

Curling Drills Handbook

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Introduction.....	3
Index of Drills By Skill	4
Circle Drill.....	1
Line Dancing	2
Keep Away.....	2
Crazy Eights	3
Las Vegas	4
Horse.....	5
Hide and Seek	6
Pop Goes the Weasel	7
Picket Fences.....	8
Hot Shots.....	9
Scotch Twosomes	10
Radar O'Reilly (M*A*S*H 4077)	10
Climb the Ladder.....	11
Progressive Hog Line	12
Four in the Four	12
The Designated Shot.....	13
Hit Me Baby	13
You Ought-a Be In Pictures	14
The Nose Knows.....	15
Straight Arrow	16
Straight Arrow – Stabilizer Version.....	17
Stepping Stones	18
Speed Trap	19
Slide Time.....	20
Sharp Shooter	21
The Perfect Team	22
No Net	23
No C	24
Moving Time.....	25
In the Zone	26
Ice Bowls	27
How Fast	28
Great Wall	29
Flying Blind	30
Field Goals	31
Crazy Eights – Team on Team	32
Chain Reaction.....	33
Bumper Cars	34
Sweeping Finesse	35
Synchronized Hitting.....	36
Time Zones.....	36

Introduction

These drills are a compilation of drills that have been developed and used by high performance curling coaches to help develop specific skills in their teams. Each drill includes an identified set of skills that the drill targets for improvement. As with all skills development overuse is as bad as underuse. Keep the amount of time spent on a particular drill to a reasonable amount of time such that the athletes remain engaged in the activity and have the maximum opportunity to improve. If a drill just isn't working for you team, don't be afraid to try something else.

SOME THOUGHTS ON PRACTICES FOR COACHES

A practice is an investment in time and effort for all involved! For scholastic athletes it represents about 2 hours from their studies. If you, as the coach are asking them to give up that amount of valuable time, it places a responsibility on you to provide a practice that will justify the time and effort the players are willing to put forth.

1. Practices should be FUN (for the coach and the players)!
2. Each practice must be pre-planned. It is a sign of strength, not weakness for your players to see you with a written plan in your hand!
3. Each practice should have a focus or theme and that focus should be announced to the players prior to the practice.
4. Some activities should be part of almost every practice. i.e. pre-game on-ice warm-up
5. There should be something new to do at each practice.
6. The activities selected should advance the players' physical and mental preparation for play in competition. In terms of physical preparation. Some drills should be anaerobic and others aerobic in nature. Time should also be set aside, not necessarily on-ice time, for mental toughness and stress management strategies.
7. There should be time in each practice for dialogue between the coach and each player.
8. There should be time in each practice for dialogue between the coach and the team.
9. Maximize ice time! Don't use the ice for something that could be handled just as well in the curling lounge. The players WANT to be active!
10. HAVE FUN!!!!!!

Index of Drills By Skill

Angle Judgement	4
Balance	23, 30
Brushing	1, 7-9, 13, 18, 25, 35
Brushing Judgement	2
Communication	7, 26, 35
Ice Reading	4-7, 9, 10, 13
Interval Timing	2, 19, 30
Line of Delivery	2, 3, 5-8, 10, 14, 16, 17, 23, 27, 30, 31, 33, 34
Line Judgement	4, 26
Mental Toughness	12-14, 29
Observation Skills	5
Specific Shot Making	1, 5, 9, 10, 13, 21, 31
Stamina	2
Strategy	10, 22
Take Outs	3, 6, 13, 14, 25, 32, 36
Talent Evaluation	1

In addition, the majority of the drills contain elements that help to improve weight control.

Circle Drill

Purpose	General talent evaluation, brushing, any type of shotmaking
Equipment	None

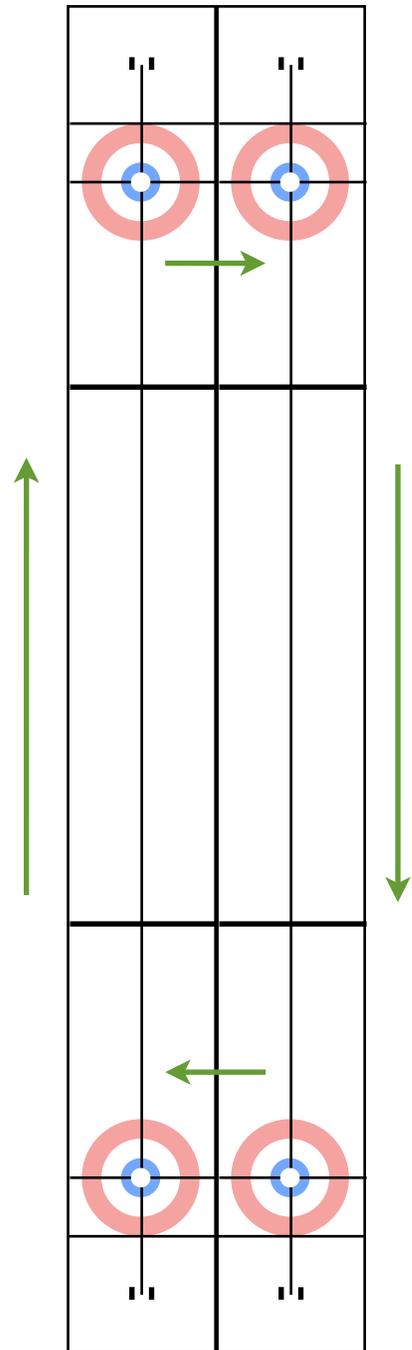
Set-up

Stones are set-up at either end of adjacent sheets.

Description

Any number of players can participate but assume for this explanation there are eight. On each sheet the players assume the normal playing positions of shooter, two brushers and skip. Simultaneously, the shooters deliver their stones. When the shot concludes, the players rotate positions (shooter to brusher one, brusher one to brusher two, brusher two to skip and the skip crosses over to the adjacent sheet to become the shooter on that sheet). The drill continues until all the stones have been delivered. That's one rotation! Have as many rotations as necessary.

The coach/instructor can position himself/herself in the middle of the drill and monitor it. The value of this drill comes from its full involvement by many players simultaneously. If you have more than eight players try establishing a "rest station" at each end after the "skip" position. It's a good time to provide some quick feedback to a player without centering him/her out. It also gives the player an immediate chance to affect change.



Line Dancing

Purpose	Improve line of delivery, improve weight control
Equipment	None

Set-up

Stones are set-up at either end of adjacent sheets.

Description

This is a team drill. A team can try to break its own record or the team can break into two and the twosomes can play against one another on adjacent sheets. The object of the drill is to deliver all eight of a team's stones and to have them all come to rest on the center line. A point is awarded for each stone (after the eight have been delivered) that is touching the center line. This is an excellent weight control and line of delivery drill. If the lead and second can deliver their stones to the back of the house on the center line, the third and skip have a relatively easy time of it. If, on the other hand, the lead is short of the rings, well, "let the games begin"!

Keep Away

Purpose	Improve brushing judgement, weight control, interval timing and stamina
Equipment	None

Description

Players play as individuals for this one on one game. It involves drawing the house and brushing. Alternately, the players shoot and brush all the stones of one colour. A point is up for grabs on every shot. If the shooter draws the house, he/she wins the point. If, on the other hand, by "gorilla" brushing or keen judgment, the brusher keeps the stone out of the house, the brusher wins the point. Obviously there are 8 points per game. If the score is tied at 8, the players flip with the winner choosing to be the shooter or brusher for the decisive 9th point.

This is an excellent drill for interval timing, brushing technique and stamina. The drill is best done near the end of practice when players are a bit tired already. It's a great "tournament" style drill, getting down to a final game.

Crazy Eights

Purpose	Improve take outs, line of delivery, weight control on take outs, peel weight
Equipment	None

Set-up

The stones of one colour are placed in the rings as shown at right. Place stones in the twelve foot circle on the center line at the top and bottom of the house. Place another two stones in the left and right 12 foot on center line. The other four stones are in the 8 foot midway between the two rocks in the 12 foot (forming a second square at 45 degrees to the first). This set-up can be modified to any other challenging arrangement that the coach feels will be interesting.

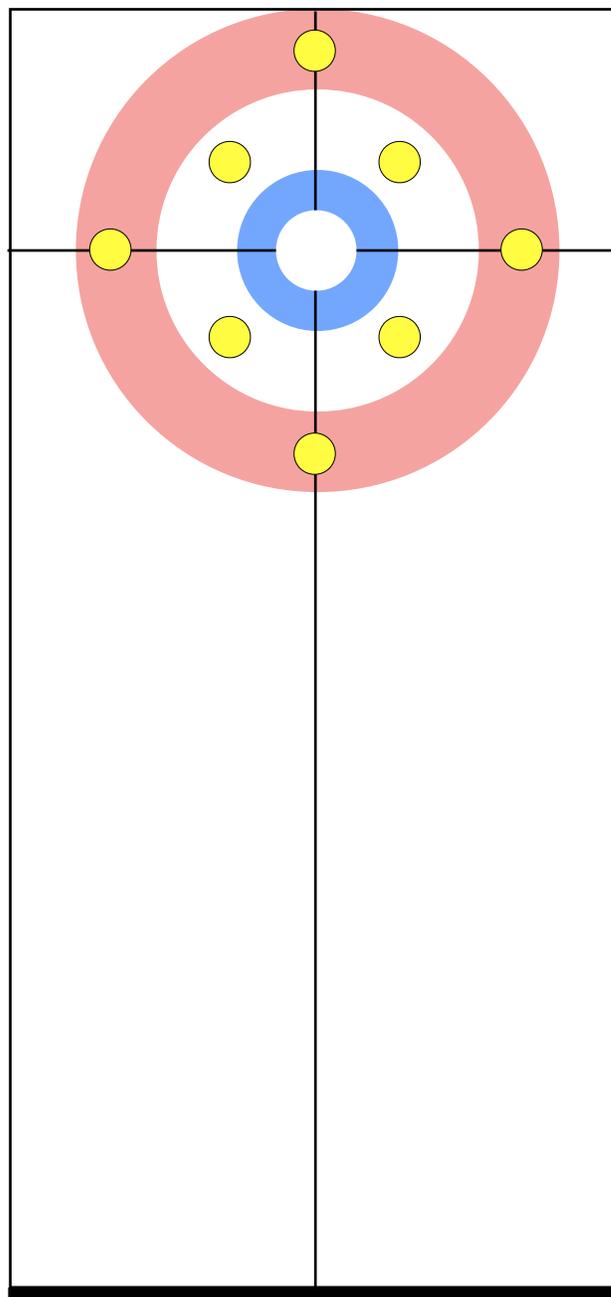
Description

The stones of the opposite colour are the shooters at the other end of the sheet. In turn, the team players try to remove the "target stones" with a skip to calling line and brushers brushing. The object of the drill is to remove all the target stones but keep all of the shooters.

Scoring

One point for each shooter on the rings but deduct one point for each target stone remaining in the rings. A perfect score is eight.

As a variation, change the goal to remove ALL stones and loose the shooters. The drill is run exactly the same as before and the teams' counts one for each stone of any colour remaining in play. A perfect score is 0.



Las Vegas

Purpose	Improve weight control, line judgement, ice reading, angle judgement
Equipment	None

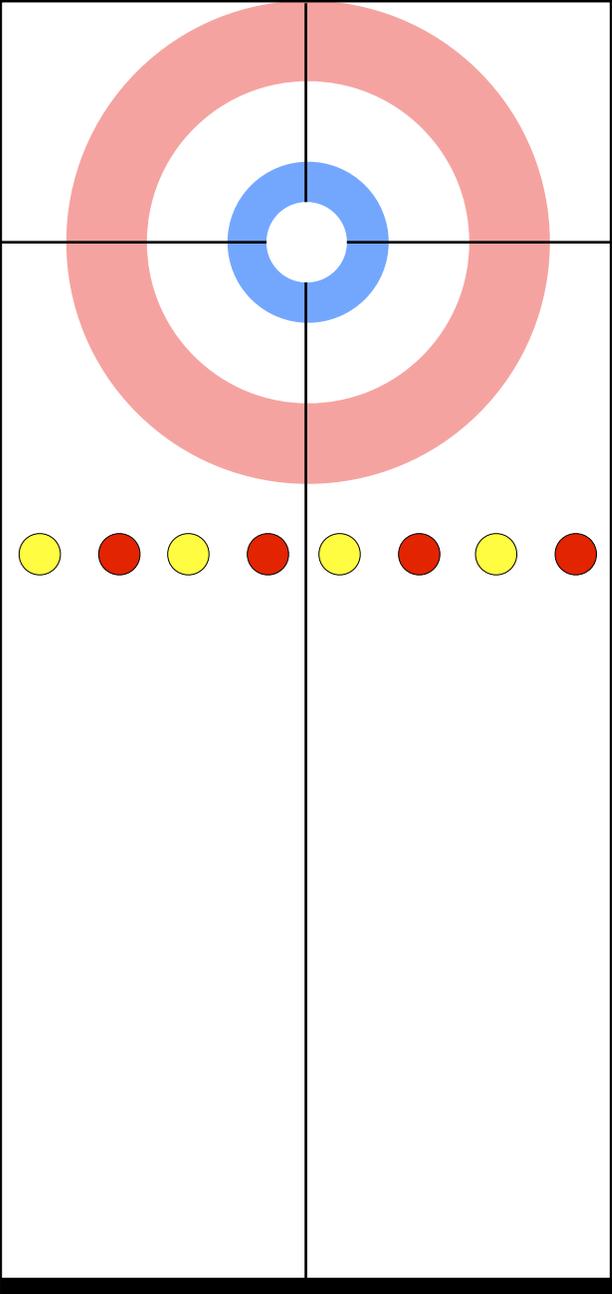
Set-up

Two teams play against one another on the same sheet. Each team donates four of its stones to be part of a line of stones in front of the house. These stones are placed alternately by colour with about a stone's width between each.

Description

Each player delivers one stone in game fashion alternating with the other team. The object is to score points by "raising" stones into the rings. The rings have value with the 12 ft. worth 2 points, the 8 ft. worth 3, the 4 ft. worth 4 and the button a big 5 points. If you can remove an opponent's stone(s), go right ahead.

When the last stone has come to rest and the score is determined (both teams score points), the team with the lower score (or if tied, the team that delivered the first stone) can DOUBLE the points. If that's the case, then that team MUST shoot first or pay up on the first "bet". At the conclusion of the "double" end, the same regulation is used to allow for a TRIPLING of the original bet.



Horse

Purpose	Develop all shots, weight control, line judgement, observation skills, ice reading
Equipment	None

Description

This is a direct copy of one of the most traditional basketball one-on-one shooting drills called "horse". In the basketball version, two players try to match shots. If the first player makes his/her shot, the other must duplicate it or get a letter from the word "H-O-R-S-E". If the first player misses then the other gets to establish a shot and if successful, his/her opponent must match it or get the letter. The game ends when someone is a H-O-R-S-E! In curling, the two players try to draw to one of four zones. Zone one is the front half of the "free guard zone". You guessed it, zone 2 is the back half of the free guard zone. Zone 3 is the front half of the rings and zone 4 is the back half of the rings. You decide about the tee line, it's your team! The player shooting first simply declares a zone and if successful forces the opponent to match it. If the first shooter is unsuccessful, the second can hang a letter on the first by either successfully drawing the declared zone or he/she can choose to establish a new zone. If the second player chooses to try to draw into the declared zone and is unsuccessful, the first player retains the declaration of the next zone. Success in drawing the zone declared by the player who declared it, results in retention of the right to declare the next zone.

Hide and Seek

Purpose	Improve take outs, weight control, ice reading, line of delivery
Equipment	None

Description

Teams of two work best here. The object of this drill is to draw behind guards in an effort to prevent, or at least make it as difficult as possible for your opponents to remove your stone from play. One team manually places a guard stone. That team then attempts to hide behind it. The opposing team's task is to remove that stone from play. If the drawing team fails to draw behind the guard, it's a simple matter of an open hit. If the draw behind the guard is successful, then we're talking a down weight hit or possible a run back of the guard onto the target stone. A point is the prize to the hitting team if the drawn stone is removed from play but the drawing team scores the point if the hit is unsuccessful.

Pop Goes the Weasel

Purpose	Improve weight control, line of delivery, ice reading, brushing and weight / line communication
Equipment	None

Set-up

This is another drill for which teams play on adjoining sheets. All the stones of one colour are placed on the center line from the edge of the 12 ft. toward the hog line (with the stones in contact with one another - sort of the ultimate "freeze"). The stones of the other colour are at the shooting end of the ice.

Description

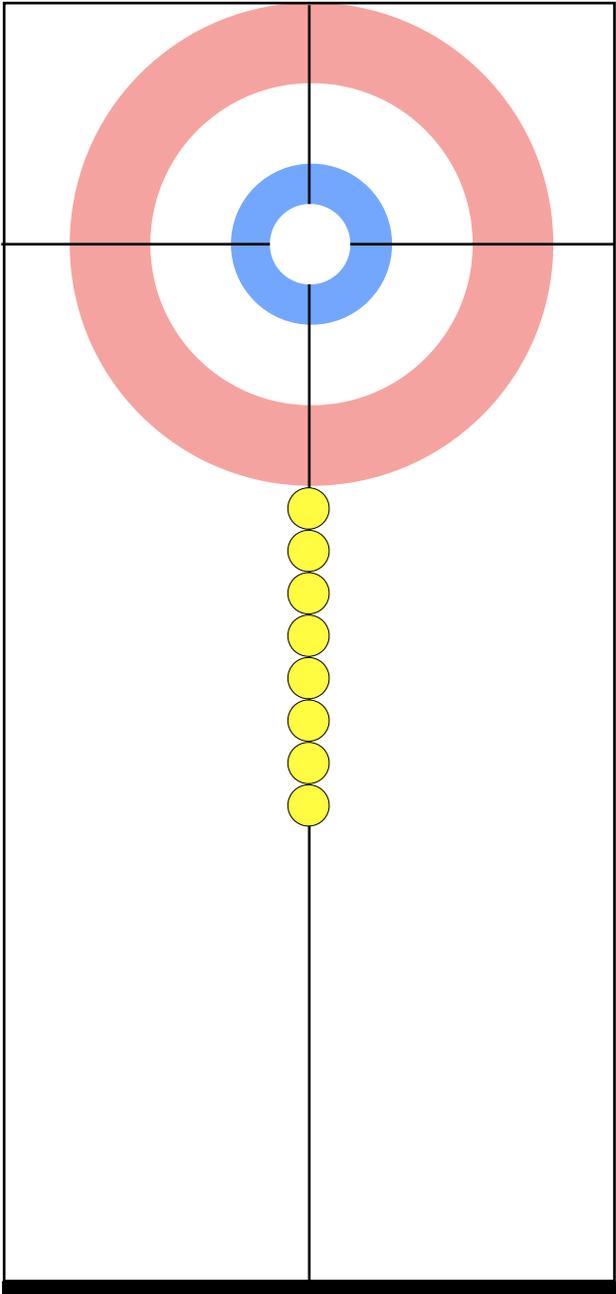
The object is to raise as many stones from in front of the house onto the rings as possible.

Experiment with new and exciting formations for the stones out front! Teams should play in their normal positional rotations with the skip calling ice and line and brushers brushing each shot as required.

Scoring / Result

In or touching...

Location	Score
Button	5
4-foot	4
8-foot	3
12-foot	2
In play	1



Picket Fences

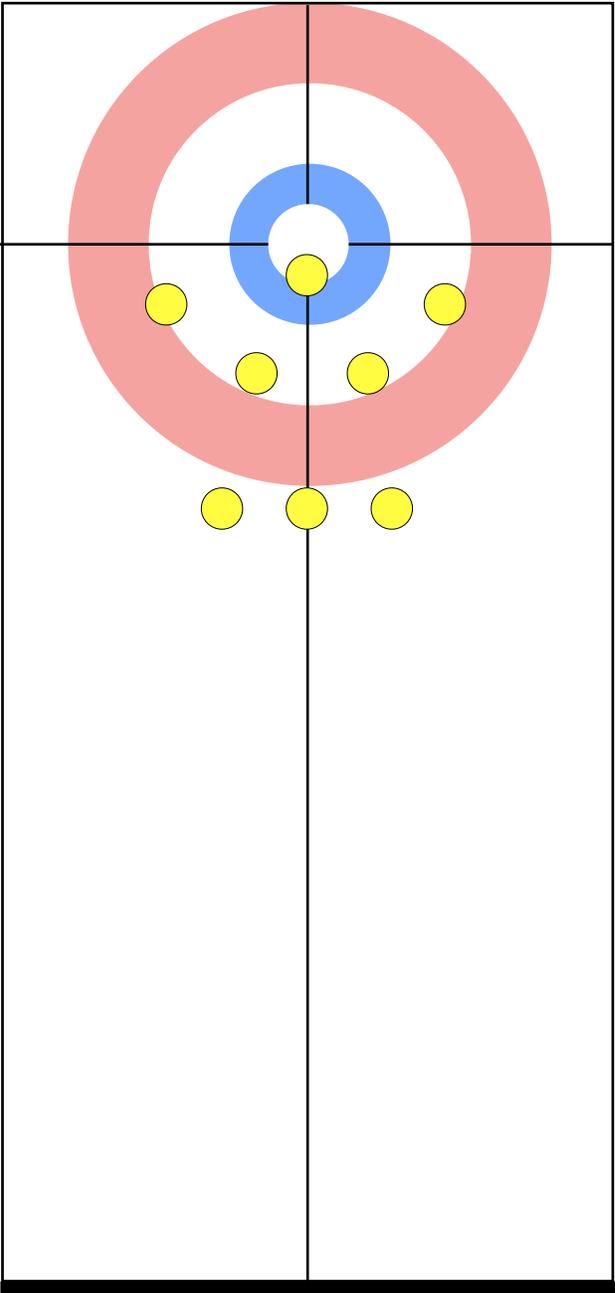
Purpose	Improve weight control, line of delivery, team brushing effectiveness
Equipment	None

Set-up

Each team has its own sheet. Stones are arranged according to the diagram.

Description

The space between the three stones in front of the rings is EXACTLY the diameter of one stone! Like "crazy eights" the object is to remove as many of the target stones and retain as many of the shooting stones as possible. Executing the drill and counting is the same as "crazy eights" as well.



Hot Shots

Purpose	Develops all shots, team brushing effectiveness, ice reading.
Equipment	None

Set-up

See below varies for the shot

Description

1. **Draw:** To the button.
2. **Raise:** A stone is placed on the center line tangent to the top of 12 foot circle.
3. **Draw Through a Port:** A stone is placed adjacent to the center line just off the top of the 12 foot. The other side of the port is another stone, placed a predetermined distance from the first. The stones may be placed to allow for either rotation of the shooting stone (i.e. in-turn or out-turn).
4. **Hit:** A stone is placed on the center line tangent to the button behind the tee line. Contact must be made with the target stone.
5. **Hit and Roll:** A stone is placed adjacent to the 12ft. circle midway between the tee line and the center line. The target stone may be placed to allow for either rotation of the shooting stone. The shooting stone must make contact with the target stone.
6. **Double Take Out:** Two stones are placed on the edges of the 4 ft. at a forty-five degree angle to the tee line. The shooter must cause both target stones to be removed from play.

Scoring

All shots are scored 5,4,3&2 with the button worth 5 and the 12 ft. worth 2 except for the last “tie breaker” shot.

Scotch Twosomes

Purpose	Develop all shots, ice reading, strategy.
Equipment	None

Description

This is similar to doubles format, but has no pre-set stones and uses the full set of 8 rocks per-side. Keep the games shorter to avoid over taxing the players. One player plays the first four stones of the end and the "skip" the remaining four. The player in the house may only brush when the delivered stone reaches the hog line. Usually a game is of 6 ends duration.

Radar O'Reilly (M*A*S*H 4077)

Purpose	Improve weight control, ice reading, line of delivery
Equipment	None

Description

Like "**Keep Away**" and "**Horse**" this is a one-on-one drill. Player "A" delivers a shot that must remain in play. Player "B" to win the point must make contact with it and move it to within a pre-agreed distance (i.e. brush handle length). The shot by player "B" may be altered so that it does not come in contact with player "A's" shot but comes to rest within a pre-agreed distance. Player "A" wins the point if player "B" is unsuccessful. Players alternate as "A" and "B". This is a good drill for player "B" to practice judging line and time (i.e. stopwatch) on an opponent's shot.

Climb the Ladder

Purpose	Improve weight control
Equipment	None

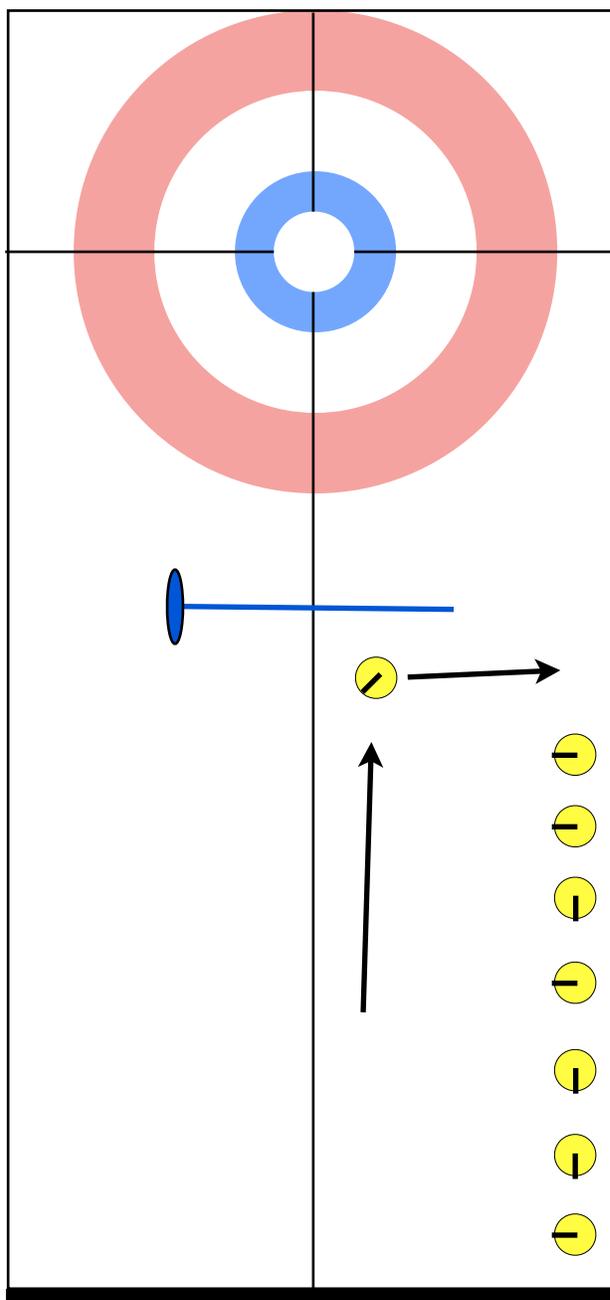
Description

This is a team drill in that the players deliver their two stones in the normal rotation (lead, second..) with the skip in the house and the brushers doing what they do best, brushing. The object of the drill is to deliver stones to pre-arranged distances in either an ascending or descending sequence.

In ascending sequence, the lead attempts to deliver his/her first stone just over the hog line (within a brush handle length of the hog line). When the stone comes to rest, it is pulled to the side of the sheet and the handle is positioned either perpendicular to the side board (made shot) or parallel to it (missed shot). The lead then delivers his/her second stone within a brush handle length of the previous stone. That stone is then pulled to the side and its handle positioned either perpendicular or parallel to the side board. After all eight stones have been delivered, simply check the handle positions for the team score. It can help to position a brush on the ice (see diagram) as a target.

In descending sequence, the first stone is delivered by the skip to within a brush handle of the back line. The rest of the stones are then delivered to come to rest in positions successively closer to the hog line. The last two stones are delivered by the lead.

Try a variation where all sixteen stones are delivered, thus making each "zone" smaller.



Progressive Hog Line

Purpose	Improve weight control
Equipment	None

Description

This drill is similar to “**Climb The Ladder**”. The concept is simple. With each player delivering his/her two stones, brushers brushing and skip in place, the lead delivers a stone. Wherever that stone comes to rest, it is pulled directly to the side line. It then becomes the new hog line. The lead's second stone must get over that hog line. If it does, as with the first stone, it is pulled directly to the side and becomes the new hog line. If a stone slides through the house it's out of play of course. The object of the drill is to get all eight stones over the hog line.

Hint (or rather, a confession): If the delivered stone overlaps the hog line stone, I count it. You set the rules for your team!

Four in the Four

Purpose	Weight control, mental toughness
Equipment	None

Description

With this drill, the goal for the team is to draw the four-foot, four times in a row. Start with the normal team set-up at the beginning of an end. The lead throws a draw to the four-foot with the skip in position and the second and vice sweeping. After the lead throws, the second throws and so on. Continue this until you have drawn the four foot *four consecutive times*. If one person misses, you must start over. The purpose of this drill is two-fold, to see and understand each delivery for sweeping purposes, and to simply practice drawing to the four-foot. It develops a good sense of draw weight, what your sweepers are capable of, and good practice for the sweepers making weight judgment calls.

This drill is harder than it sounds. If the team rule is to not move to the next drill until four are in the four, then pressure builds up with each four-foot draw. Depending on the level of the team it is okay to move on to the next drill with “Four in the Twelve”, then once the team can do that routinely, move to “Four in the Eight” and then insist on “Four in the Four”, but at all times the target should be “Four in the Four”.

The Designated Shot

Purpose	Improve all shots, mental toughness
Equipment	None

Description

Pick a shot that the team throws a lot. Execute the shot with full sweeping and line calling. Agree on a standard for each shot. For example, three come-arounds in a row or three peels in a row or ten freeze attempts. This drill allows the players to practice a common shot when the pressure is off. This repetition goes a long way when the pressure is on.

Hit Me Baby

Purpose	Improve take outs, brushing effectiveness, ice reading
Equipment	None

Set-up

One stone is set-up on the button to start.

Description

Each player throws one stone in their normal order with brushers brushing. To start, one stone is placed on the button. The lead must then take out that stone and hold the shooter in play. The second then must remove the stone the lead threw again holding the shooter. The goal is to see how many consecutive hits can be thrown without rolling out of play. The shooting stone may roll anywhere within the legal playing area. If the shooter rolls out the team starts again with a stone at the button. If the take out misses completely or rolls out the count starts over. As with **“Four on the Floor”** you can set a standard for how many shots the team must accomplish before moving on and increase the number as the team improves.

Advanced Variation

A variation of this is to start at the button and direct play to prescribed areas on the sheet by rolling the shooter. For example, the team identifies where the last takeout must be end up (e.g. top eight foot on the right side). The rolls then must be made to move the play to that area of the house. In this case the score is the number of shots required to get a shooter into the desired position.

You Ought-a Be In Pictures

Purpose	Improve line of delivery
Equipment	Laser that displays a dot; video camera / V1 Home setup

Set-up

Place laser with target brush handle on any line of delivery about 20-30 ft beyond hog line. Prepare video camera. Focus on full body

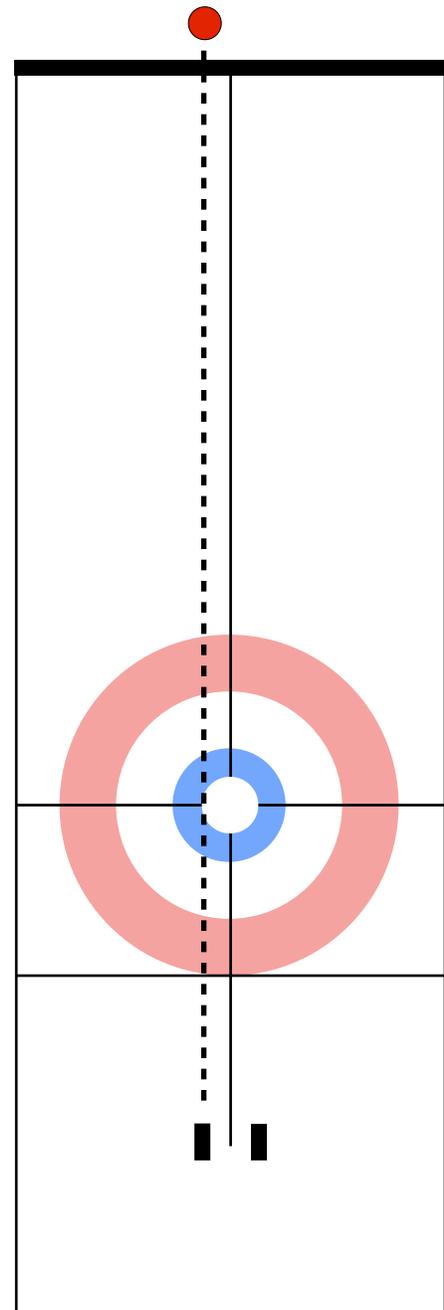
Description

Take three slides ensuring the laser "dot" moves no more than 2" on rock face and toe of sliding foot is visible behind rock.

Focus on full body. Have thrower take stance position. Point laser to centre of rock. Camera person stands directly behind laser. Start video camera and signal thrower to slide and release. Stop video camera after rock is released.

Scoring / Results

Score of 1 points for steady laser dot and 1 point for visible toe. Maximum is 6 points.



The Nose Knows

Purpose	Determine best weight and rotation to use on a takeout that needs to stay around in a crucial situation. <ul style="list-style-type: none">• Improve ability to handle the pressure (for later delivered rocks, one bad shot can ruin 12 good ones).• Improve line of delivery.
Equipment	None

Set-up

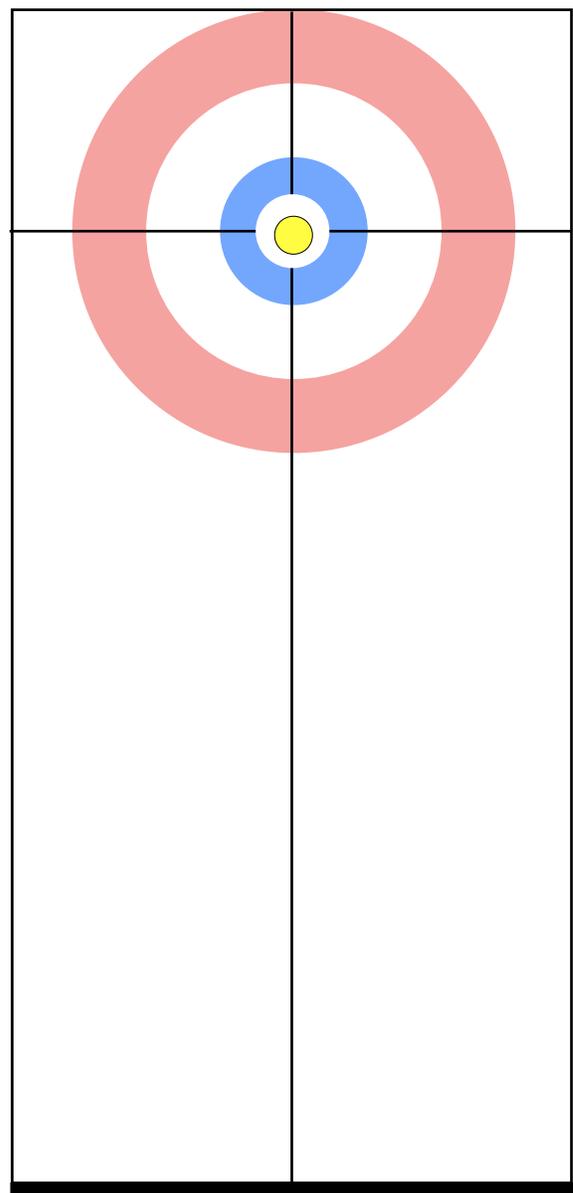
Position a rock on the button. Have 16 rocks ready to throw.

Description

Using a pre-determined hit weight (hack, bumper, control or normal team takeout) the object is to hit the rock in play on the nose and move play forward from the tee line (if a rock rolls to either side it will start to lose distance to the tee line). When it comes to rest, slide it back to the center line at the same distance from the tee line and resume the drill. If a rock rolls behind the tee line, go back to a rock on the button. It should be noted which rotation and weight were used. Deliver all 16 rocks and track how far in front of the tee line the final stone comes to rest.

Scoring / Results

When the drill is over, record the distance from the tee line using a measuring tape.



Straight Arrow

Purpose	Improve line of delivery.
Equipment	Target, sponges or tissue boxes or plastic cups

Set-up

Place a target (red in diagram) on the centre line just beyond the hog line to define the line of delivery. Place two pairs of sponges (green in diagram) along the line of delivery as noted below. Leave about 1.5 feet between each pair sponges.

Description

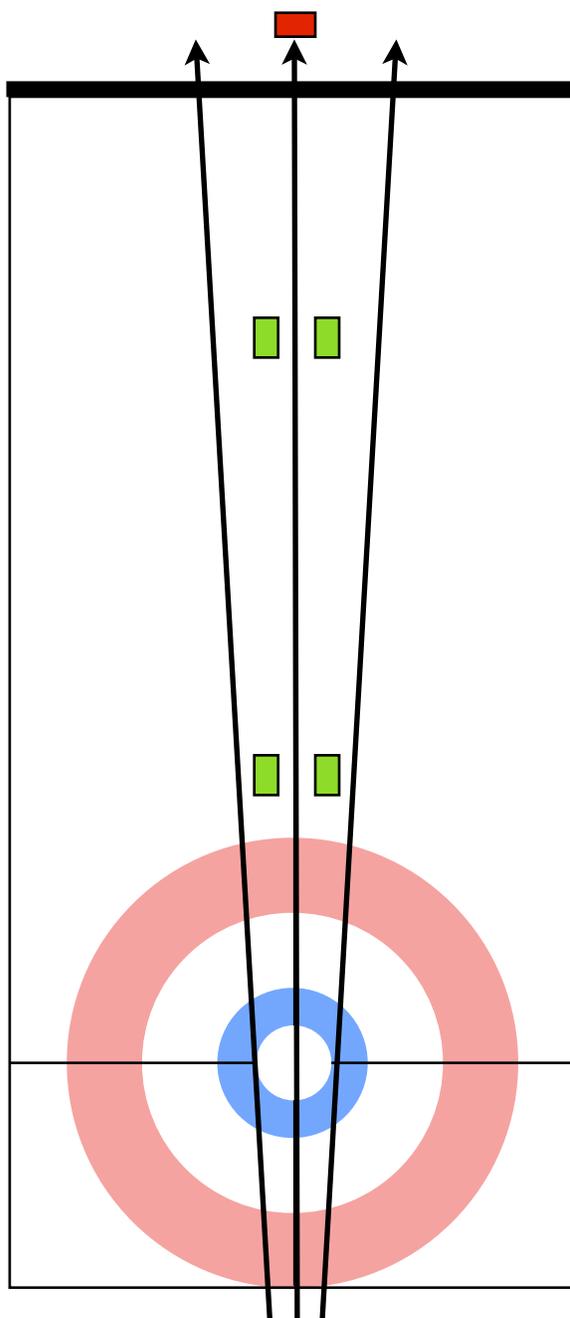
Take two slides recording which (if any) pairs of green sponges were touched. Replace all sponges moved. After two slides move the red target to a location about 1.5 feet to left of centre line, relocate the green sponges and repeat. After two slides at that location move red target to 1.5 feet to the right of the centre line and repeat. In total, there will be six slides. Teaches curler to look at the target.

Scoring / Results

Score of 1 point for each pair of sponges successfully navigated. Maximum is 12 points.

Advanced Variation

Place the sponges closer together. If sliding without a rock, sponges can be placed less than 1 foot apart.



Straight Arrow – Stabilizer Version

Purpose	Improve line of delivery
Equipment	Target, sponges or tissue boxes or plastic cups

Set-up

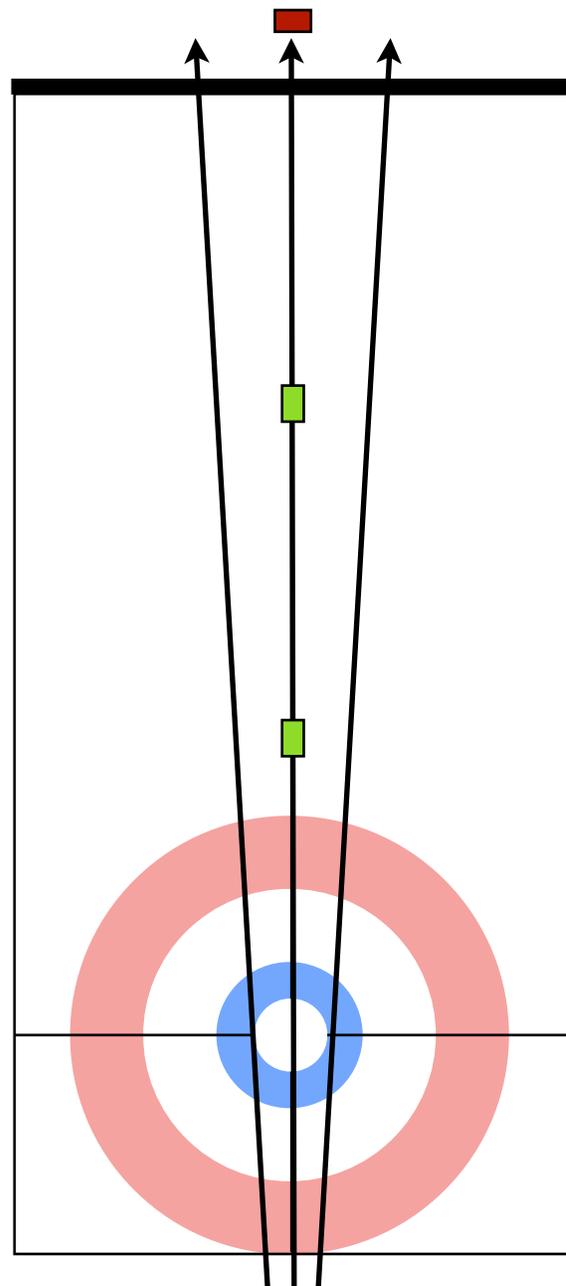
Place two sponges (green in diagram) along the line of delivery as in the diagram. Note: Kleenex boxes, plastic cups, etc can be used instead of sponges .

Description

Take two slides along the line of delivery such that all sponges are contacted by the sliding foot. Record the results and replace all sponges moved. After two slides move the sponges a new line of delivery about 1.5 feet to left of centre line and repeat. After two slides at that location move the sponges to a new line of delivery about 1.5 feet to the right of the centre line and repeat. In total, there will be six slides.

Scoring / Results

Score of 2 points for each sponge successfully contacted. Maximum is 12 points



Stepping Stones

Purpose	Improve weight control on guards and draws. Also aids brushing.
Equipment	None

Set-up:

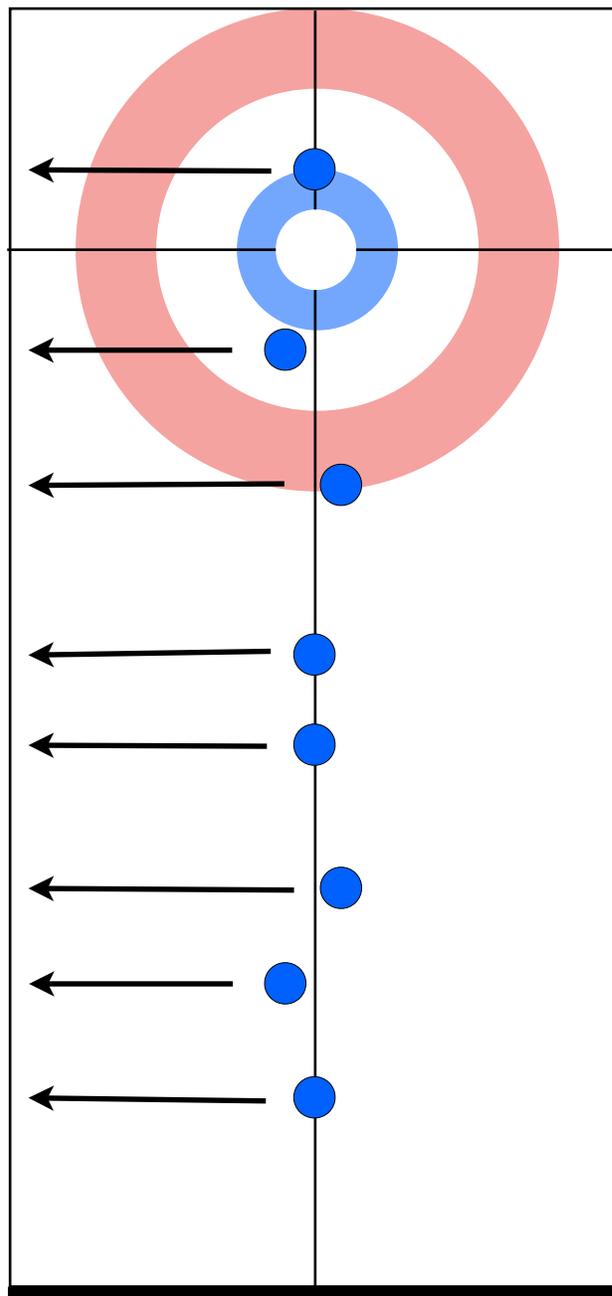
Arrange for a helper

Description

Throw 8 guards/draws with the objective of following each guard/draw with another just slightly deeper. If a rock is deeper than the previous have the helper move the rock to the side of the sheet - even to where the rock stopped. If the rock was shorter than the previous, have the helper push the rock to the back boards. If brushers are present, they can be used.

Scoring / Results

Once all 8 rocks have been thrown, score 1 for each rock at the side of the sheet. Maximum score is 8 points.



Speed Trap

Purpose	Improve weight control on take outs, control, normal and peels.
Equipment	Stopwatch

Description

Each thrower delivers 6 stones - 2 with each of the three weights (Control, Normal, and Peel).

Peel: 8 - 9 seconds hog-to-hog.

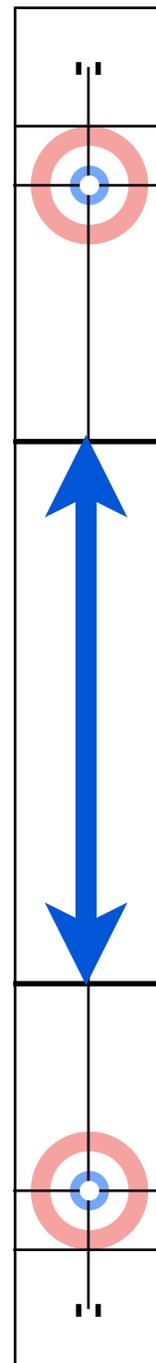
Normal: 9 - 10 seconds hog-to-hog.

Control: 10 - 11 seconds hog-to-hog.

Scoring

5 points if take-out is in the target time zone +/- .3 secs.

2 points if take-out is in the target time zone +/- .5 secs.



Slide Time

Purpose	Improve weight control.
Equipment	Stopwatch

Set-up

Arrange for a helper/timer.

Description

Throw 8 stones with a different back line-to-hog line split times. Timer gives required split time and thrower attempts to slide with that split time. Timer records actual split time.

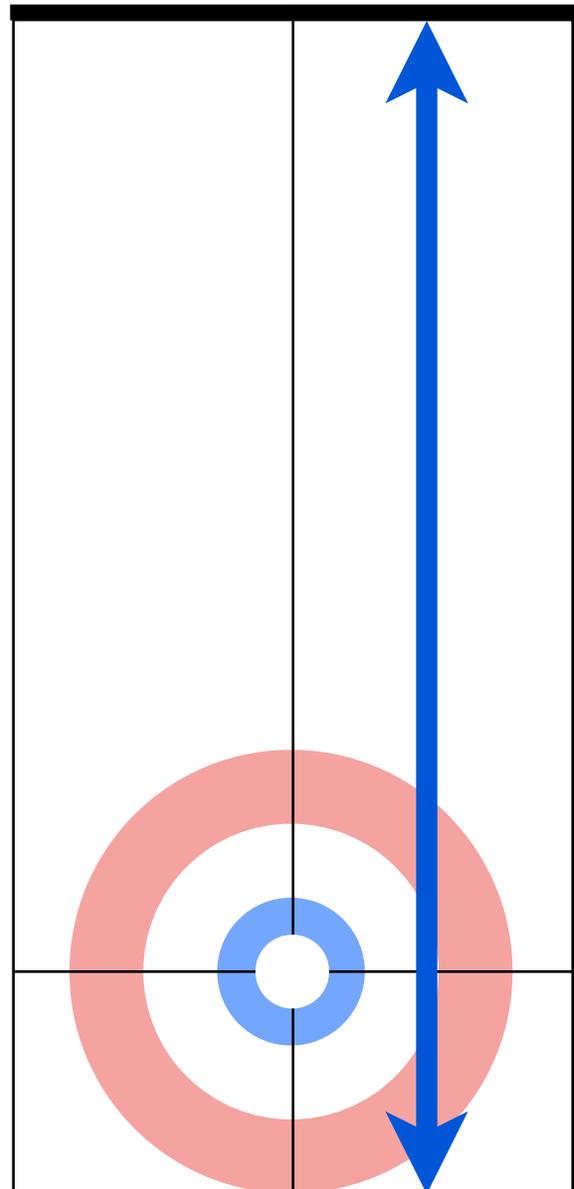
Stones	Split Time
1, 2	3.50
3, 4	3.70
5, 6	3.90
7, 8	4.10

Scoring / Results

3 points : +/- .05

2 points : +/- .10

1 point : +/- .15



Sharp Shooter

Purpose	Improve weight control on draws.
Equipment	None

Description

Throw 8 consecutive draws shots - no restarts. Record the score for each draw stops. If there is a helper, remove the stone. If no helper, leave stones where they stop and throw the next shot.

Scoring / Results

Add score of each draw as follows. Maximum is 40 points.

In or touching ...

Location	Score
Button	5
4-foot	4
8-foot	3
12-foot	2
In play	1

The Perfect Team

Purpose	Improve strategy and tactics including precise shot execution.
Equipment	None

Set-up

Some opponents stones are taken to the far end. Coach determines a scenario: end, score, last rock. Team determines a plan/strategy for this one end in terms of what is to be achieved, what is acceptable and what is to be avoided.

Description

Team attempts to meet the goals set. Team picks and throws 8 shots as in a normal game. Coach pretends to be the perfect opponent using the opposition colour stones and "makes" good shots by simply placing/replacing rocks as desired.

Scoring

Meet "to be achieved" goal: 10 points

Meet "acceptable" goal: 5 points

Meet "to be avoided" goal but not the others: 2 points

No Net

Purpose	Improve balance
Equipment	Kleenex boxes, plastic cups, or sponges .

Set-up

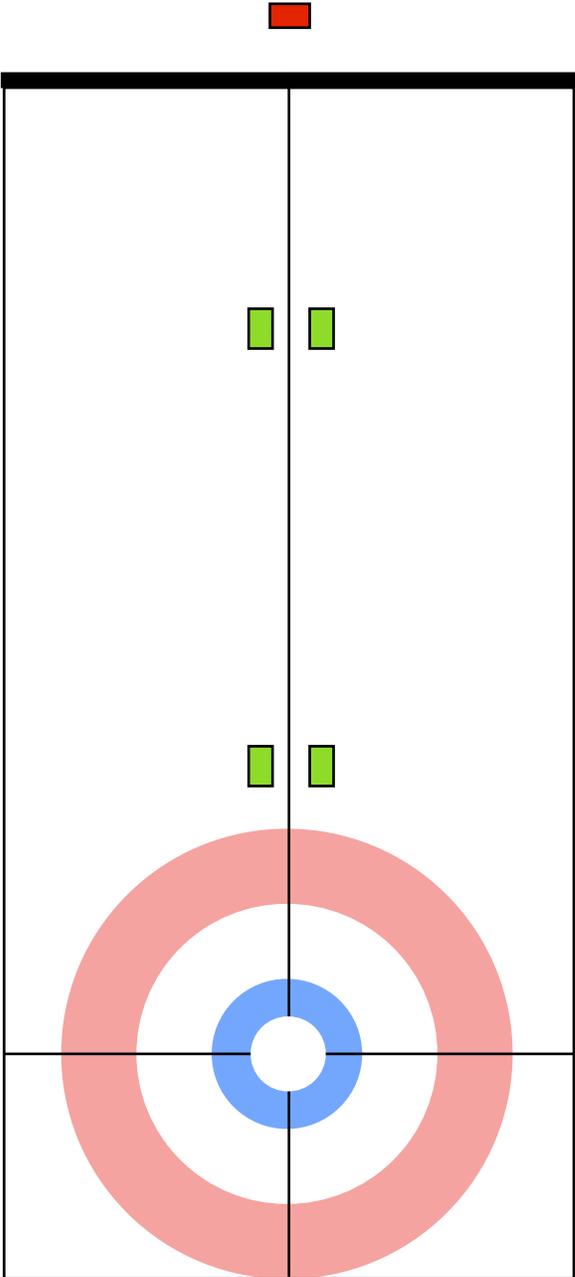
Place a target (red in diagram) on the centre line just beyond the hog line to define the line of delivery. Place two pairs of sponges (green in diagram) along the line of delivery as noted below. Leave about 1.5 feet between each pair sponges.

Description

Do not use a brush or stabilizer. Take three slides recording which if any pairs of green sponges were touched. Replace all sponges moved.

Scoring / Results

Score of 1 point for each pair of sponges successfully navigated. Maximum is 6 points.



No C

Purpose	Improve line of delivery.
Equipment	Kleenex boxes, plastic cups, or sponges .

Set-up

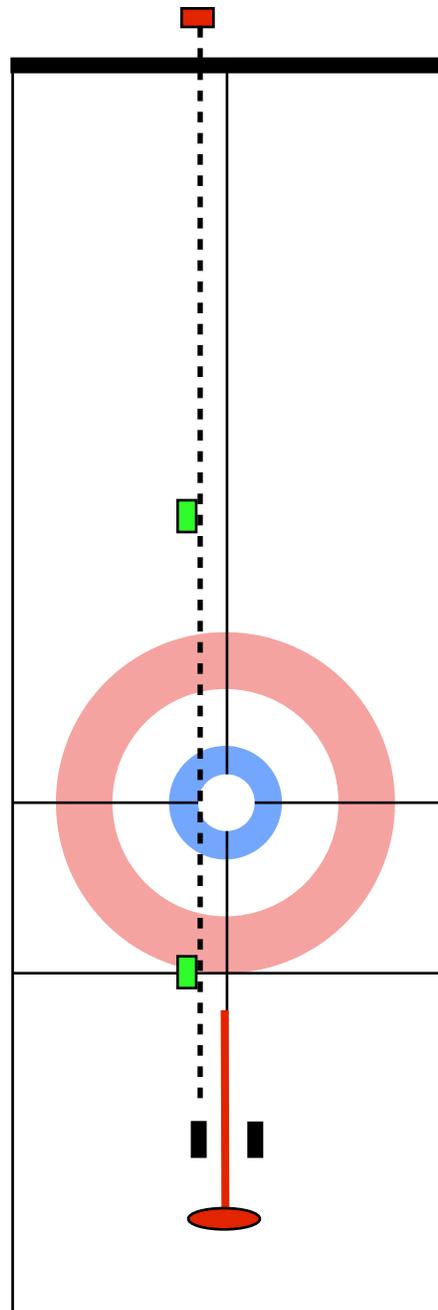
Place a target (red in diagram) near the centre line just beyond the hog line to define the line of delivery. Place two one sponges (green in diagram) along the line of delivery as shown. Place brush handle on ice between hacks extending halfway to back line as shown (red) in diagram).

Description

Take three slides without a stone ensuring the brush handle is not moved and the green sponges are hit by sliding foot toe.

Scoring / Results

Score of 1 point for missing brush and 1 pt. for hitting each sponge. Maximum is 9 points.



Moving Time

Purpose	Improve accuracy and weight control on tick & peels. Also aids brushing.
Equipment	None

Set-Up

Set-up 1 guard as shown. A helper times stones from hog-to-hog and keeps stones on sheet.

Description

Throw 8 stones. Determine which will be peels and which will be tick/pushes.

Peel

- Remove guard and roll the shooter out of play.
- Helper will determine whether peel weight was thrown (8 - 9 seconds).

Tick

- Move guard to the side of sheet and roll shooter to the other side of sheet, both beyond 4 ft of centreline
- Helper will determine whether hack weight was thrown (11- 12 seconds).

Scoring / Results

1 point for any contact PLUS

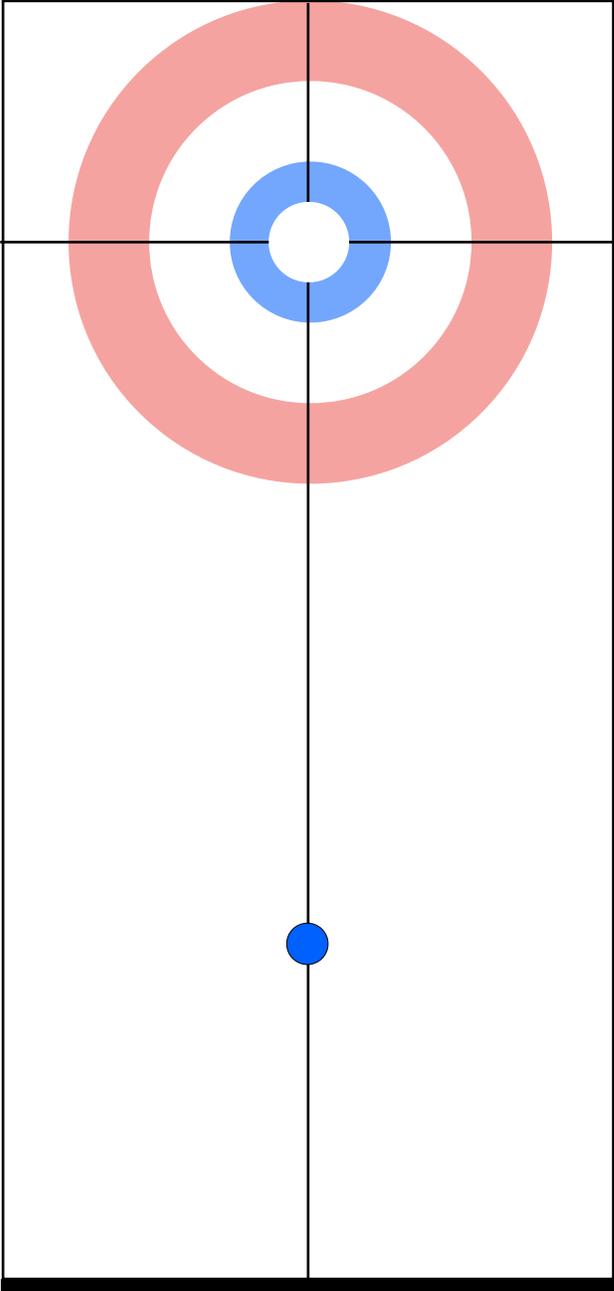
Peel:

- 2 point for hit & rollout of both rocks
- 1 point for hit and roll beyond 4 ft of centre

Tick

- 2 points for hit & roll both rocks beyond 4 ft
- 1 point for hit & roll both rocks beyond 2 ft

Maximum score: 24



In the Zone

Purpose	Improve weight judgment skills as a brusher. Also call zone loudly.
Equipment	Kleenex boxes, plastic cups, or sponges.

Set-up

Review standard draw weight zones. Arrange for a helper to deliver 16 draw shots to various zones (keep target zone secret from "brusher").... 8 up the ice and the same 8 back.

There will be no actual brushing. Place three sponges or other markers at the three "call" points.

Description

The "brusher" will call out in a loud voice which zone they believe the stone will stop. He/she will do this three times during the course of the shot.

- 1st call at the near hog line
- 2nd call half way between hog lines.
- 3rd call 2 meters before far hog line.

Evaluator stands in the far house.

Scoring / Results:

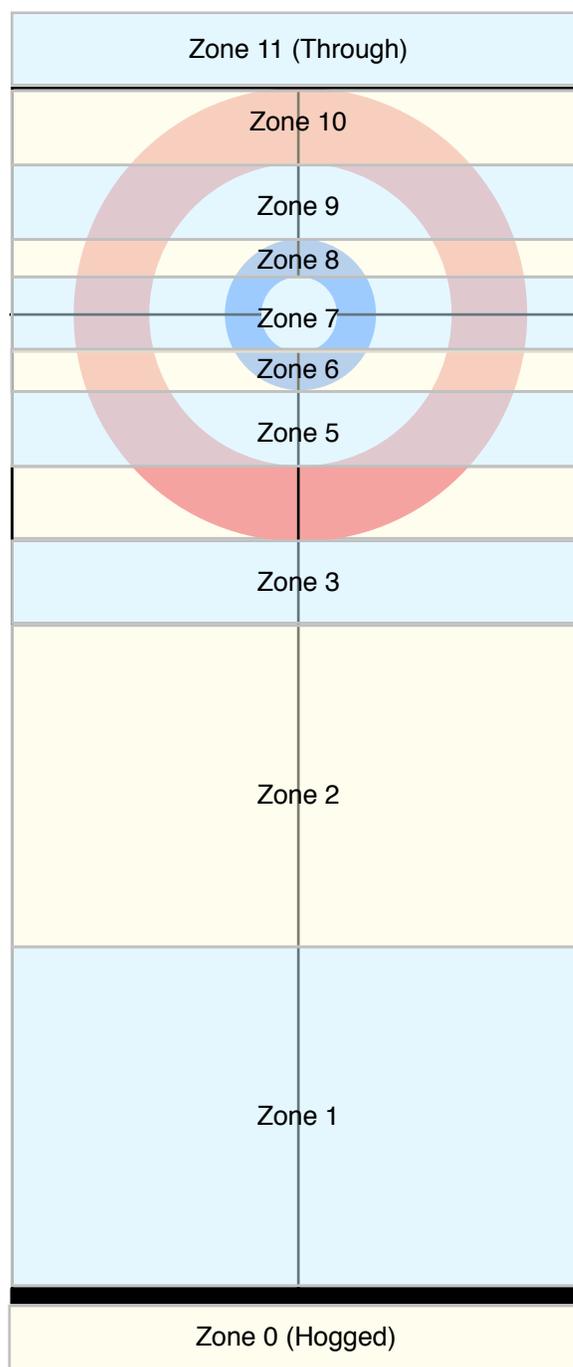
Evaluator must hear a call for it to count.

On the delivery of each stone, score each of the three calls as follows:

- 3 points if stone touches called zone
- 2 points if stone touches +/- 1 zone
- 1 points if stone touches +/- 2 zones

Each attempt is the total of the three calls.

Take the best 3 out of the 4 attempts. Maximum score is 27.



Ice Bowls

Purpose	To improve weight control and line of delivery.
Equipment	None

Description

The game of Ice Bowls is played on a normal sheet of curling ice with the same ice boundaries.

The general object of the game is for participants to throw each of their stones as close as possible to a single small target stone called the JACK. Stones may hit the jack, but the jack must remain within the boundary markers or the END will be declared blank. Stones are likely to hit other stones, and may propel them into a position that is perhaps nearer to the jack, or out of bounds in which case they are taken out of play.

Games are played between opposing teams, each with from one to four players. SINGLES games are played between two players, DOUBLES between two pairs, TRIPLES between teams of three, and rinks between teams of four players. As in curling, there is a skip who give directions to the thrower and who throws the last stones for the team.

After all members of each team have thrown their stones (the completion of an END), the stone closest to the jack counts one point for its team, and every other stone belonging to that same team that is closer to the jack than the nearest one of the competitors' counts 1 additional point. Game is made up of a series of these completed ends. Each curler has two stones. Brushing of thrown stones is allowed.

A game is started by flipping a coin to see which team will throw first stone. A member of that team will roll the jack so that it is beyond the near Hog line but still within the boundaries. Next, that person gives directions to position the jack on a center of the sheet. Then, players on each team alternate throwing a stone until all stones have been delivered towards the jack. When all stones have been thrown, it constitutes the completion of an end.

The team that wins the end starts the next end by rolling the jack. If the jack falls short or lands out of bounds, the opposing team gets the privilege of rolling the jack. If the second try fails, one more jack delivery cycle is attempted. If that also fails, the jack is positioned on the button. Part of the strategy of the game depends on the advantage gained by controlling the position of the jack.

Scoring / Results

Score one point for each of your stones that are closer to the "jack" than your opponent.

How Fast

Purpose	To improve weight control.
Equipment	Stopwatch

Set-up

Arrange for a helper/timer.

Description

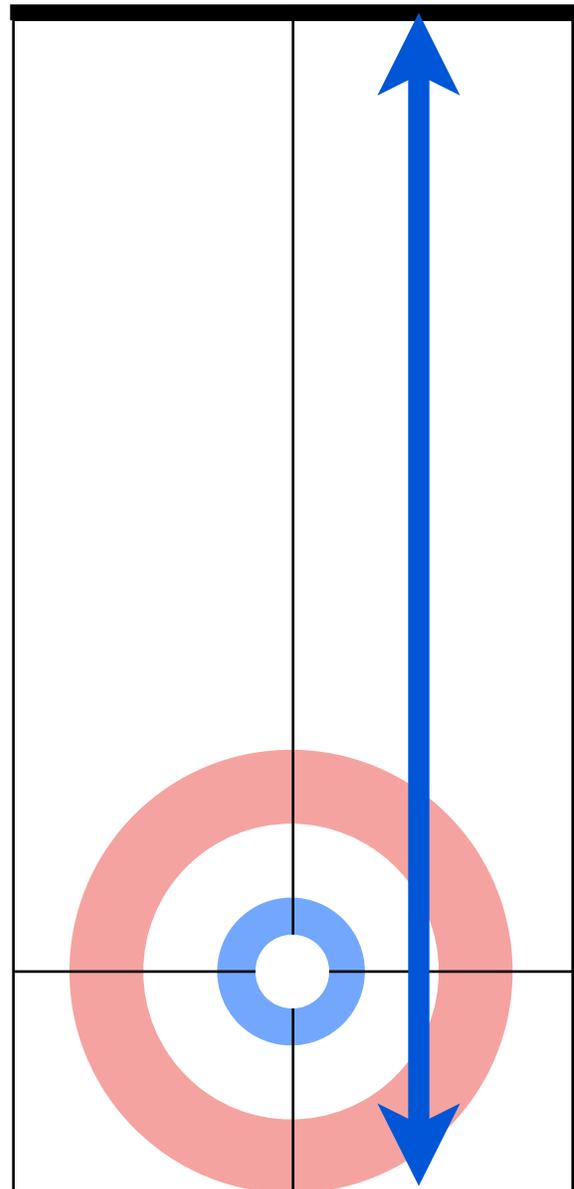
Throw 8 draw shots. Thrower guesses their split time from back line to hog. Timer records actual split time.

Scoring / Results

3 points : +/- .10

2 points : +/- .15

1 point : +/- .20



Great Wall

Purpose	Improve weight control, line of delivery and playing under pressure
Equipment	None

Set-up

Place 8 stones with 1/2 inch or so between each.

Description

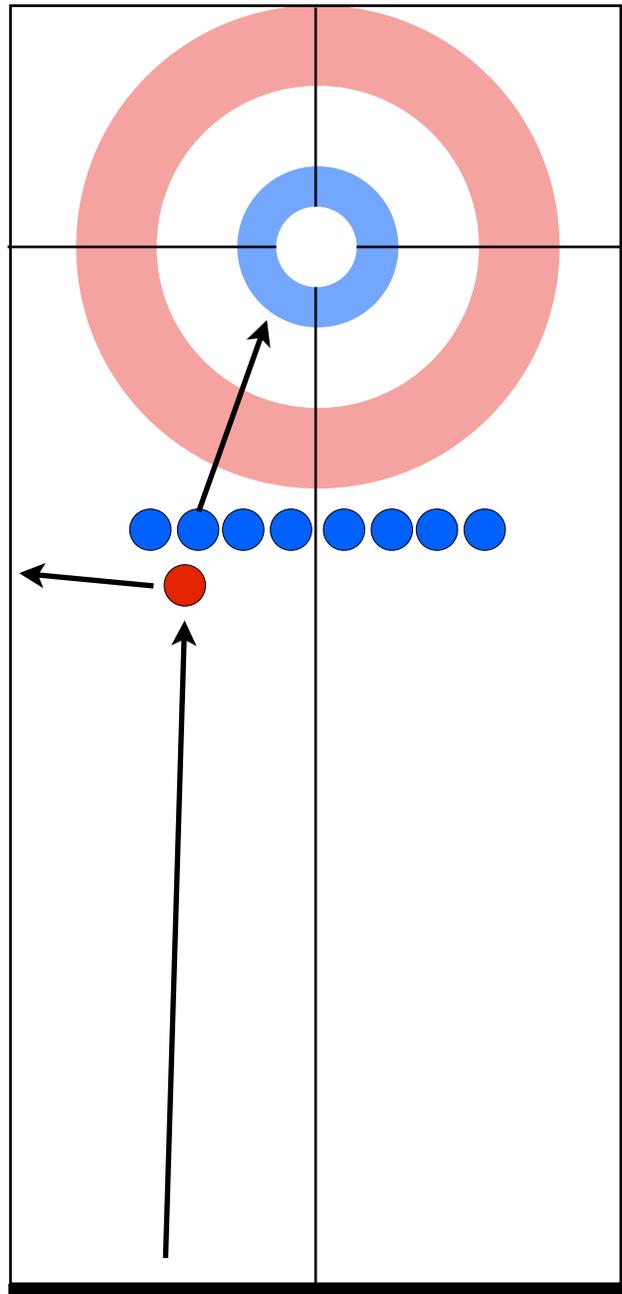
Deliver 8 stones. The object is to score points by "raising" stones into the rings. Remove the delivered stones so they do not clutter the front of the house. Remove raised stones after score is noted.

Scoring / Results

Add score of each draw as follows. Maximum is 40 points.

In or touching ...

Location	Score
Button	5
4-foot	4
8-foot	3
12-foot	2
In play	1



Flying Blind

Purpose	Improve weight control through improved "feel" for the delivery. Re-enforces trust in a good delivery set-up.
Equipment	None

Description

Deliver 8 draw shots with eyes closed and using a brush/stabilizer.

Scoring / Results

Add score of each draw as follows. Maximum is 40 points.

In or touching ...

Location	Score
Button	5
4-foot	4
8-foot	3
12-foot	2
In play	1

Field Goals

Purpose	Improve line of delivery.
Equipment	Kleenex boxes, plastic cups, or sponges .

Set-up

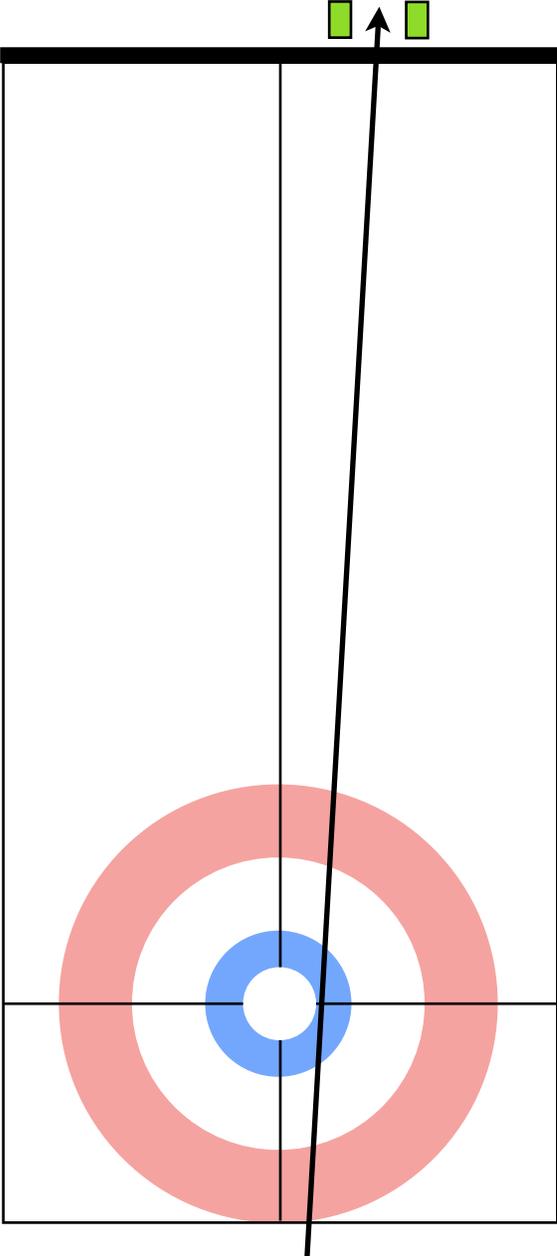
Place two pairs of sponges (green in diagram) along the line of delivery about 15 ft beyond the hog line - leave about 1.5 feet between the sponges.

Description

Take two slides recording which if any pairs of green sponges were touched. Replace all sponges moved. After two slides, relocate the sponges to the centre line and repeat. After two slides at that location move the sponges to the other side of the centre line and repeat. In total, there will be six slides.

Scoring / Results:

Score of 2 points for successfully delivering the stone between the sponges without touching either. If curler can also slide between the sponges without disturbing either, add a bonus of 2 points. Maximum is 24 points.



Crazy Eights – Team on Team

Purpose	Improve accuracy and weight control on take outs.
Equipment	None

Set-up

Set-up 8 rocks in the house as shown.

- Arrange for a helper to time stones hog-to-hog keep and stones on the sheet.
- Determine whether control, normal, or peel weight will be used for all 8 shots. Use only one weight.

Note:

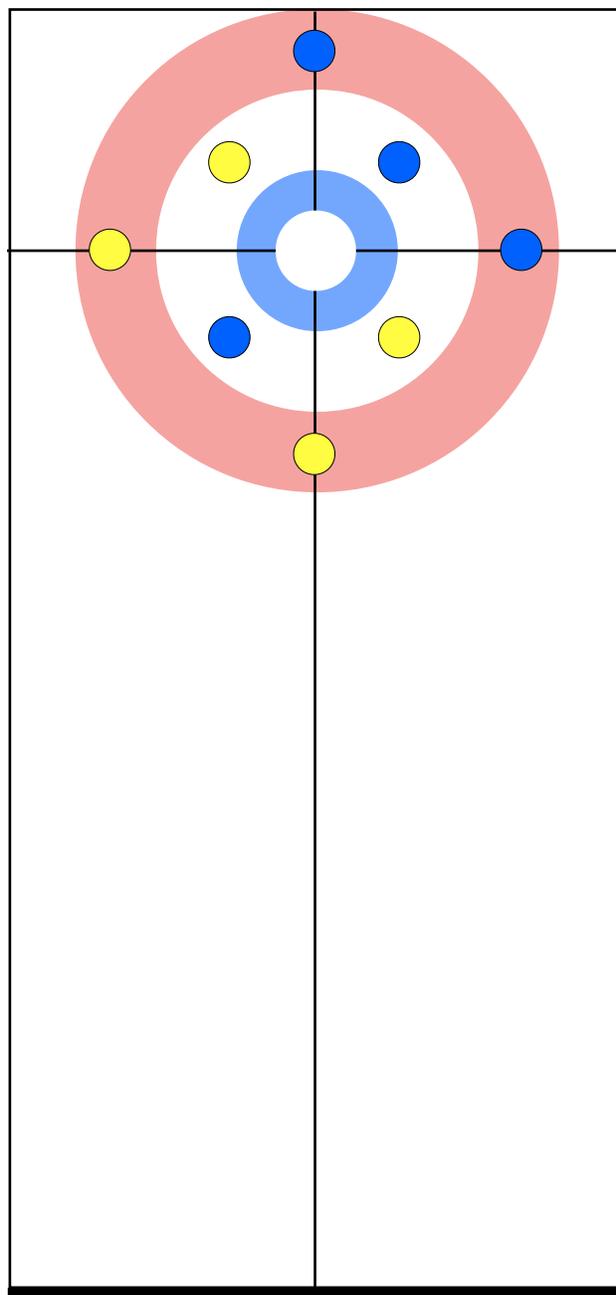
- Control: 10-11 seconds
- Normal: 9-10 seconds
- Peel: 8-9 seconds

Description

Throw 8 rocks with selected takeout weight trying to remove the 4 blue rocks from the house while ensuring the 4 yellow rocks remain in the house.

Scoring / Results

Once all 8 rocks have been thrown subtract the number of blue rocks remaining in the rings from the number of yellow rocks remaining in the rings. Maximum is +8 points



Chain Reaction

Purpose	To improve weight control and line of delivery.
Equipment	None

Set-up

All the stones of one colour are placed on the center line from the edge of the 12 ft. toward the hog line (with the stones in contact with one another - sort of the ultimate "freeze"). The stones of the other colour are at the shooting end of the ice.

Description

The object is to raise as many stones from in front of the house onto the rings as possible. Leave thrown stones in play where they come to rest.

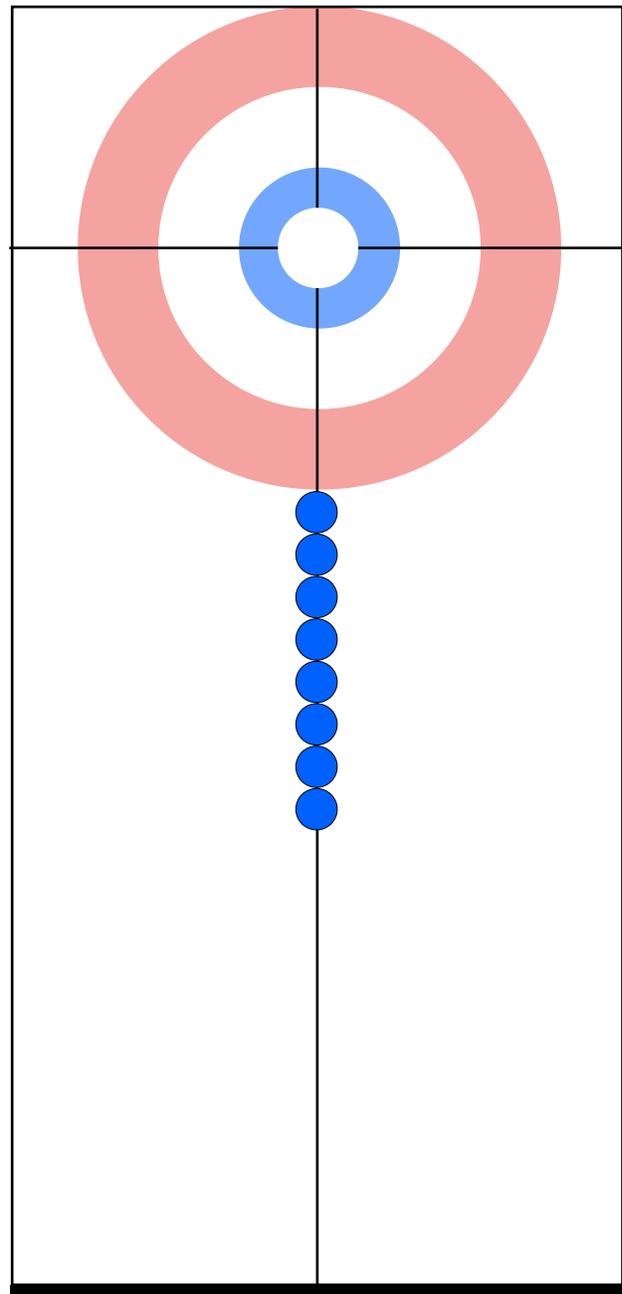
Variation: For the first couple of times, remove thrown stone and realign target stones. Focus on weight and line of impact.

Scoring / Results

Add score of each draw as follows. Maximum is 40 points.

In or touching ...

Location	Score
Button	5
4-foot	4
8-foot	3
12-foot	2
In play	1



Bumper Cars

Purpose	To improve bump/raise/tap weight, line of delivery and line calling.
Equipment	None

Set-up

Position a rock about 10 ft beyond near hog line. Have 8 rocks ready to throw.

Description

Using raise/bump/tap weight hit the object rock on the nose and advance it toward to other end of the sheet. Use a person to call the line and a person to brush if enough players are present. It is not important where the shooter goes. Remove it from play if it remains in play. Leave the object rock wherever it comes to rest and use that location for the next shot. If the object rock is removed from play, start over by replacing the object rock in its "start" position and using however rocks remain to be thrown.

Scoring / Results

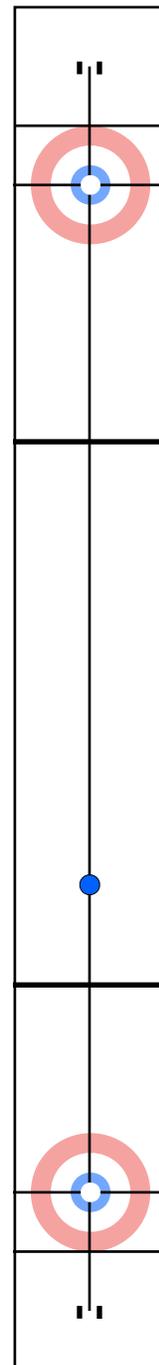
10 points if object rock crosses far hog line and stays in play.

20 points if object rock touches house.

Plus standard house scoring points:

In or touching ...

Location	Score
Button	5
4-foot	4
8-foot	3
12-foot	2
In play	1



Sweeping Finesse

Purpose	Improve sweeping stamina and weight judgement, communication.
Equipment	None

Description

Two teams can compete against each other or one team can set a mark / goal and try to beat it. Teams get 15 minutes. They throw in rotation with the coach holding the broom. Each time must have two sweepers on each rock thrown. Second starts behind the boards, lead starts in the hack, the skip sweeps closest to the stone and the vice sweeps further from the stone. When time starts the lead throws the first stone. The intention is to get it on the pin. When the shot is complete, the second moves into the hack, the lead moves to sweep closest to the rock, the skip moves to sweep further from the rock and the vice goes to the back boards. Teams rotate through this as many times as they can in the 15 minutes.

Scoring / Results

- 12 points – pin
- 10 points – contacting the button
- 4 points – contacting the four foot
- 2 points – contacting the eight foot
- 1 point – contacting the 12 foot

Synchronized Hitting

Purpose	Develop consistent hitting times across the team
Equipment	None

Set-up

Target stones are placed in the far house.

Description

Two sheets at a minimum are required for this. Players set-up to throw take outs on multiple sheets. At the signal they all deliver at the same time attempting to hit the target stone with a designated weight. The goal is to have the sound of the stone impacts all synchronized. It will be clear when one player is throwing a drastically different weight from the other others or if all players are drastically different.

Time Zones

Purpose	Develop weight judgement; weight control.
Equipment	None

Description

Each player throws in rotation with sweeping. The goal is to throw a stone (or two) into each zone (1 through 10) in sequence. You cannot move on to the next zone until you have put the prescribed number of stones into the zone. Players can start from the back and move to the hog or vice versa. Score how many stones it takes to hit all 10 zones in sequence. Optionally add an 11th zone for “Just through” which must finish beyond the back-line and in front of the hog.

Note: For a diagram of the zones see the drill “**In the Zone**”,