

Hit Something Red (plus variations)

Goal: Develop hit weight and begin throwing on the correct line of delivery with hit weight.

Other related skills:

- Balance
- Grip
- Release
- Positive Release

Set-Up:

Place 3 red target rocks in the twelve-foot in the far house. One will be on the center line, the other two about 8 inches to either side of the rock on the center line.

Procedure:

1. Set up as usual in the hack lined up on the broom for the target rock on the center line.
2. Slide out to throw the take-out and focus on sliding straight at the target with a bent elbow.
3. Perform a positive release directly at the broom.

The shot is successful in the initial drill if the delivered stone hits one of the three rocks in the house and removes it from the house. Where the delivered stone ends up is not considered for this drill.

First Variation

After being somewhat successful with the basic drill, continue the drill but move the stones to about 2 feet to either side of the rock on the center line. The goal now is to hit the red rock you are aiming for rather than just any of the three rocks.

Set-Up:

Place 3 red target rocks in the twelve-foot in the far house. One will be on the center line, the other two about feet to either side of the rock on the center line, slightly closer to the center line but still top twelve or top eight.

Procedure:

1. Set up as usual in the hack lined up on the broom for the target rock.
2. Slide out to throw the take-out and focus on sliding straight at the target with a bent elbow.
3. Perform a positive release directly at the broom.

The shot is successful in the intermediate drill if the delivered stone hits the target rock in the house and removes it from the house. Where the delivered stone ends up is not considered for this drill.

Second Variation

After being somewhat successful with the intermediate drill, continue the drill but now put two yellow stones between the red rocks as set up in the intermediate drill. The goal now is to hit the red rock you are aiming for without hitting the yellow rocks.

Set-Up:

Place 3 red target rocks in the twelve-foot in the far house. One will be on the center line, the other about three feet to either side of the rock on the center line, slightly closer to the center line but still top twelve or top eight. Place two yellow rocks between the red rocks. So you have 5 rocks, Red, Yellow, Red (on the center line), Yellow, and Red across the top twelve.

Procedure:

1. Set up as usual in the hack lined up on the broom for the target rock.
2. Slide out to throw the take-out and focus on sliding straight at the target with a bent elbow.
3. Perform a positive release directly at the broom.

The shot is successful in this final drill if the delivered stone hits the target rock in the house and removes it from the house without hitting or moving the yellow stones. Where the delivered stone ends up is not considered for this drill.