

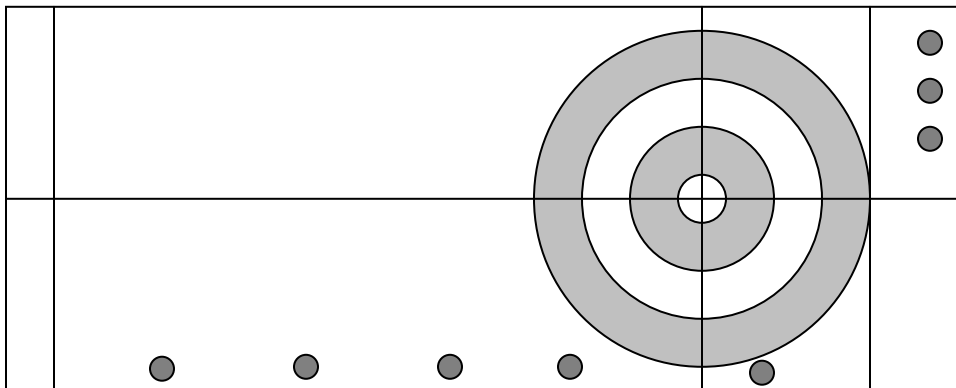
**JUNIOR MERIT PROGRAM
BRONZE LEVEL
(ON ICE SKILL DEVELOPMENT)**

Drills for tasks #1 and #2:

- a. Inside Out Draw Drill: The object of this drill is draw to the outside rings (inside out draws). The curler is awarded 2 points for a stone on the outside 8-foot or 12-foot and is awarded 1 point for a stone on the four foot or button. The delivered stone is always removed after it comes to rest.

- Variations:
1. Inside out guard drill-put a corner guard up instead of drawing the house. Two points for a guard on outside 8-foot or 12-foot and one point for a guard on 4-foot or 1-foot.
 2. Use one rotation (all clockwise or all counterclockwise) for all five stones.
 3. A stone is put in the corner guard position, the curler then tries to draw (inside out) under the corner guard. Each draw made is one point. give four/five attempts. Try the opposite side of the house.
 4. Perform the Bronze Level on ice assessment. The curler has five stones. A corner guard must be put in front first, then the curler can use the remaining stones to draw under the corner guard. This must be done in five shots. Try the opposite side of the house.

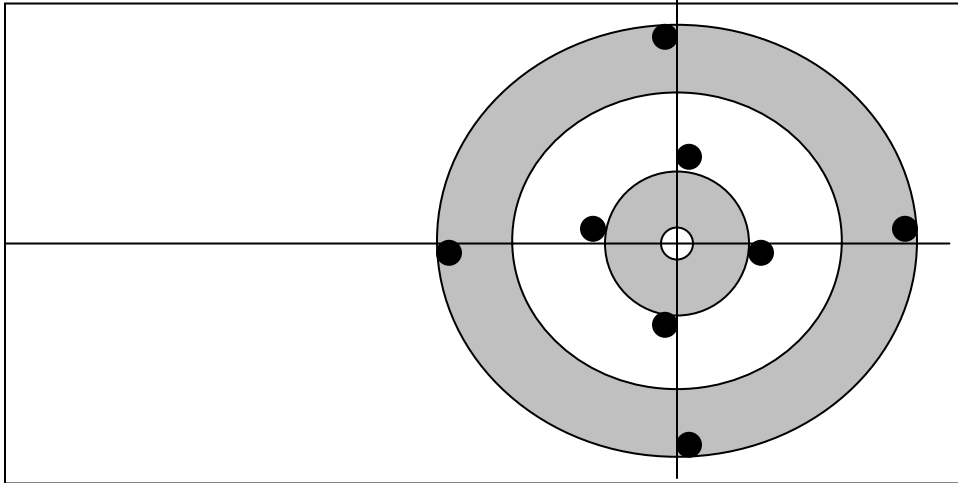
- b. Progressive Hog Line Drill: The object of the drill is for each stone to stop a little bit farther than the previous stone. The goal is to finish with all eight stones beside the sideboards. Use one shooter, two sweepers and one to hold the broom (skip). Each player delivers two stones. When a stone comes to rest, it is moved to the sideboards. The next stone must come to rest beyond the previous and so on, until each player has thrown two rocks. If the stone doesn't come to rest beyond the previous stone, it is removed and put at the backboards. Stones that come to rest beyond the previous ones are move to the sideboard.



In this example the total score is 5 points. Five stones along the sideboards and three stones at the backboards.

Drills for tasks #3 and #4:

- a. Set up a center guard. Shooter tries to peel off the guard. Use skip's broom as target. Show the shooter where the rock needs to be hit to be removed. This drill is the same as the on ice assessment. Variation: Use two sweepers.
- b. Big Hit Curling: The object of this drill is to remove these stones and your shooters from play. After eight shots, there should be no rocks, of any color, left in play.



Thanks to Ed Lukowich for this drill!

Drills for tasks #5 and #6:

- a. Show instructor your grip on the stone. Instructor looks for handle across the second knuckles (no palm touching), side of thumb on handle, wrist high
- b. Partner Drill: Have partner kneel or squat near the sides of a sheet and face each other. Use proper grip and deliver the stone across the sheet to their partner.
$$X \leftrightarrow X$$
- c. Jug drill: Fill an empty jug (wiper fluid container) with sand. Deliver the jug like you would deliver a stone.
- d. Put tape on the front of the stone to show where 10 o'clock, 12 o'clock and 2 o'clock are on the stone. Deliver stone. You can video tape this to see the grip/rotations.
- e. Stand above the rock, grip and release the stone. If proper rotation is put on the stone, the stone should rotate and stay in one place as it rotates.
- f. Dot/Sticker Drill: Use different colored dots/stickers on the knuckles of the forefinger and the thumbnail. For the clockwise turn, the dot on the knuckle of the forefinger will be visible at the start of the player's delivery (10 o'clock) and the dot on the thumbnail should be visible when the rock is released at 12 o'clock. For the counterclockwise turn, the dot on the thumbnail will be visible at the beginning of the delivery (2 o'clock) and the dot on the forefinger knuckle will be visible when the rock is release at 12 o'clock. *This will be opposite for left handed curlers.*
- g. Pass the Roll Drill: Put a toilet paper roll on the handle of the stone. Deliver the stone using a clockwise rotation. If you perform the rotation/release correctly, the rock releases from the toilet paper roll smoothly. Try the counterclockwise

- rotation.
- h. Dowel Drill: Tape a 12” dowel rod to the top of the stone handle. When the delivery of the stone is made by the curler, it is easy to see whether the curler has released it correctly, lost the angle, or turned the handle to 12 o’clock or 2 o’clock too early/too late.
 - i. Short Game: Players use house close to the hack to play a curling game. Your foot may not leave the hack. Concentrate on release as you play your shots. Play with two teams of two to four players each. Each player plays two stones, alternate with opponent. Variation: Play this game from the hogline towards the closer house.
 - j. Deliver a stone, with broom, from the hack. Partner is holding broom at near hogline. Work on correct release as you deliver the stone. Partner catches stone, switch places with them.

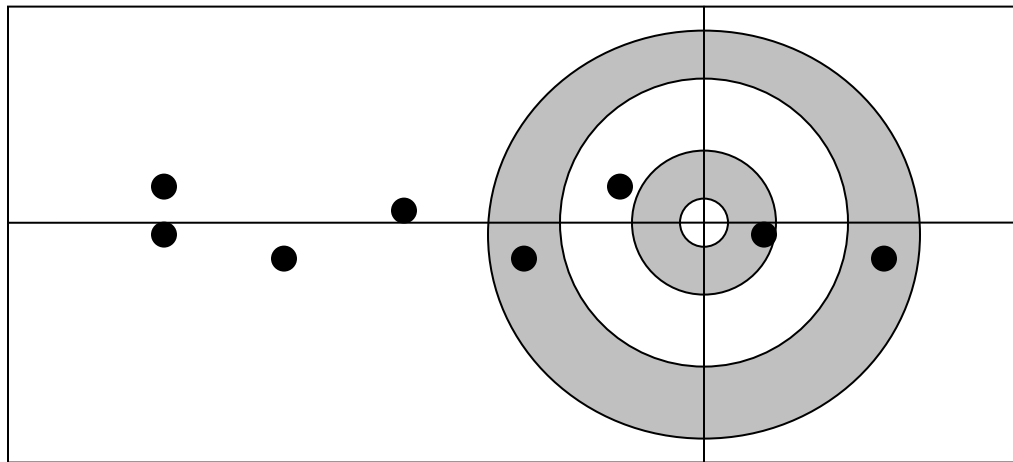
Drills for tasks #7:

- a. Sweeper stands between the house and the near hogline (off to the side). He/she should move with the person delivering the stone. The sweeper will announce the weight as the stone reaches the near hogline. The sweeper watches where the stone stops on the sheet of ice. Points could be awarded for correct guess. You must make the decision BEFORE the rock is released or before the stone reaches a cone/marker that is placed a few feet from the hogline
Variation: 1. Announce the weight as guard, top house, t-line, back house, etc.
2. Call out the zone-one, two, three, four, five.
- b. Interval Timing: The sweeper stands at the backline (off to the side) and moves with the person delivering the stone. When the stone reaches the backline, sweeper starts his/her stopwatch. When the stone reaches the hogline, the sweeper stops his/her stopwatch and announces the stone’s weight or where on the stone will stop on the sheet of ice. Points could be awarded for correct weight read.
- c. Progressive Hog Line Drill: This drill starts with the lead throwing. One player holds the broom and two sweep. After the first stone comes to rest, it is moved to the side of the sheet. The second stone must then come to rest beyond the position of the first stone. This continues until each player has thrown two rocks each. Any rock not coming to rest beyond the previous stone is moved to the backboards. The team goal is to finish with all eight stones on the side of the sheet. Diagram is on bronze level testing, tasks #1 and #2.
Variations: 1. Lead throws two stones, second throws two stones, etc.
2. Each position, starting with the lead, throws one stone and repeats
3. Skip throws two stones, third throws two stones, etc.
4. Each position, starting with skip, throws one stone and repeat.
- d. On ice skill assessment #7, sweep stone to the house (draw shot) if the weight of the stone is light and if the stone is too heavy, do not sweep the stone.
- e. Grab the Button Drill (Draw Drill):
The object of this drill is to draw the button. The curler is awarded points for each of the five stones thrown. The delivered stone is always removed after it comes to rest. The individual will receive five points for the button, four points for the four foot, three points for the eight foot, two points for the twelve foot and one

point for a rock in play. (This drill is the same as the red level task #3 and task #4 on ice assessments.)

Grab the Button Drill (cont.)

- Variations:
1. Use only one rotation for all five stones. (CW or CCW)
 2. Alternate rotations for the five stones
 3. Play one on one or two on two. Who got the most points?
 4. Play one team vs. the other. The first team to 50 points wins!
- f. Line Dancing: The object of this drill is to deliver all eight stones and to have them all touching the center line. Delivered stones do remain in play. A point is awarded for each stone touching the centerline. Each team member throws two stones each.



In this example, three rocks are touching the centerline. The team would receive three points for this trial.

- Variations:
1. Team members throw stones in proper order, 2 stones a piece.
 2. Team members throw in reverse order (skips 1st), 2 stones a piece.
 3. Team members throw one stone each in proper order. After all have thrown their first stone, each team member takes their second turn.
 4. Team members throw one stone each, in reverse order. After all have thrown their first stone, each team member takes their second turn.