

LITTLE ROCKS

SEASON AGENDAS

6 TO 8 YEAR OLDS

Little Rocks

AGENDA

6 To 8 Year Old Group

Week #1

Focus this week is on Balance.

Indoors:

Discuss equipment:

- Sliding tape
- Gripper foot
- Brush
- Helmet
- Gloves or mittens
- Hack
- Rock

Discuss the hack position:

- Ball of the gripper foot at the back of the hack
- Toe pointed towards the skip's broom
- Sliding foot flat on the ice, parallel to the hack foot & slightly ahead of the hack foot
- Squat down in the hack, resting on the heel of the hack foot
- Brush handle extends toward the small of the back
- Brush head slightly ahead of the sliding foot with the fabric side up
- Throwing arm is extended comfortably in front of the hack knee.

Discuss the final slide position:

- Sliding foot flat on the ice & under the center of the body
- Trailing leg extended behind you & laces of the shoe sliding on the ice
- Brush handle extends toward the small of the back
- Brush head slightly ahead of the sliding foot with the fabric side up
- Throwing arm is extended comfortably.

Warm-up – (Indoors & Outdoors)

Time: 10 min.

On-Ice:

Everyone together

1. Push & Glide
The children will maneuver themselves up & down the ice safely.
Use the push and glide motion.
The children will hold the brush in front of themselves to assist with balance.

Drills: Time: 10 min. per drill

Break into groups of 5-6 children per group

2. Final Slide position while facing the side boards.
The child will place their brush down on the side boards
The child will stand away from the side boards and face the side boards
The child will step forward with the sliding foot
The child will lower their body and extend the trailing leg behind themselves.
Now they are in the final slide position.
They can check their balance by holding their arms out like an airplane.
The child will hold the side boards with their hands and rock back and forth by pulling and pushing themselves to & from the side boards. (This will give them the sensation of sliding on the ice)
3. Practice Slide
The child will get into the hack position.
The child will raise their hips & then move into the final slide position.
4. Towing.
The child will take the completed slide position. The child will hold on to the head of the instructor's brush. The instructor will walk slowly backwards, towing the child to the near hog-line.
5. Draw
The child will attempt to complete a draw shot using the ½ sheet.

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Week #2

Focus this week is on Timing & Proper Grip.

Indoors:

Discuss Timing in the delivery:

Start in the hack position

Raise the hips

Pull back the rock towards the hack foot

The sliding foot moves straight back. The toe of the sliding foot will be roughly even with the heel of the hack foot.

Pause once you reach the full pull back position

(Delay the sliding foot movement)

Body weight moves forward

Begin the forward motion with the rock

Sliding foot moves forward & towards the middle of the chest

Thrust from the hack & lower the body into the final slide position

Cadence: Hips up, Rock Back, Foot Back, Pause, Rock Forward, Foot Forward, Slide

Discuss the grip on the rock:

The grip is held slightly back from the goose neck. You want to center your grip over the middle of the stone.

The underside of the handle rests on the 2nd joint of the fingers.

The thumb is placed along the side of the handle

Equal pressure is applied with the thumb and index finger.

The wrist is kept high and the palm of the hand is off the handle.

A letter 'V' is formed with the thumb and index finger.

Discuss the turns:

The skip's broom is the target that you aim at

The skip's outstretched arm tells you which way the rock will rotate.

Turn the goose neck towards the outstretched arm.

(10 o'clock or 2 o'clock)

While aiming at the skip's broom, rotate the rock towards a 12 o'clock position.

Warm-up – (Indoors & Outdoors)

Time: 10 min.

On-Ice:

Drills: Time: 10 min. per drill

Break into groups of 5-6 children per group

1. Practice the timing cadence from a semi-standing position
The child will place their feet as though they are in the hack position.
Then go through the delivery process.
Hips up, Rock back, Foot back, Pause, Rock forward, Foot forward, Slide

2. Turns:
Form two lines of children about $\frac{1}{2}$ sheet apart.
One child will stand and play the part of the skip.
The other child will squat and play the part of the shooter.
Give a rock to each child in the shooter line.
The skip will give a broom target and a turn.
The shooter will push the rock to their partner using the correct turn and aiming at the broom.
Now the skip will be the shooter and the shooter will be the skip.

3. Practice Slide
The child will get into the hack position.
The child will use the timing cadence to execute the delivery & then move into the final slide position.

Play the short game until the time us up.

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6 To 8 Year Old Group

Week #3

Warm-up – (Indoors & Outdoors) Time: 10 min.

Stations: Time: 10 min. per station

1. Long Slide.
Assign each child a colour cup/marker. Place the cup/marker at the side of the sheet at the point where they finished their slide.
The child will try to better their slide with each attempt.
2. Draw
The child will attempt to complete a draw shot using the ½ sheet.
3. Hit.
The child will attempt to complete a take-out using the ½ sheet.
4. Towing.
The child will take the completed slide position. The child will hold onto the head of the instructor's brush. The instructor will walk slowly backwards, towing the child to the near hog-line.
5. Slide for candy.
The bucket of candy will be placed on the centre line at a point that is appropriate for each child. The child will attempt a slide along the centre line towards the bucket. If the child slides straight to the bucket and can reach forward into the bucket, they can have a candy.
Remember at the end of your time, if a child has not received a candy to give him/her some candy too.

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6 To 8 Year Old Group

Week #4

Warm-up – (Indoors & Outdoors) Time: 10 min.

Stations: Time: 10 min. per station

1. Flat broom slide. (Home end of sheet 1)
The child will attempt to complete the delivery while holding their broom flat on the ice in front of them.
2. Turns (Away end of sheet 1)
Form two lines of children about ½ sheet apart.
One child will stand and play the part of the skip.
The other child will squat and play the part of the shooter.
Give a rock to each child in the shooter line.
The skip will give a broom target and a turn.
The shooter will push the rock to their partner using the correct turn and aiming at the broom.
Now the skip will be the shooter and the shooter will be the skip.
3. Deliver between the Pilons (Sheet 2)
Place two pilons 1 ½ rock width apart. Place them along the hog line. (Remember that the line of delivery will not go outside of the 4 foot lines.)
The child will try to deliver a rock so that it travels between the pilons & goes the full length of the sheet.
4. Push & Brush (Up Sheet 3 & Back on Sheet 4)
This drill works with groups of two or three children.
One child will place their brush head on the handle of the rock and will push the rock down the ice. The other partner(s) will brush the rock. When they get to the far end of the ice they will trade positions and come back down the other sheet of ice.
5. Throw a guard (Sheet 5)
The child will attempt to complete a draw shot using ½ sheet.

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6 To 8 Year Old Group

Week #5

Warm-up – (Indoors & Outdoors) Time: 10 min.

On-Ice Discussion:

Scoring

Player titles

Order of Rotation

Duties ie. Vice hangs the score

Game procedures

Shake hands (at the beginning and end of each game)

Coin toss to start the game

Draw # 1 – Game 1

Play a few ends Team 1 – 2

Team 3 – 4

Team 5 – 6

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6 To 8 Year Old Group

Week #6

Warm-up – (Indoors & Outdoors)

Time: 10 min.

Outdoor Discussion: Time: 10 min

Position of delivering and non-delivering players

Markings on the ice

Skip's signals

Draw # 1 – Game 2

Play a few ends.

Team 1 – 3

Team 2 – 5

Team 4 – 6

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6 To 8 Year Old Group

Week #7

Warm-up – (Indoors & Outdoors)

Time: 10 min.

Outdoor Discussion:

Time: 10 min

5 groups of 5 – 6 kids per group

Remain at the same location and work on the 2 drills

1 Determination of stones being considered in play

Hog line

Side line

Back line

2 Practice Slides – Work on Balance

Draw # 1 – Game 3

Play a few ends.

Team 1 – 6

Team 2 – 4

Team 3 – 5

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AGENDA

Christmas Party On-Ice Activities

6 To 8 Year Old Group

Warm-up – (Indoors & Outdoors) Time: 10 min.

Stations: Time: 10 min. per station

1. Deliver between the Pilons (Sheet 2 at the away end)
Place two pilons 1 ½ rock width apart. Place them along the hog line. (Remember that the line of delivery will not go outside of the 4 foot lines.)
The child will try to deliver a rock so that it travels between the pilons.

2. Two Rock Slide (Sheet 3 at the home end)
The children do not need their brushes for this drill.
They will hold a little rock in each hand. The rocks should be touching each other.
The child will get in the hack position and hold the two rocks side by side in front of him/her. The child will then go through the delivery process and slide with the rocks in front of them.
Encourage them to place their sliding foot behind the rocks when pushing out of the hack.
Encourage them to keep their sliding foot flat on the ice.

3. Modified Short Game (Sheet 5 at the away end)
Play one end.
Deliver stones from the near hog-line.
The children will squat at the hog line and push their stones into the house.
Take outs are allowed.
The child must keep one foot in contact with the centre line while throwing.

Off-Ice:

Food
Santa
Face Painting
Goodie Bags

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AGENDA

Little Rock Family Fun Day

Week #9

Registration for this event is done in advance.

Three time slots are offered. 4 pm – 5 pm, 5 pm – 6 pm, & 6 pm – 7 pm

The fee for the event has been \$20 per team.

Any combination of girls/boys is allowed.

A little rocker must skip.

The draw master sets the draw and before the event confirms with the teams what time they are playing.

On the day of the event, the teams are checked in and payment of the registration fee is confirmed.

The teams head out onto the ice and play a 4-end game.

Once all the teams are off the ice, pizza and pop is served. Ice cream bars are for dessert.

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AGENDA

6 To 8 Year Old Group

Week #10

Warm-up – (Indoors & Outdoors) Time: 10 min.

Stations: Time: 10 min. per station

1. Long Slide.
Assign each child a colour cup/marker. Place the cup/marker at the side of the sheet at the point where they finished their slide.
The child will try to better their slide with each attempt.

2. Draw
The child will attempt to complete a draw shot using the ½ sheet.

3. Hit.
The child will attempt to complete a take-out using the ½ sheet.

4. Towing.
The child will take the completed slide position. The child will hold onto the head of the instructor's brush. The instructor will walk slowly backwards, towing the child to the near hog-line.

Play the "short game" until the time is up.

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6 To 8 Year Old Group

Week #11

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Slide between the Pylons:

Place two pylons approximately 2 feet apart. Place at a distance that is appropriate for the child's normal slide length. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to slide while delivering a rock so that the child slides between the pylons.

2. Push & Brush:

This drill works with groups of two or three children.

One child will place their brush head on the handle of the rock and will push the rock down the ice. The other partner(s) will brush the rock. When they get to the far end of the ice they will trade positions and come back down the other sheet of ice.

3. Slide to the Gizmo:

Place the Gizmo at a distance that is appropriate for the child's normal slide length. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to slide (without a rock) through the dangling string on the Gizmo.

Draw # 2 – Game 1

Play a few ends Team 1 – 2
 Team 3 – 4
 Team 5 – 6

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6 To 8 Year Old Group

Week #12

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Long Slide:

Assign each child a colour cup/marker. Place the cup/marker at the side of the sheet at the point where they finished their slide.

The child will try to better their slide with each attempt.

2. Hit the Dangling String:

Approximately four five feet of string will be suspended between two pilons. Additional pieces of string will hang from the suspended string at 12 inch intervals. This structure will be placed along the hog line.

The child will attempt to deliver a stone such that it hits one of the hanging strings.

3. Flat broom slide:

The child will attempt to complete the delivery while holding their broom flat on the ice in front of them.

Draw # 2 – Game 2

Play a few ends.

Team 1 – 3

Team 2 – 5

Team 4 – 6

Little Rocks

AGENDA

6 To 8 Year Old Group

Week #13

Warm-up – (Indoors & Outdoors) Time: 10 min.

- 1. Draw:**
The child will attempt to complete a draw shot using the ½ sheet.
- 2. Slide for candy;**
The bucket of candy will be placed on the centre line at a point that is appropriate for each child. The child will attempt a slide along the centre line towards the bucket. If the child slides straight to the bucket and can reach forward into the bucket, they can have a candy.
Remember at the end of your time, if a child has not received a candy to give him/her some candy too.
- 3. Two Rock Slide:**
The children do not need their brushes for this drill.
They will hold a little rock in each hand. The rocks should be touching each other.
The child will get in the hack position and hold the two rocks side by side in front of him/her. The child will then go through the delivery process and slide with the rocks in front of them.
Encourage them to place their sliding foot behind the rocks when pushing out of the hack.
Encourage them to keep their sliding foot flat on the ice.

Draw # 2 – Game 3

Play a few ends. Team 1 – 6
 Team 2 – 4
 Team 3 – 5

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6 To 8 Year Old Group

Week #14

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Slide between the Pylons:

Place two pylons approximately 2 feet apart. Place at a distance that is appropriate for the child's normal slide length. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to slide while delivering a rock so that the child slides between the pylons.

2. Hit the Cup:

This drill is performed without a rock. The cup will be placed at a point that is appropriate for each child. The child will attempt a slide towards the cup. The child will attempt to slide straight to the cup and hit the cup with their sliding foot.

3. Deliver between the Pylons:

Place two pylons 1 ½ rock width apart. Place them along the hog line. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to deliver a rock so that it travels between the pylons.

Modified Short Game:

Play a few ends.

Deliver stones from the near hog-line.

The children will squat at the hog line and push their stones into the house.

Take outs are allowed.

The child must keep one foot in contact with the centre line while throwing.

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6 To 8 Year Old Group

Week #15

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Slide to the Gizmo:

Place the Gizmo at a distance that is appropriate for the child's normal slide length. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to slide (without a rock) through the dangling string on the Gizmo.

2. Hit:

The child will attempt to complete a take-out using the ½ sheet.

3. Towing:

The child will take the completed slide position. The child will hold onto the head of the instructor's brush. The instructor will walk slowly backwards, towing the child to the near hog-line.

Draw # 3 – Game 1

Play a few ends Team 1 – 2
 Team 3 – 4
 Team 5 – 6

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6 To 8 Year Old Group

Week #16

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Push & Brush:

This drill works with groups of two or three children.

One child will place their brush head on the handle of the rock and will push the rock down the ice. The other partner(s) will brush the rock. When they get to the far end of the ice they will trade positions and come back down the other sheet of ice.

2. Long Slide:

Assign each child a colour cup/marker. Place the cup/marker at the side of the sheet at the point where they finished their slide.

The child will try to better their slide with each attempt.

3. Hit the Cup:

This drill is performed without a rock. The cup will be placed at a point that is appropriate for each child. The child will attempt a slide towards the cup. The child will attempt to slide straight to the cup and hit the cup with their sliding foot.

Draw # 3 – Game 2

Play a few ends.

Team 1 – 3

Team 2 – 5

Team 4 – 6

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AGENDA

6 To 8 Year Old Group

Week #17

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Slide between the Pylons:

Place two pylons approximately 2 feet apart. Place at a distance that is appropriate for the child's normal slide length. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to slide while delivering a rock so that the child slides between the pylons.

2. Hit the Dangling String:

Approximately four five feet of string will be suspended between two pylons. Additional pieces of string will hang from the suspended string at 12 inch intervals. This structure will be placed along the hog line.

The child will attempt to deliver a stone such that it hits one of the hanging strings.

3. Two Rock Slide:

The children do not need their brushes for this drill.

They will hold a little rock in each hand. The rocks should be touching each other.

The child will get in the hack position and hold the two rocks side by side in front of him/her. The child will then go through the delivery process and slide with the rocks in front of them.

Encourage them to place their sliding foot behind the rocks when pushing out of the hack.

Encourage them to keep their sliding foot flat on the ice.

Draw # 3 – Game 3

Play a few ends.

Team 1 – 6

Team 2 – 4

Team 3 – 5

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6 To 8 Year Old Group

Week #18

Warm-up – (Indoors & Outdoors) Time: 10 min.

1. Slide to the Gizmo:

Place the Gizmo at a distance that is appropriate for the child's normal slide length. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to slide (without a rock) through the dangling string on the Gizmo.

2. Deliver between the Pylons:

Place two pylons 1 ½ rock width apart. Place them along the hog line. (Remember that the line of delivery will not go outside of the 4 foot lines.)

The child will try to deliver a rock so that it travels between the pylons.

3. Throw a guard:

The child will attempt to complete a draw shot using ½ sheet.

Modified Short Game:

Play a few ends.

Deliver stones from the near hog-line.

The children will squat at the hog line and push their stones into the house.

Take outs are allowed.

The child must keep one foot in contact with the centre line while throwing.

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AGENDA

Closing Party & Awards
(Both Groups Together)

Week #19

Warm-up – (Indoors & Outdoors) Time: 10 min.

Play 4 Ends

Full Sheet for the older kids & half sheet for the younger kids.

Off-Ice:

Certificates
Medals
Draw Prizes
Goodie Bags