

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

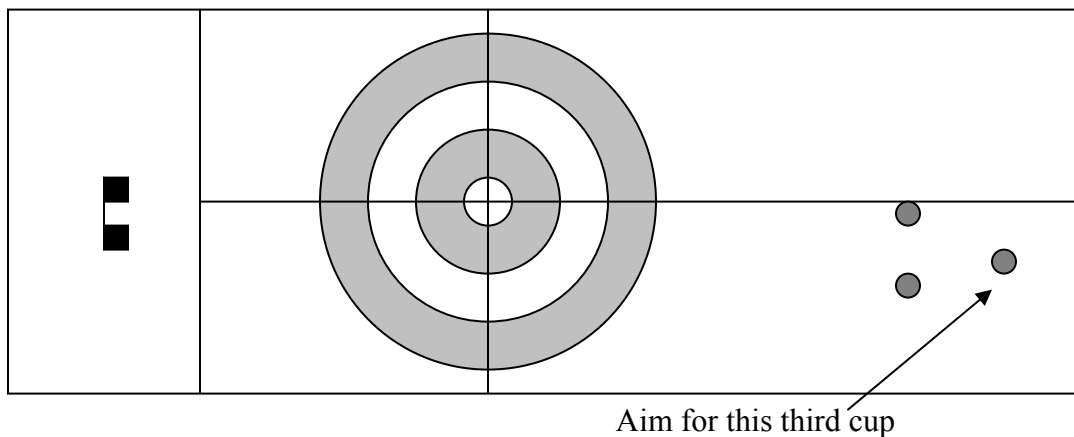
Delivery Drills for tasks #1 and #2:

- a. Hit the Cup Drill: Place one plastic cup on the ice. The cup should be placed at a distance from the hack, that is shorter than the player's slide. If properly aligned, the player should be able to slide his/her sliding foot at the cup. Vary the alignment by moving the cups to require sliding to the left of the center line, to the right of the center line and down the center line. Note: In no case should the stone have to pass more than 18 inches outside the center line at the hogline.
Variation: Use stone when delivering.
- b. Split the Cup Drill: Place three plastic cups on the ice as shown. The first two cups are positioned 13-14 inches apart and at a distance from the hack (shorter than the player can slide). Place the third cup centered but beyond the other two. If properly aligned, the player should be able to slide his/her body between the first two cups and the stone should hit the third cup. The player's broom should pass to the outside of the first cups. The only cup that should move will be the third, most distant cup.

Variations: 1. Vary the alignment by moving the cups to require sliding to the left of the centerline, to the right of the centerline, and down the center line.

2. Use stone when delivering.

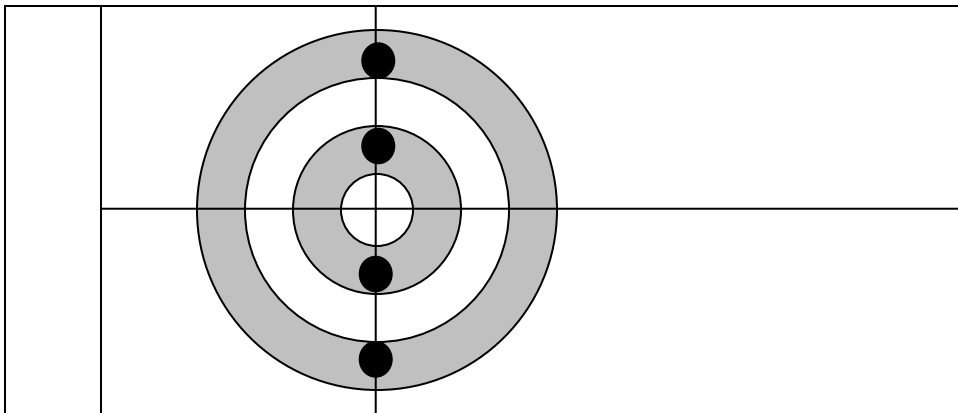
Note: In no case should the stone have to pass more than 18 inches outside the center line at the hogline.



- c. On Ice Skill Assessment: The shooter will deliver a rock at a skip, who is holding the broom out past the hog line. Hold broom on right side of centerline and also practice with the broom on the left side of the centerline. The skip catches the stone after the delivery. Body and stone should follow the line of delivery to the broom.
- d. For visual purposes to show the line of delivery-use a piece of yarn strung from the hack to the edge of the 12-foot, 8-foot, 4-foot and button on both sides of the sheet.
Variation: You could also show the line of delivery on paper.

Drills for tasks #3 and #4:

- a. Each person will shoot two shots in a row, one take out followed by a draw to the house.
Variations: 1. Vary the position of the stone to take out and change the turn of the draw shot.
2. Take out a stone on one side of the house but then draw to the opposite side of the house.
- b. Use the on ice skill assessment. Within six shots, you must make back to back, a take out (use clockwise rotation) of a rock on the outside 12 foot AND a draw (using counterclockwise rotation) to the opposite 8 foot.
- c. Use the on ice skill assessment. Within six shots, you must make back-to-back, a take out (use counter clockwise rotation) of a rock on the outside 12 foot AND a draw (using clockwise rotation) to the opposite 8 foot.
- d. Hit 4 Show Draw 4 Dough Drill: The object of this drill is to remove all target stones but retain all shooters. When all the target stones are removed, start drawing the remaining stones. You will score one point for each shooter on the rings but deduct one point for each target stone remaining in play. Each team member throws one stone each (in proper order-lead, second, third, skip) and then repeat with stones 5-8.
Variation: 1. Each team member throws one stone in reverse order (skip, third, etc.)
2. Each team member throws two stones in order (lead, second, etc.)
3. Each team member throws two stones in reverse order (skip, third, etc.)

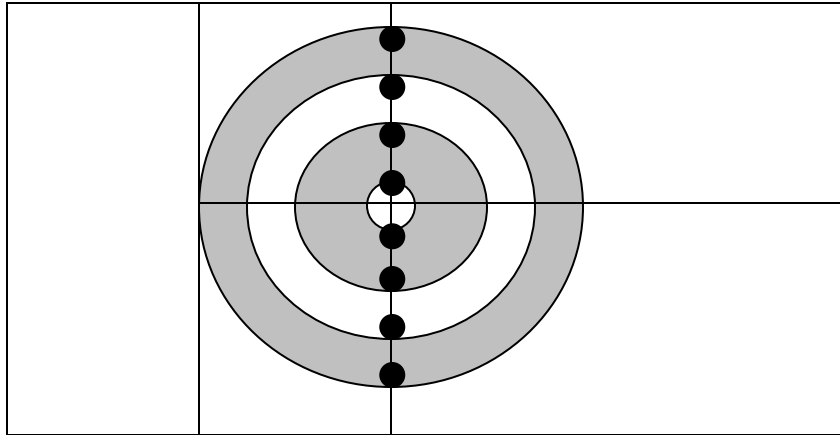


Drills for tasks #5 and #6:

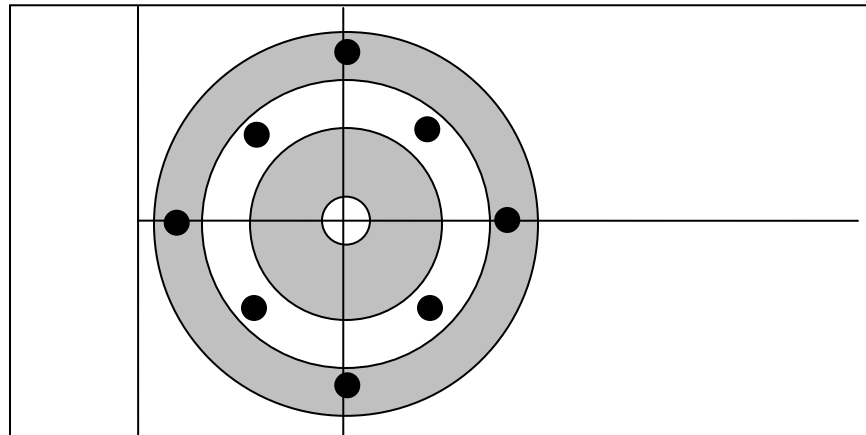
- a. Put a rock on the button or in front of the button on the four foot. Attempt to deliver a guard on the placed rock in the house. Shooter receives one point if the guard is within 12 inches of the center line (or rock width). The shooter will receive 2 points if the guard touches the centerline.
Variations: 1. Use all clockwise turns or all counterclockwise rotations.
- b. Team drill: Each person on the team delivers two stones. Keep track of the “team points”. Points are awarded as follows: 1 point for a long guard, 2 points for a guard midway between the far hog line and the house and 3 points for a close guard. The guard should have less than ¼ of the stone exposed.

Drills for task #7:

- a. Place a stone in the house. Team attempts to hit and stay. Move the stone to various spots in the house. Use clockwise and counterclockwise turns.
- b. Hit and Stay Take Out Drill: The object of this drill is to remove the eight stones and stay in the house with your shooters. You may only play take outs. Count the number of your stones you have left in the house. Play all clockwise rotations, then play all counterclockwise rotations.



- c. Crazy Eights Drill: The object of this drill is to remove all the target stones but retain all shooters. If you remove all the target stones, draw the remaining stones to the house. Score one point for each shooter on the rings but deduct one point for each target stone remaining.



- d. Fours: One shooter, two sweepers and a skip. Skip calls a shot (i.e. guard, draw, take out, tap backs). Skip calls the sweeping. Take turns at each position.
- e. Fours: On ice skill assessment, skip makes sweep calls on only take out shots.
Variations: 1. Vary the rotations, clockwise and counterclockwise.
2. Vary the placement of the rock the shooter is to take out.

Drills for task #8:

- a. Work on footwork holding the broom properly and moving down the sheet of ice without a rock (move down the center line or move down the side of the sheet). Switch the broom to the opposite side. Repeat.
- b. Partner pushing rock. Repeat drill (a) with a partner pushing the rock down the sheet.
- c. Repeat drill (a), but have your partner deliver a rock from the hack.
- d. Trios: One shooter and two sweepers (a sweeper on the right side of the shooter and a sweeper on the left side of the shooter). Rotate right sweeper to left sweeper to shooter.
- e. Fours: One shooter, two sweepers and a skip. Skip calls a shot (i.e. guard, draw, take out, tap backs). Skip calls the sweeping. Take turns at each position.

Drills for task #9:

- a. Groups of four: One skip, two sweepers and one shooter. Sweepers must “say or call out the weight” at the near hog line, mid sheet and at the far hog line. Take turns at each position. Ask yourself these questions: Where did the rock stop? Were you right on the weight read? Did you call out the correct weight?
- b. Using the “saying the weight” out loud, perform the draw the pin drill. Each team member will throw two stones. Try to draw the button on each shot. Sweepers need to call the weight “out loud” three times-at near hog line, mid sheet and at the far hog line.
- c. Great Shoot Out (Jim Waite/Trillium Curling Camp 1993): This is a team drill. This drill is “draw to the button”. The rings have the values of 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 the free guard zone. Each team decides who will throw first (this player receives single points for his/her shot), who will throw second (this players shot is worth DOUBLE (10, 8,6, 4 and 2) points for his/her shot) and who will throw last (this player will receive TRIPLE (15, 12, 9, 6 and 3) points for his/her shot). Total each team’s points, team with the most wins!