

# Junior Merit Program Drill Manual

This manual was developed because: there have been numerous requests from instructors and coaches from all over the United States for drills to use with the Junior Merit Program and requests for drills to develop specific skills for curling teams and for individual practice.

The manual is divided into two parts. The first part will contain drills/activities that will correlate with the Junior Merit Program's five levels. The second part of the manual will be divided into drills for specific shots/shot making, i.e. Drills for Drawing, Drills for Hits/Take-outs, Drills for Sweeping, etc.

The drills contained in this manual may be used by individual curlers, by teams, by instructors for junior programs or to instruct a physical education class. The drills are of varying difficulties (i. e. beginner, intermediate and advanced). One of the simple drills would be used by an individual to develop a specific part of his/her delivery. The more advanced drills would include shooting, sweeping and team communication. Some of the drills call for the tabulation of scores. These scores may be used to promote self competition from one day to the next or competition amongst multiple teams throughout the duration of the season. A tabulation sheet is included in the appendix of this manual. See if you can top the high drill score posted by someone else in your club!

The skills that these drills help develop are readily transferable to game situations and should lead to better shooting, sweeping and shot calling. They should help take you or your team to a higher level of play. Good Curling!

### **Acknowledgements**

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