

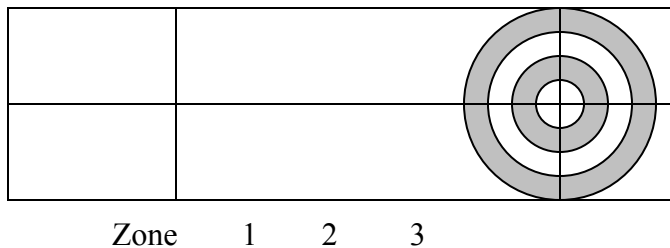
JUNIOR MERIT PROGRAM
BLUE LEVEL
(ON ICE SKILL DEVELOPMENT)

Delivery Drills for task #1:

- a. Lunge Stretch-get in curling stance with hands on floor or ice with trail leg extended. Lift up the throwing arm first, then lift the other arm OR try to lift both arms out to the side. Can you stay balanced for 10-20 seconds?
- b. Deliver from hack holding onto two stones, one in each hand. (Hint: keep the two rocks in front of you and do not use the stones for balance)
- c. Flat Brush Slide: Put a brush (head of brush up) flat on the ice. Hips up and add leg drive to deliver from the hack while keeping the brush flat on the ice.
- d. Using a brush or stabilizer, the curler will slide without a stone. (stance, forward press, hip elevation, park/pull back, forward slide) Hold your slide position to a count of three before you stand up.
- e. Using a brush or stabilizer, the curler will slide with a stone. (stance, forward press, hip elevation, park/pull back, forward slide) Hold your slide position to a count of three before you stand up.
- f. Broom Pulls #1: The curler gets into the slide position and holds onto the head of a brush. Their partner holds onto the other end of the brush and walks backward to pull curler on the ice (Keep the slider foot under the chest and leg straight behind.)
Variation: Use own brush for balance and hold onto the head of your partner's brush. Partner walks backward to pull the curler on the ice.
- g. Broom Pulls #2: The curler gets into the slide position and holds onto the head of a brush. Their partner holds onto the other end of the brush, walks backward to pull curler on the ice and then the person being pulled releases his/her hand from the brush. Did you stay balanced? (Keep the slider foot under the chest and leg straight behind.)
Variation: Use own brush for balance and hold onto the head of your partner's brush. Partner walks backward to pull the curler on the ice, release.
- h. Grab the Button Drill (Draw Drill): Use skip's broom as a target.
The object of this drill is to draw the house. The curler is awarded points for each of the four stones thrown. The delivered stone is always removed after it comes to rest. The curler will receive 5 points for the button, 4 points for the four foot, 3 points for the eight foot, 2 points for the twelve foot and no points for rocks not touching the house. Sweepers are not used for this drill.
Variations: 1. Use one rotations (CW or CCW) for all four stones
2. Alternate rotations for the four stones.
3. Play one on one, two on two-who got the most points?
4. Play one team vs. the other. The first team to 50 points wins!
- i. No Brush or Stone Delivery-Practice your delivery without the aid of the brush or stone. (This is an advanced drill.)
- j. Walking Slide Drill: Start with the non sliding foot, take three steps and slide down into the delivery position. (This is an advanced drill.)

Draw drills for Task #2:

- a. Rotation Drill: Partners stand across from one another (width of the sheet). The clockwise (10 o'clock to 12 o'clock) rotation is practiced from a squat position. Practice the counterclockwise (2 o'clock to 12 o'clock) rotation also.
- b. Center Guard Drill #1:
The object of this drill is "to put up a center guard". The curler delivers the stone so that it comes to rest between the far hog line/house and so that it will be near the centerline (attempt to deliver the guard so it curls towards the centerline). The delivered stone is always removed after it comes to rest.
Variations: 1. Practice clockwise rotations.
2. Practice counterclockwise rotations.
3. Alternate clockwise and counterclockwise rotations.
- b. Center Guard Drill #2:
The object of this drill is "to guard the rock" that is in the top of the house (top four or eight foot). The curler attempts to deliver a guard so that the rock in the house has less than $\frac{1}{4}$ of it is exposed.
Variations: 1. Practice clockwise rotations.
2. Practice counterclockwise rotations.
3. Alternate clockwise and counterclockwise rotations.
4. Team vs. team-each team member delivers 2 stones. Alternate shots. One point per good guard! Most points wins.
- c. Center Guard Drill #3:
The curler will deliver two stones (one clockwise and one counterclockwise) attempting to have the stone stop in one of the three guard zones and within six inches from the centerline.



- Variations: 1. Practice using one rotation only.
2. Use sweepers and skip in house.
3. Skip calls for a specific zone. Put guard in that zone.

Take Out Weight Drills for Tasks #3 and #4: (Use proper grip on handle.)

- a. Rotation Drill: Partners stand across from one another (width of the sheet). The clockwise (CW) rotation (10 o'clock to 12 o'clock) is practiced from a squat position. Practice the counterclockwise rotation also. $X \leftrightarrow X$
- b. Take Out Drill: Place stone on the tee line (button). Skip holds the broom as a target. The shooter tries to remove the rock from the button.
Variation: 1. One point for a hit and two points for a hit and stay. Keep track of individual/team totals. Team with the most points, wins!
2. Place three stones on the tee line (two stones on the outside edge of the four foot and one stone on the button). Try to remove all three stones with a certain number of attempts (ex. four tries).
3. Use one rotation (all CW or CCW) to remove the stone(s).

Sweeping Drills for Task #5:

- a. Stationary Brush Stroke: Use the proper grip on the brush, practice the brush stroke standing still.
- b. Scale Drill: Using a bathroom scale, putting weight onto broom while broom head is on top of the scale.
- c. Brush Stroke Footwork: Practice footwork, walk down the sheet of ice with brush in proper position. Cross Country ski motion with feet staying on the ice surface.
- d. Walk down the sheet and "brush" the ice. Walk and "brush" with centerline to your right side and "brush" with centerline to your left side.
- e. Partner Sweeping Drill #1: One person pushes the stone down the sheet of ice as their partner moves with the stone to practice the correct sweeping stroke. Switch positions. Try to sweep from both sides of the stone. As the curler gets more proficient the stone can be pushed faster.
- f. Partner Sweeping Drill #2: One person will deliver a stone to the far house. Their partner will move with the stone and practice sweeping the released rock. Switch positions (the sweeper becomes the shooter and the shooter becomes the sweeper).
- g. Sweeping Drill for Three: One person will deliver a stone to the far house. The two sweepers (one on each side of the stone) will follow the stone and practice sweeping together as the stone reaches the far house. Shooter to left side sweeper to the right side sweeper to new shooter.
Variation: Use four people, the fourth person will be the skip holding the stick on the far end of the sheet. Rotate skip to shooter, shooter to left side sweeper, left side sweeper to right side sweeper, right side sweeper to skip.
- h. Team "Grab the Button" Drill: (Use four players-skip, 2 sweepers and shooter)
The object of this drill is to draw the button. The team is awarded points for each of the eight stones thrown. The delivered stone is always removed after it comes to rest. The team will receive 5 points for the button, 4 points for the four foot, 3 points for the eight foot, 2 points for the twelve foot and 1 point for a rock in play. How many points can your team earn? Can you better your score?

