

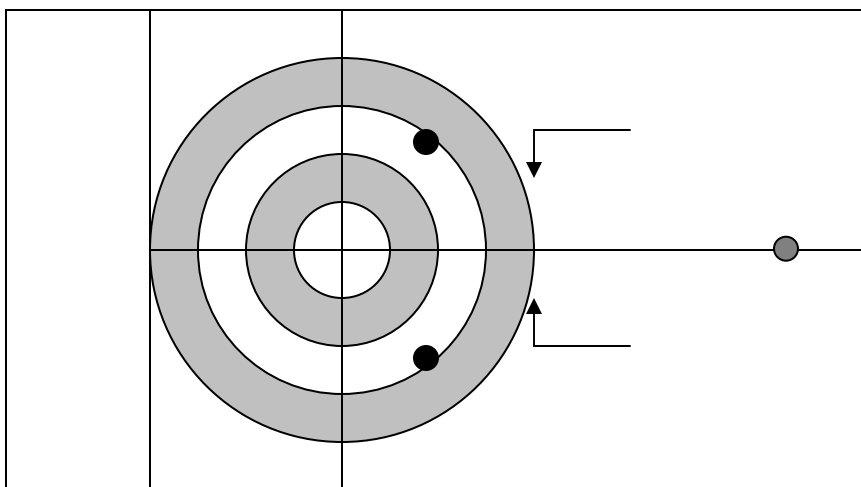
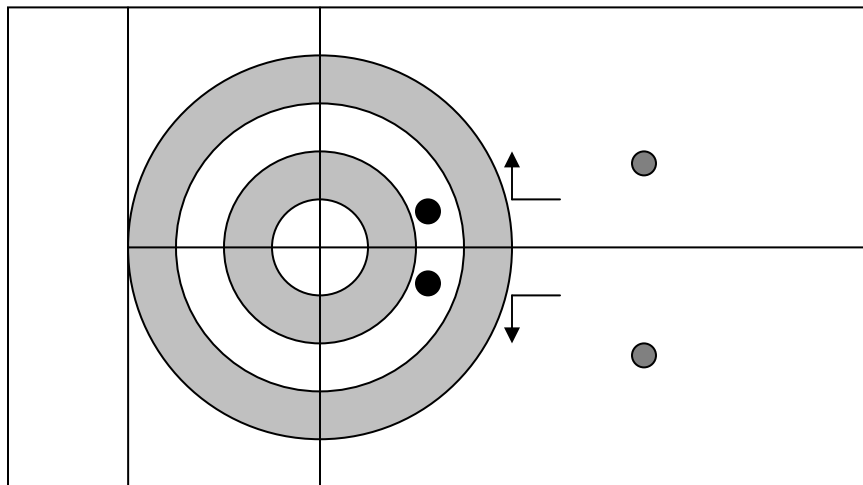
**JUNIOR MERIT PROGRAM  
GOLD LEVEL  
(ON ICE SKILL DEVELOPMENT)**

Delivery Drills for task #1:

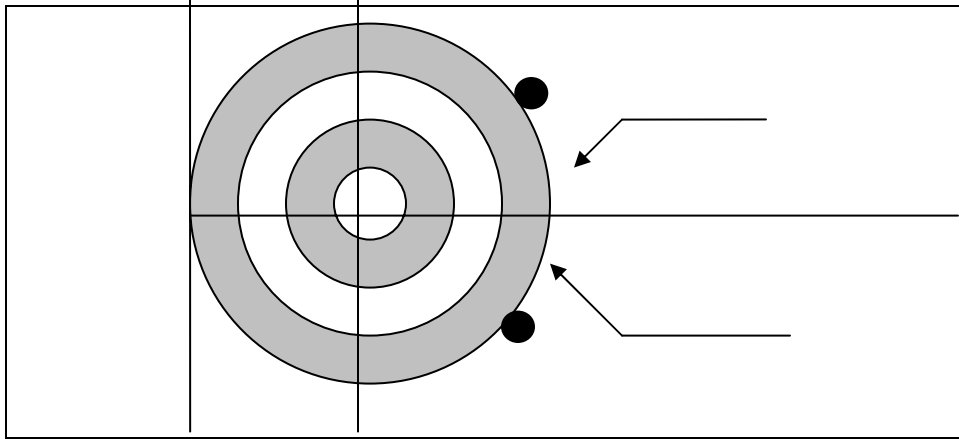
- a. Perform the delivery with someone looking at the delivery (without or with a stone) from the side and front views. The person analyzing you may videotape you. The person analyzing your delivery should look at the sliding foot going straight back (front view) and the weight shift to the sliding foot-the “park” or “pause” part of the delivery.

Delivery Drills for tasks #2 and 3:

- a. Hit and Roll Drill: Set up situations such as those in the diagrams below, try to hit and roll under the guard. You can use three (skip, shooter, sweeper) or four (skip, shooter, two sweepers) players for this drill.

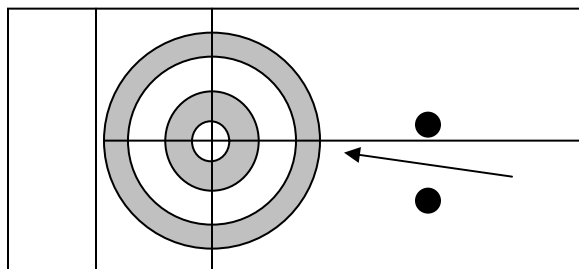


- b. Hot Shots-Hit and Roll Shot: Play the hit and roll shot as diagrammed below. Your team gets 5 points for the hit/roll to the button, 4 points for the hit/roll to the four foot, 3 points for the hit/roll to the eight foot, 2 points for the hit/roll to the twelve foot and 1 point for other results (beside a miss). Keep track of your individual or team points. Try to beat your old score.



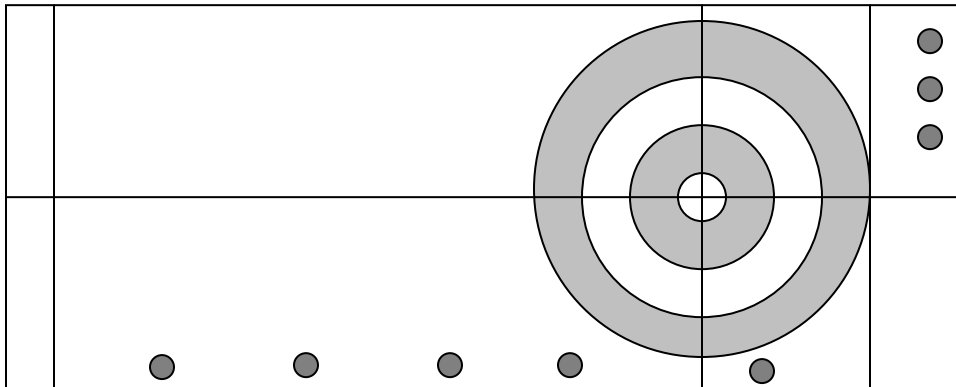
Delivery Drills for tasks #4 & #5:

- a. Come Around Shot Drill: The object of this drill is to draw behind a center guard that has been placed in front of the house. A center guard is manually placed on the center line in front of the house (midway to close). The shooter tries to draw/hide behind the center guard. An individual gets four attempts to make two draws. Use clockwise and counter clockwise rotations.
- b. Draw the Port Drill: The object of this drill is to draw a stone through the port. A port is made by placing two stones as shown in the diagram. The delivered stone is removed from play and guards are replaced to original positions, if they had been moved. Points are awards as follows: 5 points for draw to button, 4 points for draw to the four foot, 3 points for draw to the eight foot, 2 points for draw to the twelve foot, 1 point for a rock in play through the port but short and 0 points for rock touching a guard. Note: you may need to move guards depending on the ice conditions.
- Variations: 1. Use only one rotation (clockwise or counterclowise).  
2. Move the port to the other side of the sheet.



Drills for Task #6:

- a. **Climb the Ladder 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.

Variation: Have two teams competing against one another on the same sheet.