

Half Sheet Drills

Progressive Slides (Every sheet on first rotation)

Slide to: T-line, Top of the house, 3 Guard, 2 Guard, and finally a 1 guard – without sliding past the target zone. Make sure you slide on both sides!

LOD with Laser Covered (Shot Making Drill: Self-assessment with coaching feedback)

The gist of the idea he was promoting was to have the athlete set up and slide with a stone and then release it toward the target broom which the coach is holding $\frac{1}{2}$ way to $\frac{3}{4}$ of the way down the ice. The athlete has to give the initial feedback to the coach as to if the shot was wide, narrow, or on target. Then the coach confirms or corrects the impression of the athlete. The athlete then has information they can use to affect the change and they own it. Too often we as coaches just tell the athlete where the slide is; this drill puts the responsibility on the athlete to read the feeling in his/her body and make adjustments with the support of a coach.

Slide to the Cups

This one is a reliable and easy drill that has a lot of usefulness. Athletes set up with or without a rock and slide to a predetermined location on the ice marked with a cone/cup. This helps the athlete develop balance and control with hits and draws and everything in between. Having the athletes close their eyes will tell you if they are steering or actually sliding pure.

Perfect Form Drill

The idea is for the athlete to set up, slide and HOLD the rock in the perfect position throughout the slide until they come to a rest. There is no release. I am looking at balance, foot position, and a “soft” or bent elbow that is tight to the body. Common problems that are identified with this drill are starting the delivery immediately after pushing out and thus over-rotating the rock, leaning on the rock for balance, and drifting caused by improper foot position. I have the athlete repeat this drill 4 to 6 times with alternating handle positions

Half Sheet Drills (continued)

Crisp Release Drill: Broom Length Release

This drill works on helping the curler have a crisp, clean, controlled release. I like to use a laser with it but it isn't necessary. Athletes set up and slide out on a LOD. A broom is placed on the ice ½ way between the top of the house and the hog line on the sideline. When the shooter reaches the beginning of the broom they start the positive release of the stone. The release must be out of their hand by the time they reach the front of the broom. Coaches monitor and give feedback. Coaches should also stand in front of the shooter and watch for any off-line release, turning the hand over or motion across the LOD.

Braveheart Drill: (Bent Arm/ Positive Release)

I call this the Braveheart Drill because there is a line in the movie where William Wallace exhorts his fellow Scots to hold steady in the face of an onrushing English cavalry charge until the very last moment when they raise tree-sized pikes on which the English Calvary impale themselves. The dramatic scene has William hollering for the Scots to "HOLD" and then the scene cuts to the Calvary rushing across the field before cutting back to William this time hollering more earnestly "HOOOLLLD." This is repeated twice more with Wallace becoming fiercer and fiercer in his exhortations. How is this related to a curling drill you ask? Well besides being of Scottish origin, I use the exhortation of HOLD as a cue when my curlers are sliding out and repeat it several times before telling the "NOW" whereupon the athlete will release the stone with a positive release down the line of delivery. I don't care about how far the rock travels down the ice, the point of the drill is the soft elbow/ bent arm and the positive release down the LOD. I often have them slide over the hog line just to force them to hold the form for a longer period of time.