



Mixed

Doubles

# A Brief History of Mixed Doubles

**2002 - New Continental Cup Discipline**

**2008 - Inaugural World Mixed Doubles Curling  
Championship**

**2018 - Debuted as a new discipline in  
Pyeongchang Olympics**

# Canada's Mixed Doubles Rock Stars!



# Exciting Year Upcoming for Mixed Doubles

- **14 Tier-1 Mixed Doubles Events in 2024/25**
- **3 Mixed Doubles Trials Qualifiers**
- **2025 Canadian Mixed Doubles Trials**
- **2025 Canadian Mixed Doubles Championship**
- **2025 World Mixed Doubles Championship**

**Winner of the 2025 Canadian Mixed Doubles Curling Trials will represent Canada at the 2025 WMDCC and the 2026 Winter Olympics**

# NextGen Mixed Doubles Is Growing!

## **New NextGen Events for 2024/25:**

- **World University Games Qualifier - Edmonton**
- **U-21 CJMDCC Qualifiers - Brandon & Moncton**
- **2025 FISU World University Games - Turin, Italy**
- **2025 U-21 CJMDCC - Summerside**
- **2025 U-21 WJMDCC - Edmonton**

# What Makes Mixed Doubles So Exciting?

**Fast-paced 8-end game**  
**Never a Shortage of Rocks in Play**  
**Unique Team Combinations**  
**You are Never out of the game!**

# Mixed Doubles National Team Program FAQ

**Strategy – How to start an end?**

**How do I train for Mixed Doubles Competition?**

**When should I play the Power Play?**

**How do I defend against the Power Play?**

**What do the analytics say?**

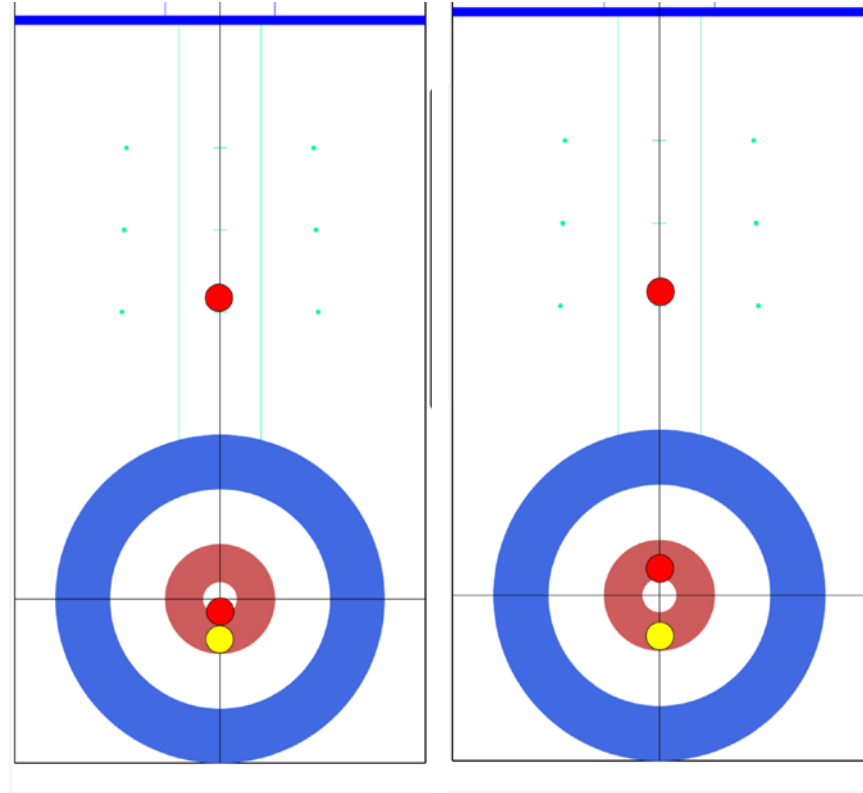
# Playbook Strategy

## Without Hammer

Defense - Play the Freeze  
Offence - Draw Top Button

## With Hammer

Opp Freeze - Play Bump  
Opp Draw - Play Freeze Tap





# Playbook Strategy

## Important Considerations

**First Shot Precision – Line is Paramount**

**Power Placement of Stones**

**Who gets that inside track advantage first?**

**Offence can be the best defence**

**Sometimes you just need to cut your losses**

# Mixed Doubles Practice Plans

## Technical Focus - Focus on matching the two throwers

- Majority of the game played from the outside-inwards
- Up the weight as you get closer to the center-line
- Feel game - very few 9 to 11 second hits

## Situational Analysis - What scenarios are we not certain about?

- Pick a score, end, and pp/no pp.

## Simulated Real Scenarios

- Play against yourselves, or coach short game
- Do everything you would in a real game

## Address Other Gaps - Team Dynamics, Communication, Sweeping, Shot Management, Pre-Game Practice

## CAN - Canada

LOTT Kadriana

F Right-handed

Type	U	%	U	%	Total	%
Draw	47	85	50	92	97	88
Front	0	-	1	100	1	100
Guard	6	100	2	100	8	100
Raise	5	90	6	96	11	93
Wick / Soft Peeling	1	100	0	-	1	100
Freeze	0	-	0	-	0	-
Take-out	5	95	3	100	8	97
Hit and Roll	4	63	2	75	6	67
Clearing	2	100	0	-	2	100
Double Take-out	2	75	2	75	4	75
Promotion Take-out	1	0	2	0	3	0
All Draws	59	87	59	92	118	90
All Take-outs	14	77	9	67	23	73
<b>Total</b>	<b>73</b>	<b>85</b>	<b>68</b>	<b>89</b>	<b>141</b>	<b>87</b>
Not considered					3	-

LOTT Colton

M Right-handed

Type	U	%	U	%	Total	%
Draw	47	87	49	86	96	87
Front	0	-	0	-	0	-
Guard	8	97	15	88	23	91
Raise	15	78	9	64	24	73
Wick / Soft Peeling	2	88	4	94	6	92
Freeze	0	-	1	100	1	100
Take-out	9	72	8	94	17	82
Hit and Roll	1	75	4	94	5	90
Clearing	5	90	1	100	6	92
Double Take-out	17	74	16	73	33	73
Promotion Take-out	0	-	5	75	5	75
All Draws	72	86	78	85	150	86
All Take-outs	32	76	34	82	66	79
<b>Total</b>	<b>104</b>	<b>83</b>	<b>112</b>	<b>84</b>	<b>216</b>	<b>83</b>
Not considered					0	-

Team: CAN - Canada

Type	U	%	U	%	Total	%
Draw	94	86	99	89	193	88
Front	0	-	1	100	1	100
Guard	14	98	17	90	31	94
Raise	20	81	15	77	35	79
Wick / Soft Peeling	3	92	4	94	7	93
Freeze	0	-	1	100	1	100
Take-out	14	80	11	95	25	87
Hit and Roll	5	65	6	88	11	77
Clearing	7	93	1	100	8	94
Double Take-out	19	74	18	74	37	74
Promotion Take-out	1	0	7	54	8	47
All Draws	131	87	137	88	268	87
All Take-outs	46	76	43	78	89	77
<b>Total</b>	<b>177</b>	<b>84</b>	<b>180</b>	<b>86</b>	<b>357</b>	<b>85</b>
Not considered					3	-

75% of total shots thrown were draws.

84% of 1-5 rock thrower shots were draws.

# When to Play the Power Play?

## Offensive vs Defensive Measure

- How can I maximize the use of my power play?
- How can I minimize the use of their power play?

## Considerations:

- What is the score? What end are we in?
- What are the ice conditions?
- Opponent & Skill Level

# When to Play the Power Play?

YOUR STRATEGY					
Power Play (with Hammer)					
	Ends Remaining				
	5	4	3	2	1
Down 3+					
Down 2					
Down 1					
Tied					
Up 1					
Up 2					
Up3+					

# When to Play the Power Play?

## OFFENSIVE PP STRATEGY

Ends Remaining

	5	4	3	2	1
Down 3+	Y/N	Y	Y	Y	Y/N
Down 2	N	Y/N	Y	Y	Y
Down 1	N	N	Y	Y/N *	Y
Tied	N	N	N	Y *	Y
Up 1	N	N	Y	Y *	Y
Up 2	N	N	Y	Y *	Y
Up 3+	N	N	N	N	Y

\* Try and score multiple point end, but giving up steal of one is also OK in this scenario IF your opponent has power play left

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## DEFENSIVE PP STRATEGY

Ends Remaining

	5	4	3	2	1
Down 3+	Y/N	Y/N	Y	Y	Y/N
Down 2	N	N	Y/N	Y	Y
Down 1	N	N	N	Y/N ?	Y
Tied	N	N	N	Y/N #	Y
Up 1	N	N	N	N *	Y
Up 2	N	N	N	N *	Y
Up 3+	N	N	N	N	Y




# Use the PP only if the other team has already used theirs  
 \* Try and score multiple point end, but giving up steal of one is also OK in this scenario IF your opponent has power play left

# How Do I Defend Against the Power Play?

- **Not easy, it's called a power play for a reason!**
- **Small sample size, only happens once per game.**
- **Shot selection is end, score and ice dependent.**
- **Most common defensive shots are:**
  - 1) **the own guard tick into the rings**
  - 2) **freeze the opponent stone in the rings**
- **There is a right and wrong way to miss these shots.**
- **Which one do you have the best chance of making?**
- **Tracking and debriefing these situations are critical.**

# Mixed Doubles Win Probability

Mixed Doubles Win Probability Chart


 Power Play Used
  Opponent PP Used
 





Score Diff	Hammer	1	2	3	4	5	6	7
4	With		96%	96%	96%	96%	99%	100%
	Without	90%	90%	90%	91%	91%	97%	98%
3	With		92%	92%	92%	92%	98%	99%
	Without	83%	83%	83%	83%	83%	92%	93%
2	With		85%					
	Without	71%	72%					
1	With		75%					
	Without	56%	56%					
0	With		60%					
	Without	40%	40%					
-1	With		44%					
	Without		25%					
-2	With		29%					
	Without		15%					
-3	With		17%					
	Without		8%					
-4	With		10%					
	Without		4%					

Mixed Doubles Win Probability Chart


 Power Play Used
  Opponent PP Used




Score Diff	Hammer	0	1	2	3	4	5
4	With		90%	90%	90%	90%	90%
	Without		80%	80%	80%	81%	81%
3	With		92%	92%	92%	92%	92%
	Without		83%	83%	83%	83%	85%
2	With		88%	88%	88%	88%	88%
	Without		71%	72%	72%	72%	72%
1	With		75%	75%	75%	75%	75%
	Without		56%	56%	57%	57%	57%
0	With		60%	60%	61%	61%	61%
	Without		40%	40%	39%	39%	35%
-1	With		44%	43%	43%	43%	44%
	Without		25%	25%	25%	25%	26%
-2	With		29%	28%	28%	28%	28%
	Without		15%	15%	15%	15%	16%
-3	With		17%	17%	17%	17%	17%
	Without		8%	8%	8%	8%	9%
-4	With		10%	10%	10%	10%	10%
	Without		4%	4%	4%	4%	5%

Mixed Doubles Win Probability Chart


 Power Play Used
  Opponent PP Used
 


Score Diff	Hammer	1	2	3	4	5	6	7
4	With		90%	96%	96%	96%	99%	100%
	Without	91%	91%	91%	92%	92%	98%	98%
3	With		93%	93%	93%	93%	98%	100%
	Without	85%	85%	85%	86%	86%	95%	95%
2	With		87%					
	Without	74%	74%					
1	With		77%					
	Without	59%	59%					
0	With		63%					
	Without	43%	42%					
-1	With		47%					
	Without		28%					
-2	With		31%					
	Without		14%					
-3	With		19%					
	Without		9%					
-4	With		11%					
	Without		5%					

Mixed Doubles Win Probability Chart


 Power Play Used
  Opponent PP Used
 


Score Diff	Hammer	1	2	3	4	5	6	7
4	With		95%	95%	95%	95%	99%	100%
	Without	89%	89%	89%	89%	89%	96%	96%
3	With		91%	91%	91%	91%	97%	97%
	Without	81%	81%	81%	81%	81%	89%	87%
2	With		84%	84%	84%	84%	91%	91%
	Without	69%	69%	69%	69%	69%	75%	67%
1	With		72%	72%	72%	72%	79%	82%
	Without	53%	53%	54%	54%	54%	52%	45%
0	With		57%	58%	58%	58%	58%	72%
	Without	37%	37%	37%	36%	36%	27%	20%
-1	With		41%	41%	40%	40%	40%	31%
	Without		23%	23%	23%	23%	23%	17%
-2	With		29%	26%	26%	26%	26%	19%
	Without		14%	13%	13%	13%	13%	9%
-3	With		18%	15%	15%	15%	15%	9%
	Without		7%	7%	7%	7%	7%	0%
-4	With		10%	9%	9%	9%	9%	2%
	Without		4%	4%	4%	4%	4%	0%



# Mixed Doubles Win Probability Basics

Chance of winning in 8th end

tied, no power play - 71%

tied, with power play - 86%

1 down with hammer, no power play - 41%

2 down with hammer, no power play - 20%

1 down with hammer, with power play - 44%

2 down with hammer, with power play - 28%

# Growing the Mixed Doubles Discipline

- **Increase exposure and opportunity for young curlers to participate (unior Leagues, Prov Curling Tours, MA Playdowns, Schools)**
- **Excellent skill development tool for young athletes (technical, team dynamics, communication, mental toughness)**
- **HP programs can incorporate MD Discipline into routine training**