CURLING PHOTO CAMP

National junior mens team coach

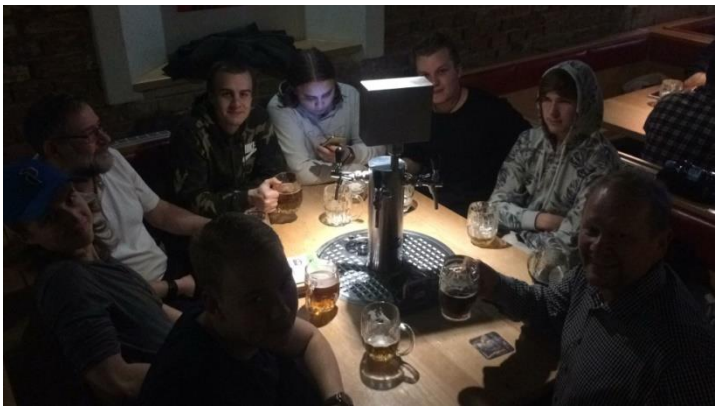
Raimonds Vaivods

SAFETY FIRST

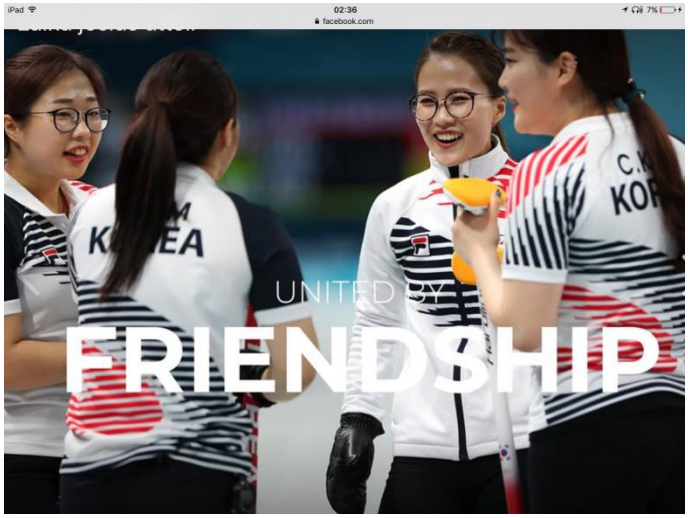
LOT OF FUN

SOCIAL MEETINGS

POSITIVE EMOTIONS



KEYWORDS


UNITED BY
FRIENDSHIP

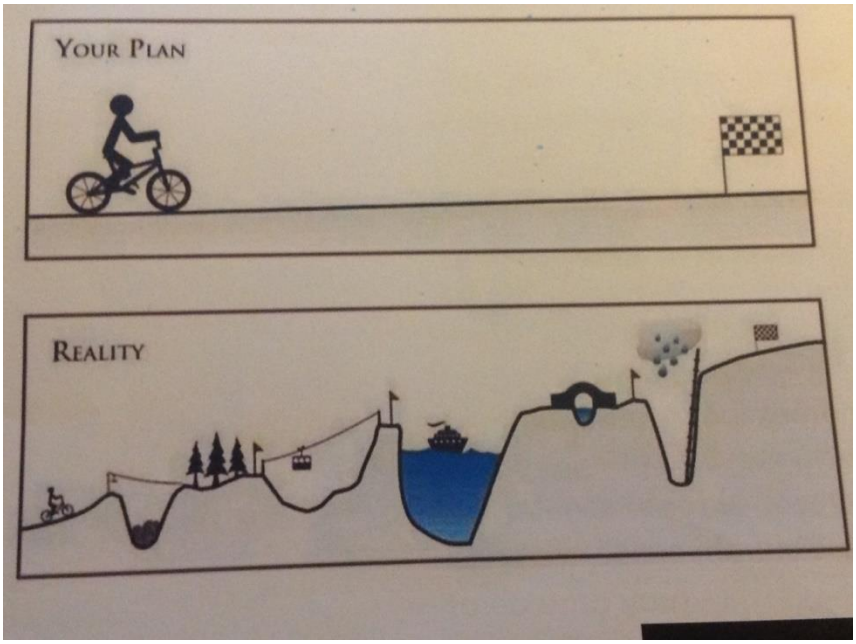
UNITED BY
RESPECT

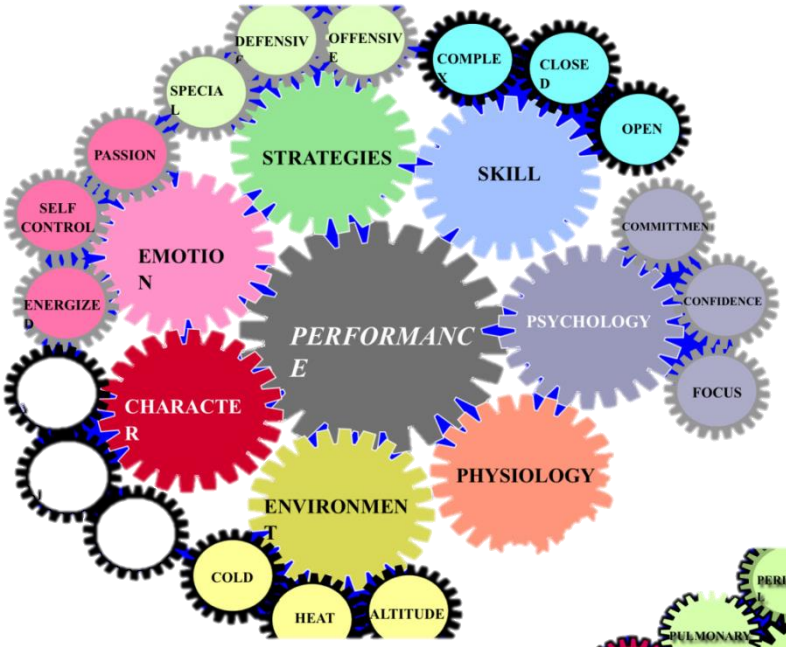
UNITED BY
EQUALITY

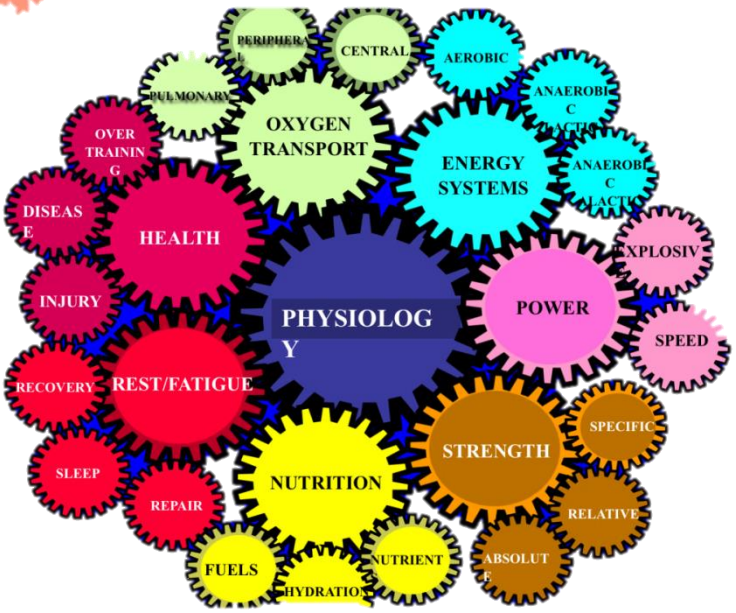
UNITED BY
PASSION

UNITED BY
TEAMWORK

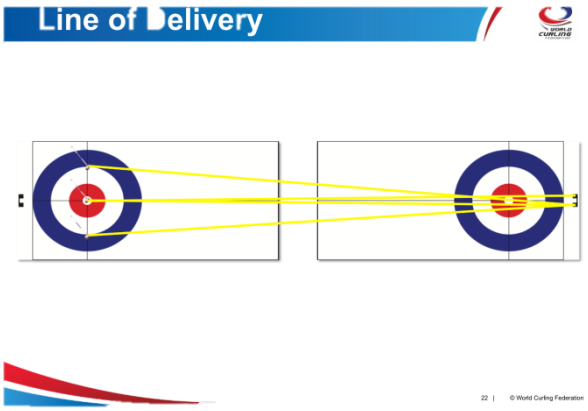
NATURE OF SPORT

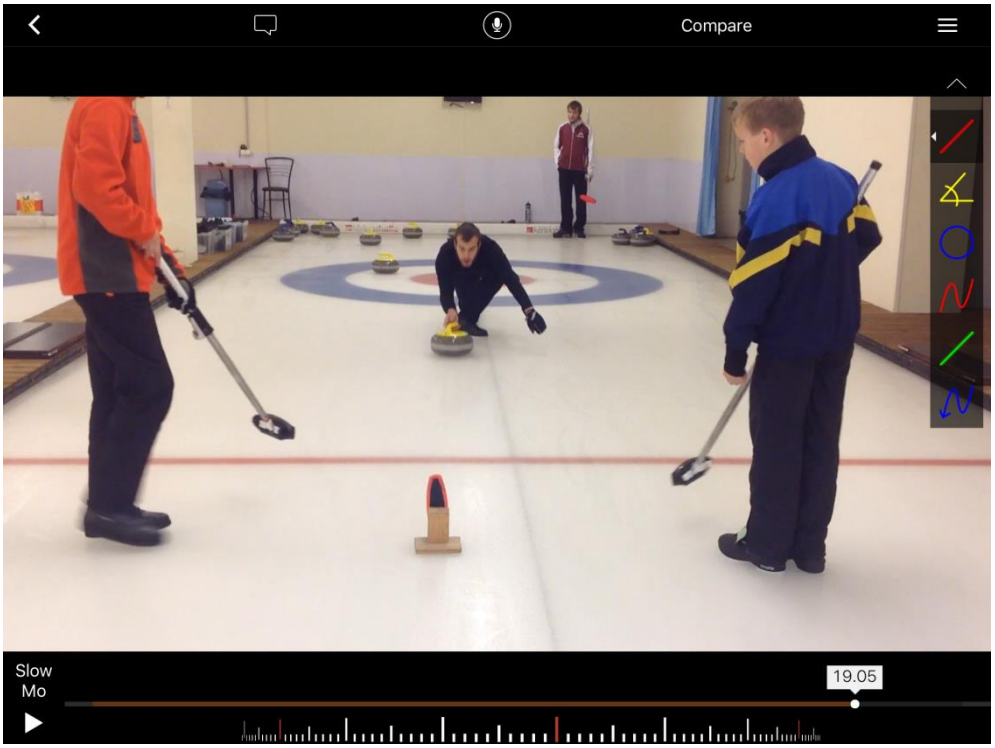


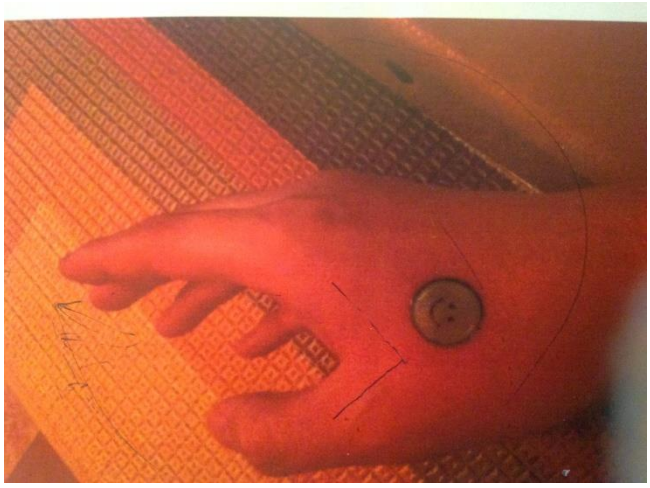


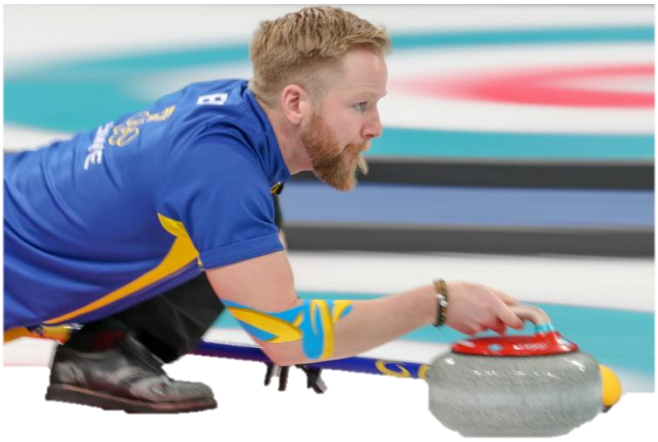


Technique





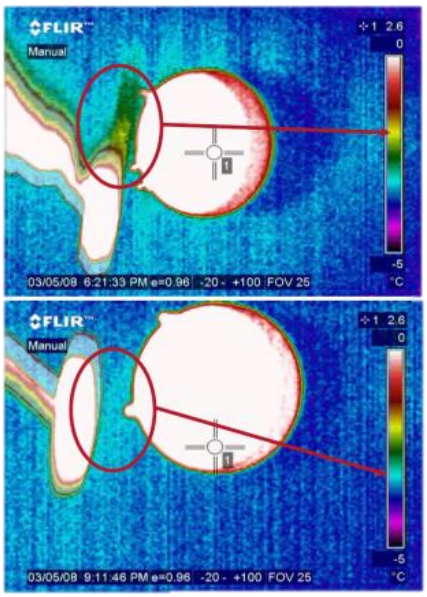


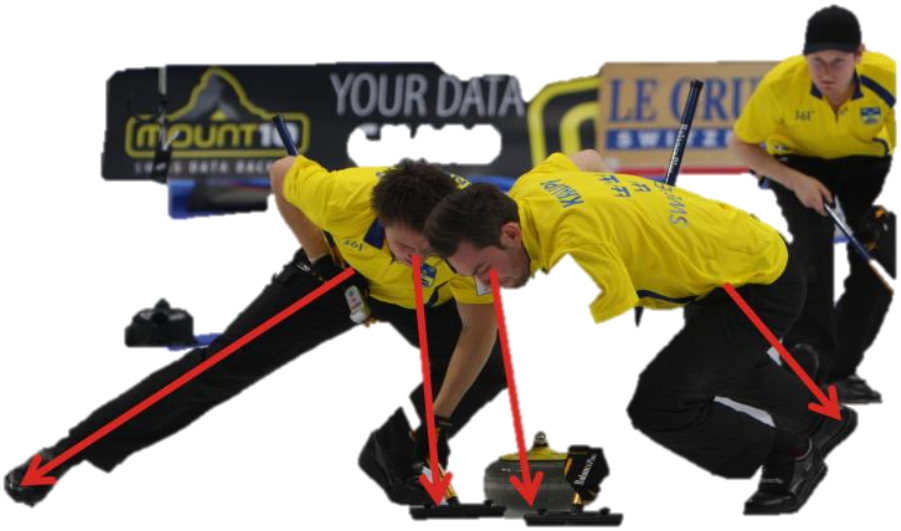


V = Mr. HAPPY FACE = GOOD RELEASE

EXTENSION = EXTRA WEIGHT

SWEEPING



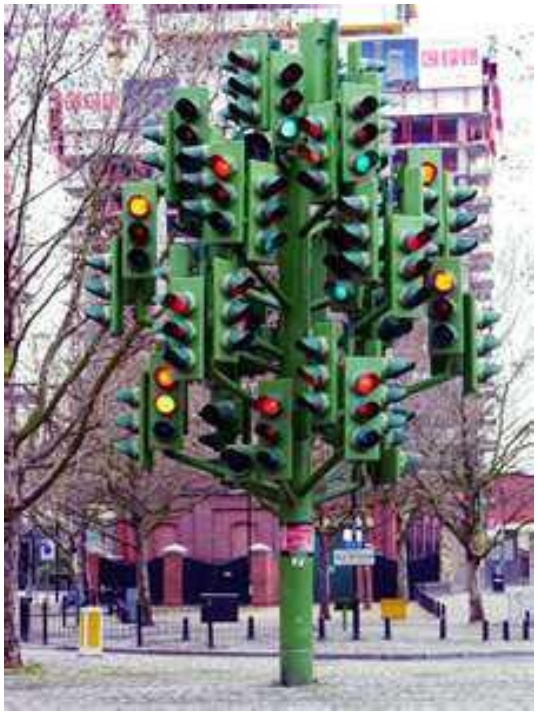


ABILITIES FOR GREAT SWEEPERS

ENDURANCE! SPEED! PRESSURE! COMMUNICATION !

WEIGHT CONTROL !

Communication

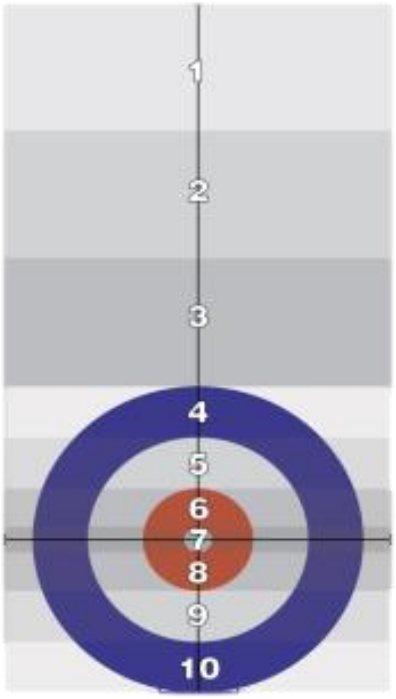


ONE GOAL = ONE DIRECTION !

BREAKING POINT !

CALL ZONES !

KEEP FOCUS !



USE TIME-OUTS !

BE WITH TEAM !

HAND SIGNALS !

LISTEN !

SKIP'S HAND SIGNALS

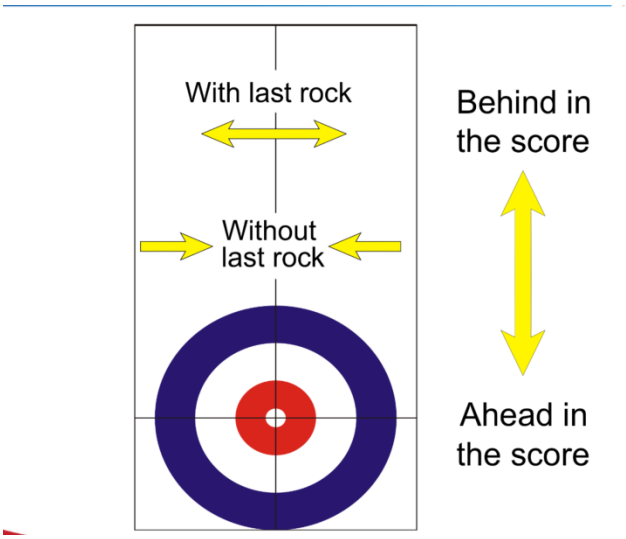
STRATEGY AND TACTICS

ALWAYS ANSWER FOR A BETTER DECISION:

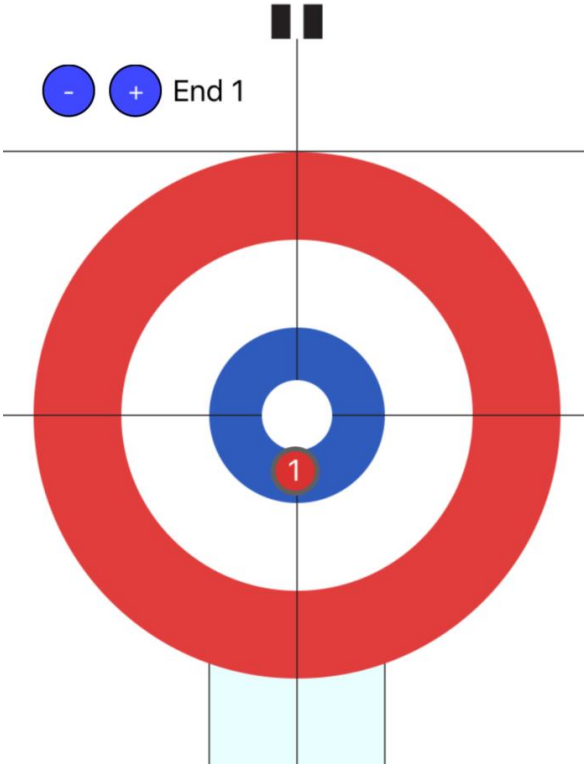
WHAT IS THE RESULT ?

WHICH END ?

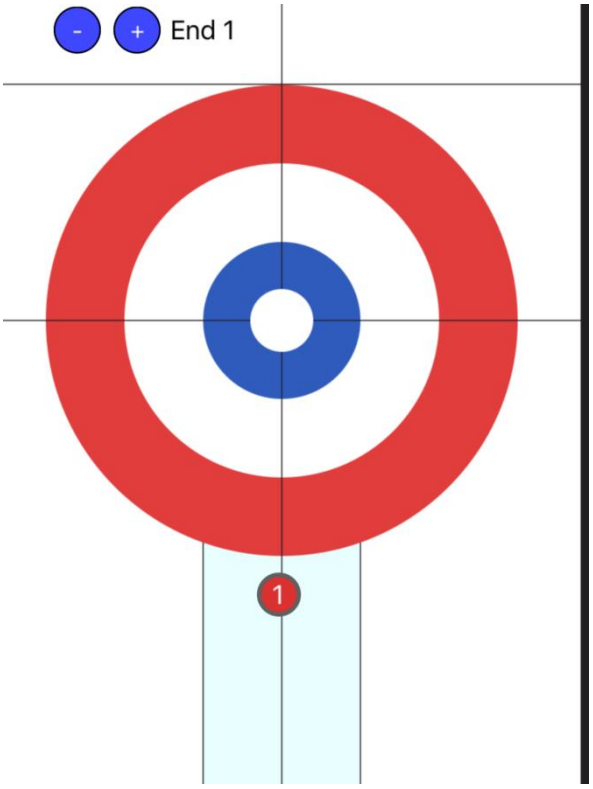
WHO HAS HAMMER ?



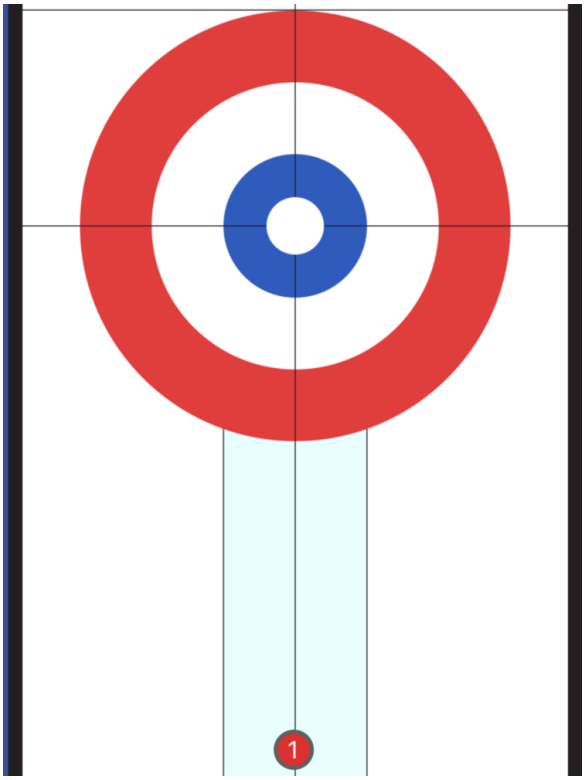
BASIC FIRST THROWS



Option 1 – top 4 foot

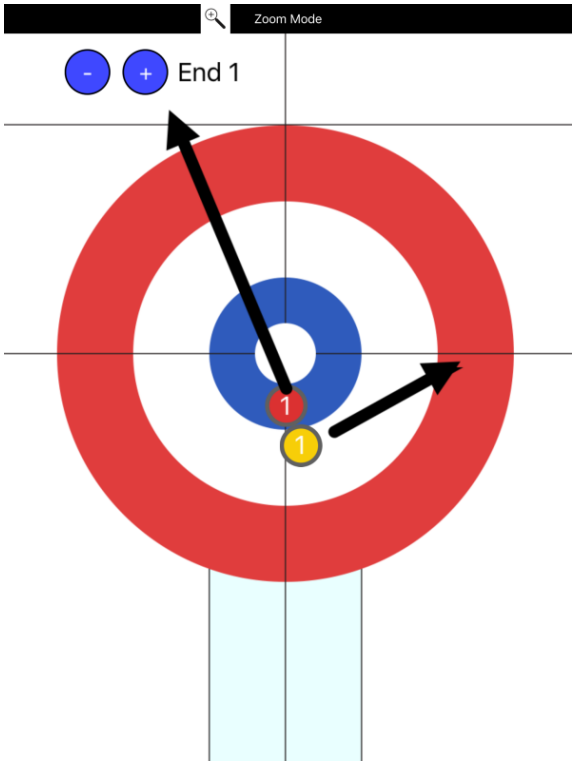


Option 2 – tight centre guard

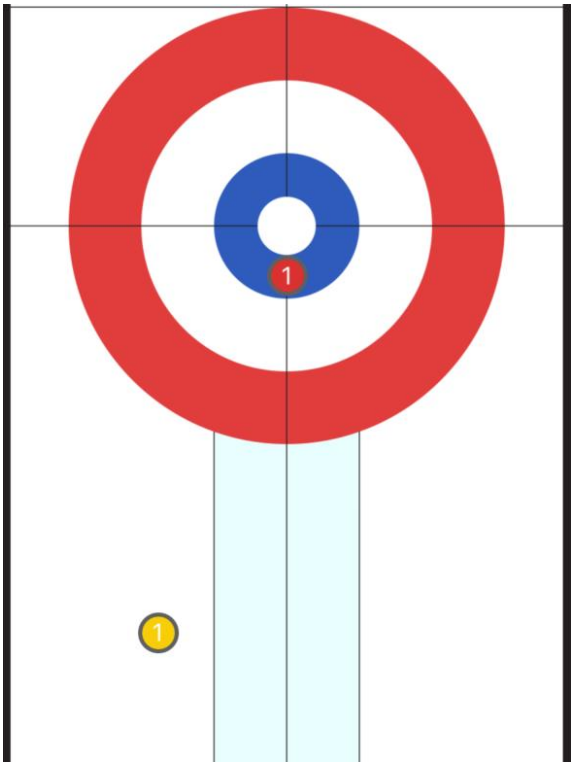


Option 3 – half way centre guard

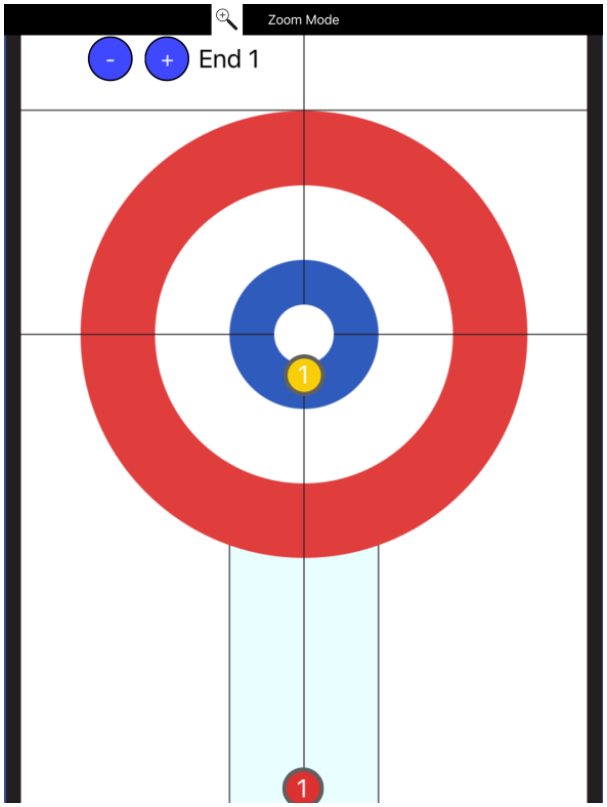
BASIC FIRST ANSWERS



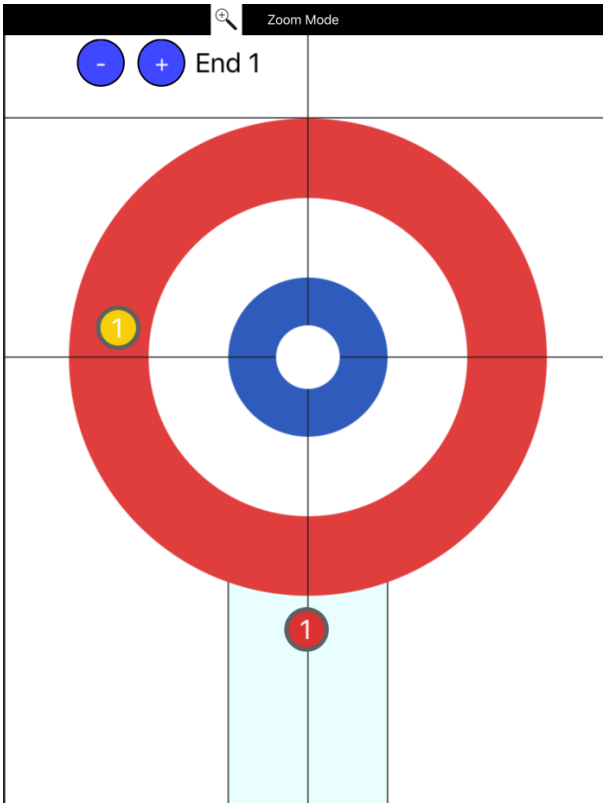
Option 1 – hit and roll



Option 2 – corner guard

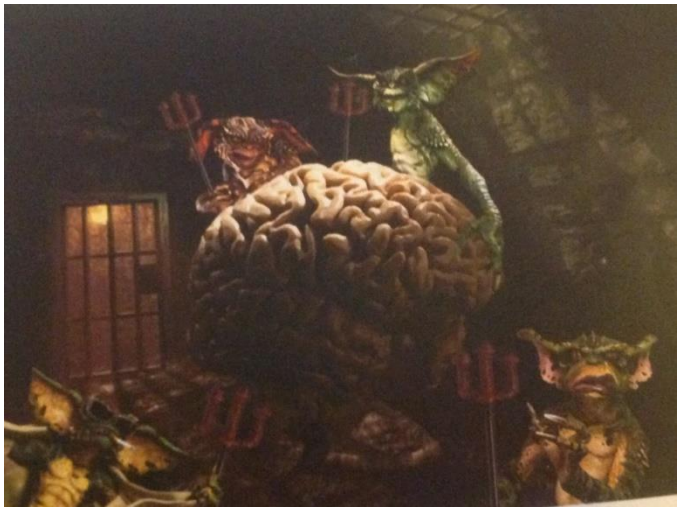


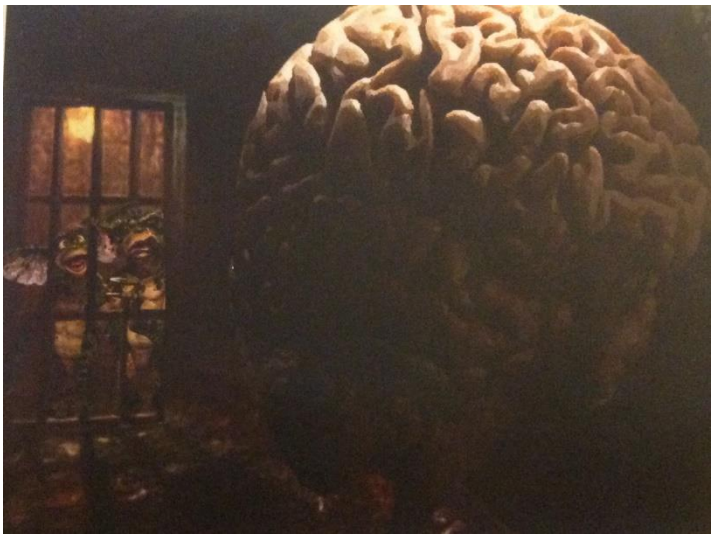
Option 3 – come around



Option 4 – house side

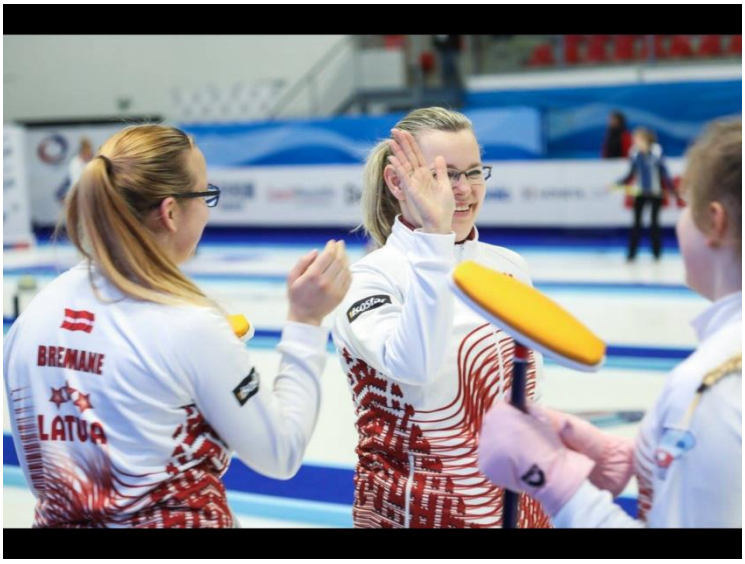
PSYHOLOGY



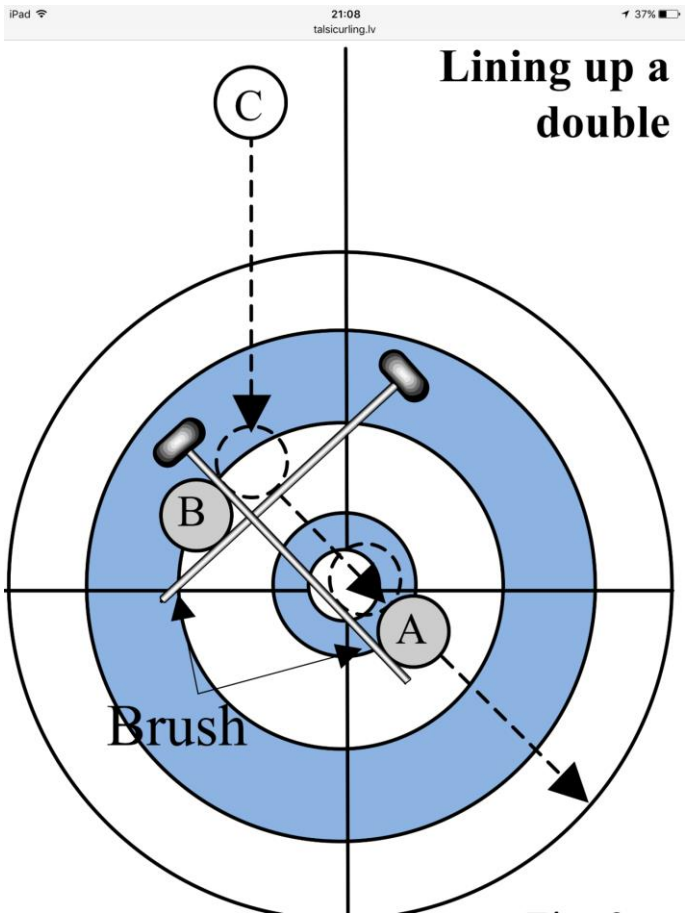


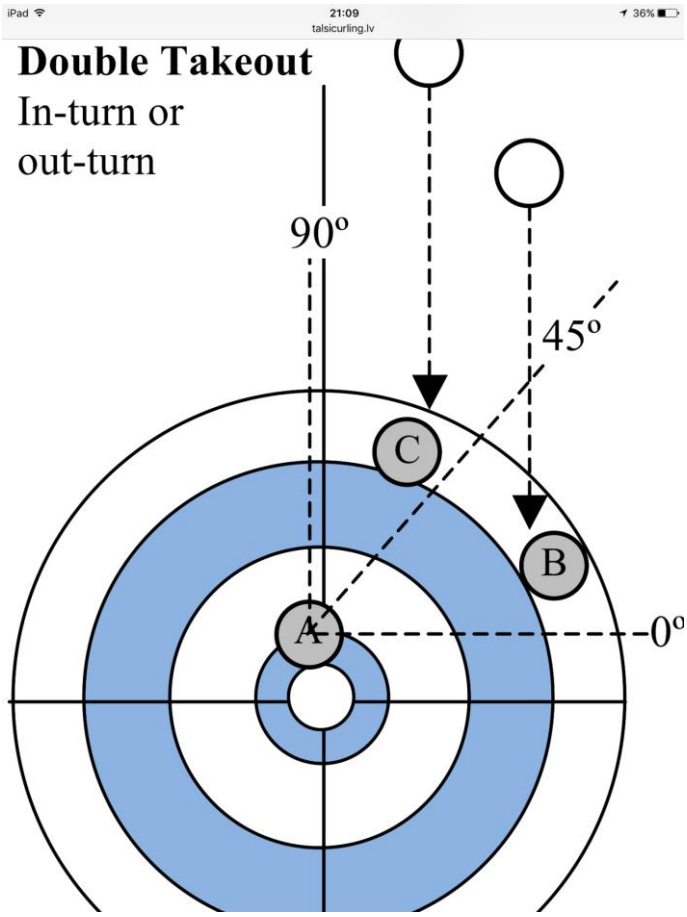
CLEAR MIND !!!

SUPPORT TEAMMATE AFTER <u>EVERY SHOOT</u> !!!



ANGLES; JAMS; DRAG EFFECT





IMPORTANT FACTS AND FIGURES

Shot Selection Data

Total:	4027 shots	65.92%
Type	Counts	Average
Hits	45.12% (1817)	67.42%
Draws	41.25% (1661)	60.14%
Guards	13.01% (524)	82.20%

Shot	Counts	Average
Draw	18.72% (754)	69.26%
Hit & Roll	16.54% (666)	70.53%
Come Around	13.21% (532)	52.35%
Hit & Stick	12.24% (493)	61.36%
Peel	8.19% (330)	80.91%
Guard	6.28% (253)	81.03%
Freeze	5.19% (209)	43.54%
Free Guard	4.30% (173)	80.78%
Tap Back	3.80% (153)	64.71%
Double	3.77% (152)	59.21%
Corner Guard	2.43% (98)	87.76%
Run Back	2.04% (82)	37.20%
Hit & Roll Away	1.39% (56)	79.02%
Raise	0.67% (27)	60.19%
Throw Away	0.60% (24)	-25.00%
Split	0.32% (13)	63.46%
Tick	0.22% (9)	41.67%
Bump Tick	0.05% (2)	50.00%
Not Thrown	0.02% (1)	-25.00%

Average shot difficulty 3.20 based on 4002 shots.

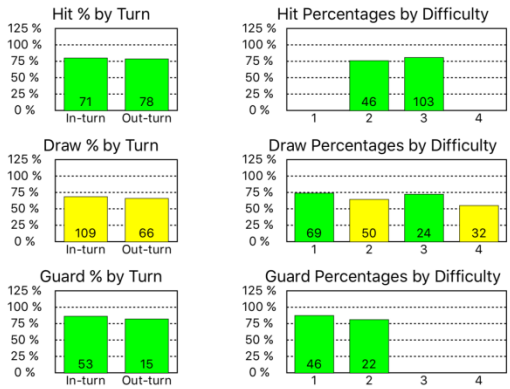
Competition Shot Percentage for WJCC B Grupa

Percentages by Turn

	In-turn	Out-turn
	%	%
Hits	79.6	78.2
Draws	68.1	65.5
Guards	85.8	81.7

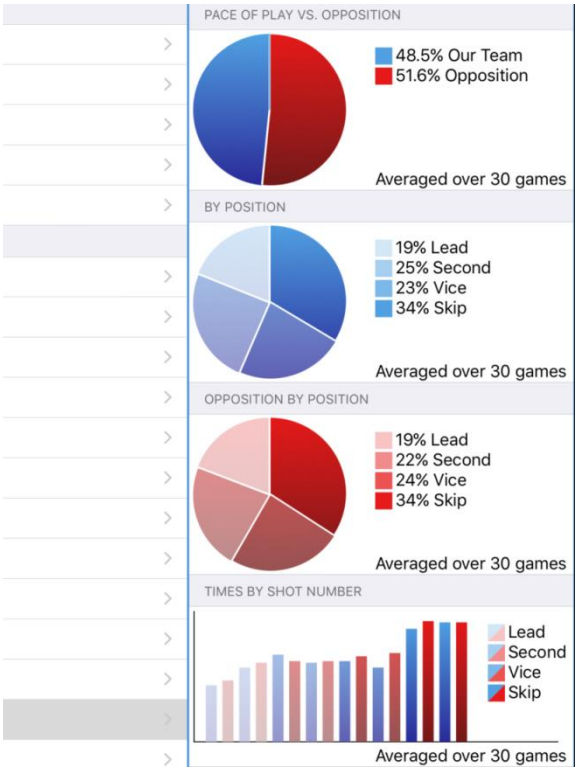
Percentages by Difficulty

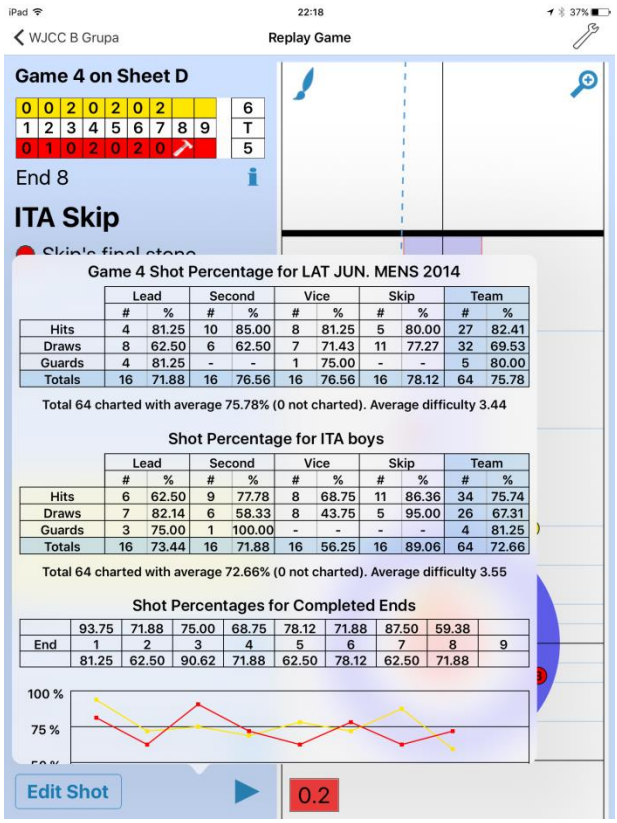
	1	2	3	4
	%	%	%	%
Hits	-	75.5	80.3	-
Draws	73.6	64.0	71.9	54.7
Guards	87.0	80.7	-	-



COLLECT INFORMATION !

SHOWS TEAM AND PLAYERS STRENGTHS AND WEAKNESS !!!

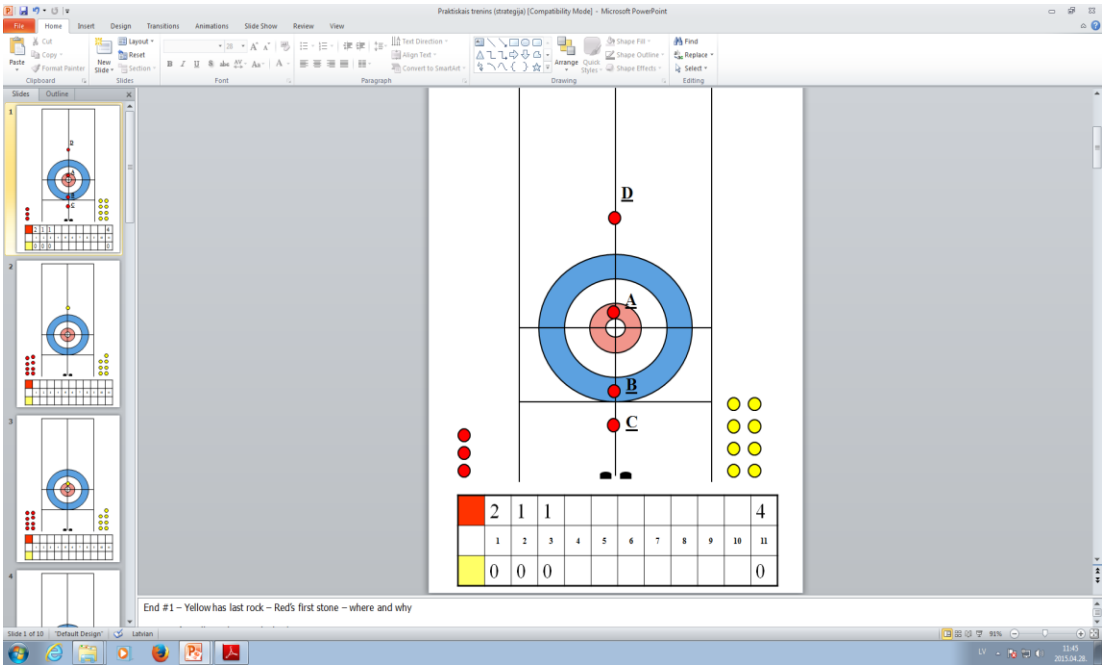


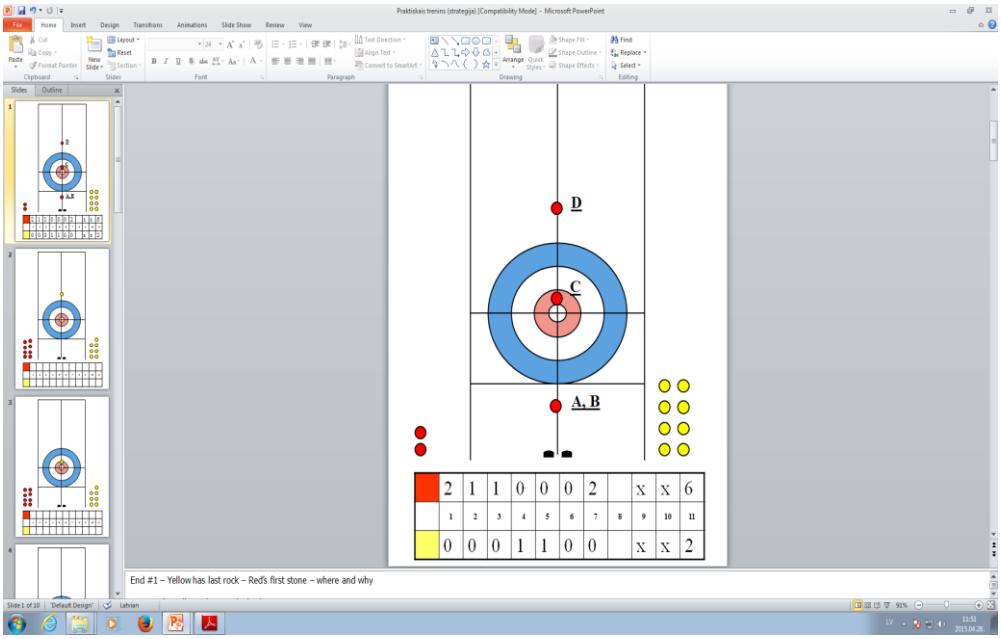


UNDERSTANDING SHOT TOLERANCE

- **Since we not perfects all of the time, curlers need to understand how to make a positive outcomes with every shot !**

- **Each member of the team is responsible for understanding what the tolerance is (or what is acceptable) for every shot !**





Team and Team Building Activities

- COMING TOGETHER IS A BEGINNING –
- KEEPING TOGETHER IS PROGRESS –
- WORKING TOGETHER IS SUCCESS –

NATIONAL LATVIAN JUNIOR MENS TEAM PROFILE

(2014-2017)

●●●●○ BITE LV LTE 09:08 18%

Fredrik Lindberg is with **Oskar Eriksson** and **4 others**.
55 mins ·

This amazing journey! 4 years, 9 championships, 8 finals, 6 gold medals 🥇
This time the team convinced me I had to be in the picture😊 **#thankful #honoured #coaching**

<u>INDIVIDUAL – TEAM INDIVIDUAL – TEAM</u> GAMES

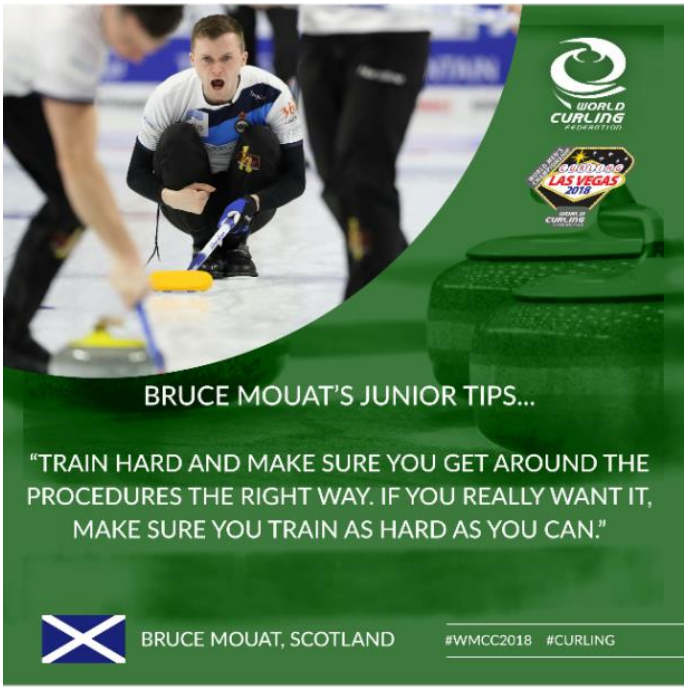
<u>PHYSICAL CAMPS – PIZZA/POKER/XBOX NIGHTS</u>

AT EACH STAGE LEVEL ASK YOURSELF AND TEAMMATES….

GREAT ATHLETES !

GREAT TIPS !

GREAT STORIES !



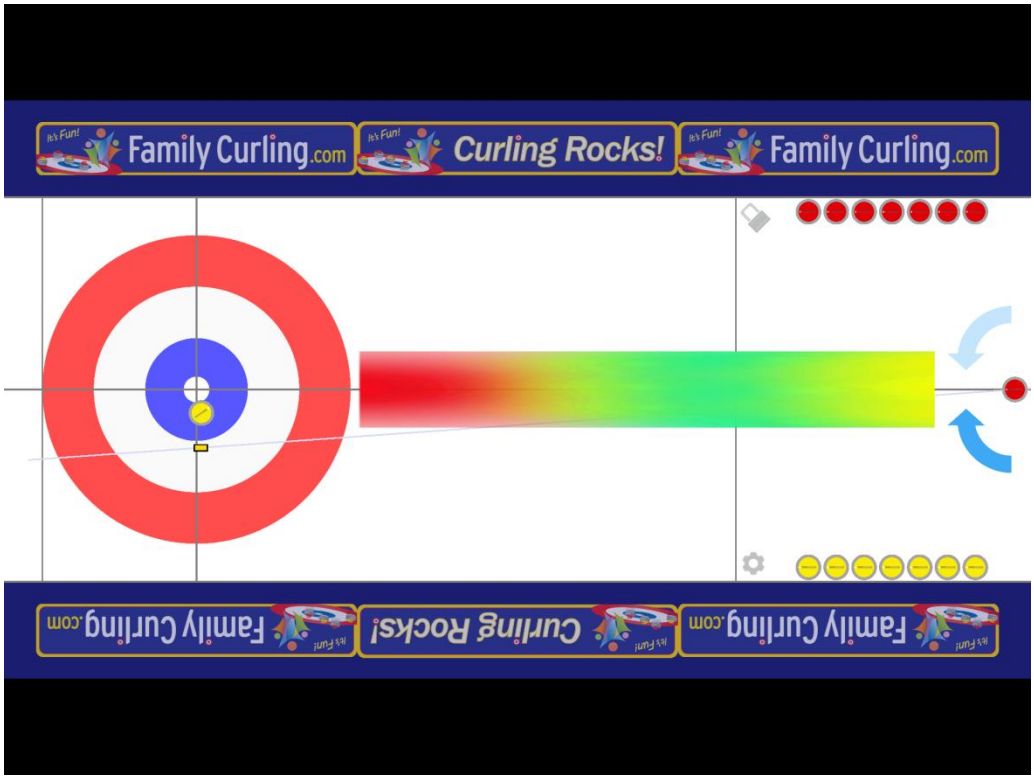
WORLD CURLING FEDERATION
LAS VEGAS 2018
NIKLAS EDIN'S JUNIOR TIPS...
1. "STICK TO IT. EVERY GAME WE PLAY, ESPECIALLY AT THIS LEVEL WHEN YOU GET TO PLAY AGAINST THE BEST TEAMS IN THE WORLD, YOU LEARN — WIN OR LOSS."
2. "STICK TO IT AND BE PATIENT."
3. "MAKE FRIENDS, HAVE FUN, TRAVEL AROUND - SEE THE WORLD - AND STICK TO IT."
NIKLAS EDIN, SWEDEN
#WMCC2018 #CURLING

WORLD CURLING FEDERATION
Ford
WORLD WOMEN'S CURLING NORTH BAY 2018
VICTORIA MOISEEVA'S JUNIOR TIPS...
1. "BE IN THE MOMENT. DON'T THINK ABOUT YOUR NEXT STEP AND DON'T THINK ABOUT YOUR PAST SHOT WHILE YOU'RE SITTING IN THE HACK."
2. "STAY AS A TEAM. NO ONE WANTS TO PLAY BAD, NO ONE DOES IT ON PURPOSE. WE ARE ALL HERE TO WIN SO DO YOUR BEST TO STAY TOGETHER AS A TEAM."
VICTORIA MOISEEVA, RUSSIA
#WWCC2018 #CURLING

WORLD CURLING FEDERATION
Ford
WORLD WOMEN'S CURLING NORTH BAY 2018
EUNJUNG KIM'S JUNIOR TIPS...
1. "SKILLS ARE THE MOST IMPORTANT. BASIC SLIDING – TECHNICAL SKILLS ARE VERY IMPORTANT."
2. "PATIENCE - SOMETIMES YOU LOSE, SOMETIMES YOU WIN. BUT YOU ARE ALWAYS GETTING BETTER AND BETTER OVER TIME."
EUNJUNG KIM, KOREA
#WWCC2018 #CURLING

SEE YOU IN WORLD CHAMPIONSHIP !!!

For fun and learning !!!



GOOD GAME AND GOOD CURLING !!!