

Drill Ideas: Full Sheet Competition Drills

Zones

Number the quadrants and shoot for each in order until all the players get one stone in the designated zone.

Ring of Fire

Rocks must end up in the four foot or as a guard (touching is fine) or through.

Line Them Up!

Solo cups are placed on a LOD and spaced out every 10 feet to ½ way down the sheet. Players throw takeouts and try to hit as many on the LOD as possible.

Go Home Rocks

Rocks are thrown so that they are on the side of their rock box.

Ring Toss

Throwers have to make a shot into the 12, 8, and 4-foot in order. Can be only above the tee or use the whole house to practice judging weight for freezes.

Touching the Void

All shots must touch a designated line or zone in the free guard zone.

16 In the Rings

All 16 stones must be in the rings.

Extreme Outside Corners

Throw guards at the edge of 12 and beyond if needed. Can only touch the four foot, not cross it.

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Hitsy Drawsy

One team can only hit and the other team can only draw.

The Draw Team gets 1 point for ALL rocks left in play. Hit team tries to prevent any scoring. Teams switch after each round. The winner is the team with the highest point total after a designated number of rounds where each team gets to hit and draw.

Variation: Play with FGZ

Race to 50

Throw rocks in order until one team reaches the designated score.

Guard = 1

Touching 12 = 2

Touching 8 = 3

Touching 4 = 4

Touching Button = 5

Highest Score Wins

Throw 16 rocks (or 8) and the highest cumulative score wins.

Guard = 1

Touching 12 = 2

Touching 8 = 3

Touching 4 = 4

Touching Button = 5