

## Middle Rocks (Basic and Ports)

**Goal:** Slide and deliver rocks somewhere other than down the center of the sheet.

### Other related skills:

- Balance
- Grip
- Release
- Line of delivery

### Set-Up:

Place two rocks halfway down the sheet, next to each other about 4 - 6 inches off the center line.

### Procedure:

1. Set up with broom (target) at edge of eight, middle of twelve, or edge of twelve.
2. Curler delivers the stone as a draw to the tee line.

The idea here is to get the curler to deliver the stone not on the center of the sheet. The shot is successful if the draw is made to the house without hitting the stones in the middle of the sheet.

## Variation

### Set up:

Place the two rocks as above. Place two other stones about 2 feet to each side of the middle rocks creating two ports.

### Procedure:

1. Set up with broom (target) at edge of eight, middle of twelve, or edge of twelve.
2. Curler delivers the stone as a draw to the tee line throwing the draw through one of the ports created by the middle rocks.

The idea here is to get the curler to deliver the stone not on the center of the sheet but also not too wide. The shot is successful if the draw is made to the house without hitting the stones in the middle of the sheet.