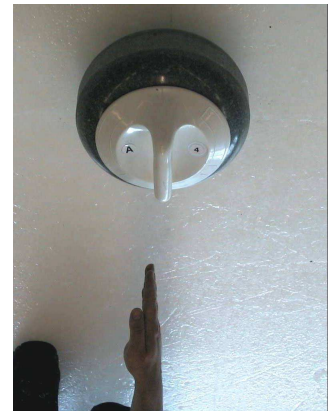
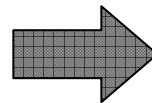
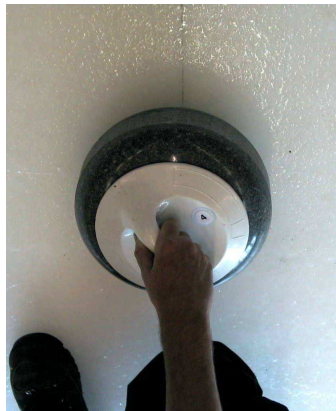
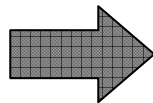
Due to the confusion for right or left handed players, the RCCC encourages not using the terms "in-turn" and "out-turn" but clockwise and anticlockwise.

One easy way to remember is;

POINT THE TOP OF THE HANDLE TO THE HAND THAT IS OUT AND TURN BACK TOWARDS SKIP.

i.e. turn the closed end of the handle (front of stone) to the skip's outstretched hand, then turn back towards the body.

The handle should be set to 10 O'clock or 2 O'clock and released at 12 O'clock.



Always encourage the player to start the rotation from the centre of the handle. Twisting from the back or front of the handle will result in pushing the stone off line (watch out for elbow raising).

Practice for handle can be done in pair passing the stone across the sheet or around the head. Stones are gently released with each handle, stopped by partner and returned.