



Practice with Purpose – Drill Guide

Beginner – Individual

- Alignment Drill:
 - Place cups in various places (vary distance and proximity to center line) based on curler's ability.
 - The curler will slide, without stone, toward cup. Object is to hit the cup with sliding foot.
 - The curler will slide, with stone, toward cup. Objective is to hit the cup with stone. Try not to adjust the stone towards the target to correct for misalignment, the objective is to see the outcome, not "make the shot".
 - **Goal:** Reliably hit the target with foot or stone
 - **Helpful for:** Building experience to be able to see when you are correctly sliding at a target. Reliably sliding on a given line.
- Weight Transfer Drill
 - Starting from the hack, slide a short distance and come to a complete stop. Start with a T-line target, and then progress to the back of the 8' circle and then the backline. Use as little external stabilization as possible, the eventual goal is to do this with no broom, stabilizer or rock.
 - **Goal:** Build balance and body awareness during the transition out of the hack
 - **Helpful for:** Learning how to throw lighter weights, improving consistency of transition out of the hack to improve consistency of line and weight.

Beginner – Groups

- Leg Drive Drill
 - Instructor/Partner will stand past the hog line holding broom and giving turn signal (alternate turns). The curler will slide with a stone toward instructor, holding the stone in proper position (10 o'clock or 2 o'clock) until stop; do not release stone. Allow curlers to see how far they can slide. Stress staying in proper delivery position until stop. Provide feedback on alignment, handle position
- Shot execution
 - Group of 3 (for 4 add a person holding a broom in the house)
 - One shooter, two sweepers. Rotation: Set order of rotation. First shooter becomes sweeper, first sweeper becomes shooter, etc.
 - Each curler will throw a center guard; one in-turn and one out-turn, consecutively, then switch positions.

- Each curler will throw a draw to the house; one in-turn and one out-turn, consecutively, then switch positions.
- Each curler will throw a take-out at a rock located in the four-foot on center line; one in-turn and one out-turn, consecutively, then switch positions

Intermediate/Advanced – Individual

- Weight control
 - Ladder / Progressive Hog Line
 - Can be played with either increasing or decreasing weight, for increasing weight:
 - Throw 8 rocks, all rocks must be in play and each rock must be deeper than the previous rock.
 - All rocks should be thrown with consistent ice and the same turn to increase the consistency of the ice surface.
 - After rocks stop, they can be pulled over to the board, while keeping the depth of the rock consistent, to prevent rocks from hitting each other
 - **Goal:** Learn to make fine and consistent weight adjustments
- Line of delivery
 - Throw through rock - Set up rock a couple feet beyond hog line. Slide and deliver toward stationary rock. When the delivered rock makes contact with the stationary one, watch the direction it moves. If you are releasing on line, rock should move directly on line of delivery.
 - **Goal:** Build consistency with slide and release
 - **Helpful for:** Getting release feedback without a partner

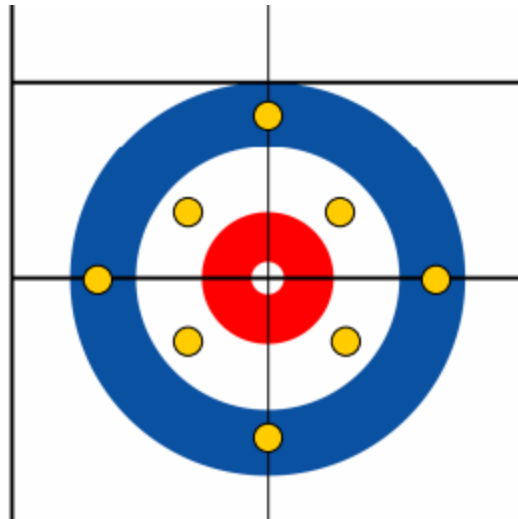
Intermediate/Advanced – Groups

In general, while one person is throwing, others can hold the broom, sweep, time, etc. And then rotate

- Weight control / Sweeping
 - Keep Away – thrower tries to throw a draw into the house; sweepers try to keep it out by either letting it remain a guard or sweeping it through the house.
 - **Goal:** As a thrower, try to throw rocks that are in the house but hard to sweep through, optimal is top-12 weight. As a sweeper, make a quick and accurate judgement of weight after release to give yourself the best chance of correctly effecting thrown rock.
 - **Helpful for:** Throwing consistent weight, making accurate weight judgements as a sweeper.
- Line of delivery
 - Partner holds a broom behind near hog line, thrower throws a shot (guard, draw, or hit) using the boom as a target and releases the shot as normal. Partner moves out of the

way to allow rock to pass and provides thrower with feedback on pre-shot alignment, slide and release.

- **Goal:** Develop familiarity with both providing and receiving slide feedback. Refine slide and build consistent delivery mechanics.
 - **Helpful for:** All parts of the delivery process. Especially good for teammates to build familiarity with how each teammate's slide looks when it is working well and when it is working poorly.
- Hits
 - Crazy Eights
 - Set up rocks as shown in the picture below. Objective is to replace all eight rocks in the house with the eight played rocks (opposite color). Players can alternate throwing. Once all eight rocks are delivered, you can score yourself with the following: +1 for each delivered rock in the house, -1 for each target rock in the house.
 - **Goal:** Practice complete execution of hits. Learn how much your hits at a given weight tend to curl at a variety of weights. Practice seeing angles in the house to make doubles and avoid jams.
 - **Helpful for:** Hitting consistency, visualizing angles in the house.



More Practice Drill Resources:

- https://www.curlcoach.com/Curl_Coach/pdf/Curling%20Drills%20Handbook.pdf
- <https://www.scottishcurling.org/resources/coaching-resources/drills-coaching-aids/>