

Training to Compete 1 (16-18 y.o.)

Remember: Athletes of this age and stage of development should be measuring their improvement. Keep score of drills during training sessions and try to improve on results.

Program Focus: Sport specific physical conditioning, planning of shot selections, goal setting, routine planning, team roles and responsibilities.

On-Ice Activities: Strong technical ability, Fine tune Delivery (weight and release), improve, modify and perfect sweeping ability.

Great Ideas:

1. Fine Tune Delivery (Weight Control) and Brushing

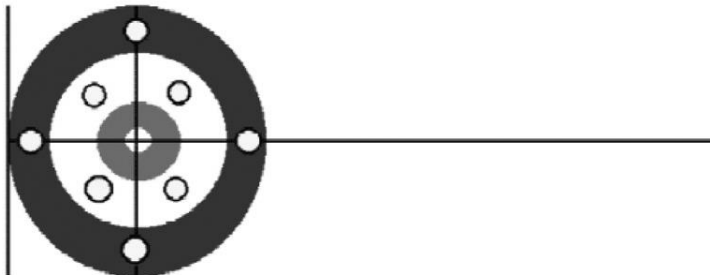
PROGRESSIVE HOG LINE

With each player delivering his/her two stones, brushers brushing and skip in place, the lead delivers a stone. Wherever that stone comes to rest, it is pulled directly to the side line. It then becomes the new hog line. The lead's second stone must get over that hog line. If it does, as with the first stone, it is pulled directly to the side and becomes the new hog line. If a stone slides through the house it's out of play of course. The object of the drill is to get all eight stones over the hog line. Hint (or rather, confession): If the delivered stone overlaps the hog line stone, I count it. You set the rules for your team!

2. Practice Angles and Takeout Weight:

CRAZY EIGHTS

This is probably the all-time favourite. The stones of one colour are placed systematically and symmetrically in the rings. We started by placing one in the twelve foot circle on the center line at the top of the house, and one in a similar position at the back. The remaining six were placed on the tee line in each of the 12, 8, 4, 4, 8 & 12 foot circles. Come on, use your imagination! They're in a straight line! We now use a variety of "starting positions". Our current "best set-up" is four stones in the 12 foot (splitting the tee line and the center line thus forming a square) and the other four in the 8 foot midway between the two rocks in the 12 foot (forming a second square at 45 degrees to the first).



The stones of the opposite colour are the shooters at the other end of the sheet. In turn, the team players try to remove the "target stones" (with a skip to call and brushers to, what else, BRUSH).

The object of the drill is to remove all the target stones but retain all the shooters. When the pebble settles, score one point for each shooter on the rings but deduct one point for each target stone remaining in the rings. A perfect score is EIGHT! Crazy eh?!

Record your score and compare results the next time you try it!

3. Fun way to Train Strategy

Skin's Game

Play a skins game. The team with last rock must score 2 or more to get their skin, the team without last rock must steal one to get their skin. If neither team gets the skin, then it is carried over to the next end. Each end becomes a mini-game in itself. The team with the most skins wins the game.

