

JUNIOR MERIT PROGRAM
RED LEVEL
(ON ICE SKILL DEVELOPMENT)

Delivery Drills for tasks #1 and #2:

- a. Lunge Stretch-get in curling stance with hands on floor or ice with trail leg extended. Hold that position.
- b. Lunge Stretch-get in curling stance with hands on floor or ice with trail leg extended. Lift up the throwing arm then lift the other arm or try to lift both arms out to the side at the same time (airplane position). Can you stay balanced for 5-15 seconds?
- c. Hold onto the boards while in the curling delivery position (lunge), gently push/pull so that the sliding foot moves forward/backward on the ice.
- d. Flat Brush Slide: From the hack or sideboards, put a brush (head of brush up) flat on the ice and get in a squat position. Lift hips up, stretch out to slide position.
- e. Flat Brush Slide: From the hack or sideboards put a brush (head of brush up) flat on the ice. Lift hips up and add leg drive (push with hack leg) to slide on the ice.
- f. Deliver from hack holding onto two rocks, one in each hand. (Hint: keep the two rocks in front and the trail leg straight behind you.)
- g. The curler will use their brush to slide properly, from the hack or sideboards, without a stone. (stance, hip elevation, forward slide or ready, set, go)
- h. The curler will use their brush to slide properly, from the hack or sideboards, without a stone. (stance, forward press, hip elevation, park/pull back, forward slide)
- i. The curler will use their brush to slide properly, from the hack or sideboards, with a stone. (stance, hip elevation, forward slide or ready, set, go).
- j. The curler will use their brush to slide properly, from the hack or sideboards, with a stone. (stance, forward press, hip elevation, park/pull back, forward slide)
- k. Group Drill: All curlers get in the hacks at the same time. The group performs the delivery to the instructor's cadence. (stance, hip elevation, forward slide OR stance, forward press, hip elevation, park/pull back, slide).
- l. 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 the curler on the ice. (Keep the slider foot under the chest.)
- m. 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 the curler on the ice and then the person being pulled releases his/her hand from the brush. (Keep the slider foot under the chest)
- n. Wrap a bungee cord around two stones. Deliver, using a brush, while pushing the "big" stone.
- o. Deliver a stone to a partner who will "catch" the stone, using their brush head. The partner catching the stone will stand outside the near hogline. (Hint: don't deliver the stone "too hard".)

Draw 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.

X ←→ X

b. Rotation Drill: Partners stand across from one another (width of the sheet). The counterclockwise (CCW) rotation (2 o'clock to 12 o'clock) is practiced from a squat position.

X ←→ X

c. 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 also.

d. 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 curler 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.)

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!

Take Out Weight Drills for Tasks #5 and #6:

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.

X ←→ X

b. Rotation Drill: Partners stand across from one another (width of the sheet). The counterclockwise (2 o'clock to 12 o'clock) rotation is practiced from a squat position.

X ←→ X

c. Have the curler perform a delivery without a stone. Place a cup at the side of the sheet where the delivery stopped. Repeat the delivery, can you slide out farther? (Hint: It will help some curlers if they put their foot a little higher in the hack.)

d. Practice the red level on ice assessments, task #5 and #6. Deliver the stone so it touches the backboard. Practice both the clockwise and counterclockwise rotations.