

# Midland Curling Club Foundation Drills

- Do these every practice!
- Cups or cones can be used to designate locations for Drills 1 and 2.
- Use lasers for Drills 3, 4, 5
- Use Cups for Drill 6 (12 and 8 Foot on both sides)
- 4 curlers per sheet if possible

## 1. Progressive Slides

8 total, 4 each on each side of the centerline.

*Note: It is very important to not slide down the centerline as it promotes the bad habit of not placing the foot in the hack with precision and purpose.*

Athletes slide out without a rock on either side of the centerline to the following locations in the near house.

- a. Tee Line
- b. Top 8
- c. Top 12
- d. Halfway to the Hog Line

## 2. Progressive Slides w/o broom (4 to 8)

Athletes slide to the same locations listed above.

## 3. Slide and Hold (2 with each turn)

Athletes slide out with a rock and work on sliding straight and with the rock in the perfect pre-release position that includes a slightly bent elbow and the rock in front of the sliding foot. The drill is completed when the athlete stops sliding. There is no release!

## 4. Slide, Hold, Release Over Hog (4)

Athletes perform Slide and Hold and release the rock when the coach instructs them and not before! The Hog Line is irrelevant for this drill. The focus is on maintaining balance and speed and then adding a positive release down the LOD. Where the rock ends up is not important. This is a form drill.

## 5. Broom Length Release Drill (2 each turn)

Set a broom on the ice at an appropriate location in front of the house. (This will vary for athletes of different skills). Athletes slide out and start the release of the rock at the start of the broom and complete the release before reaching the end of the broom.

## 6. 16 In The Rings (Back to the Home End)

Athletes throw draws with different targets and LODs as they attempt to get all 16 rocks to come to rest in the rings. Sweeping can be allowed for more advanced athletes.

*These drills were developed and refined at the Midland Curling Club with the input and cooperation of Michael Graves, Thor Brecht, and Peter Carlson.*

