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Positive Release Drill (Carlson Drill)

Goal: Improve positive release down and through the bolt of the rock and on the line of delivery.

Other related skills:

- Balance
- Grip
- Release

Set Up:

Place target rock at one of 3 locations

1. Top twelve in the near house
2. #3 guard in front of the near house
3. #2 guard in front of the near house.
4. Further out from the near hack as athletes get better.

Procedure:

1. Set up as usual in the hack lined up on the target rock.
2. Slide out deliberately slow and focus on sliding straight at the target with a bent elbow.
3. Right before stopping (no more than top 8 in the near house), perform a positive release directly at the target rock.
4. If the rock that is hit goes straight down the ice, the thrower has performed the drill correctly.
5. The target rock should travel at least ⅓ way down the sheet toward the other end of the ice.