

Training to Compete 2 (18-20 y.o.)

Remember: Athletes in this age and stage are often practicing on their own when their schedules allow. Coaches need to ensure athletes have meaningful practices are aren't just "throwing rocks."

Program Focus: Sport specific physical training programs, precise strategical and tactical decision making, self-analysis, critical thinking and self-discipline.

On-Ice Activities: Excellent technical ability. Excellent control. Ability to make technical adjustments during delivery (weight and release). Excellent Sweeping Skills.

Great Ideas:

1. Precise Release (Self-practice)

Set up a stone approximately 20-30 feet across the throwing hogline and within the confines of the normal slide. Use the centre of the stone as a target. Deliver and release throwing stone with the objective of nose hitting the target stone. If the target stone is not projected straight upon impact the thrower knows they were inside or outside of the target. Recommend: Board weight or less for this drill.

2. Follow the Leader (1 on 1)

The object of this drill is to reproduce a game situation where an athlete is expected to successfully repeat the shot the opposition just made. Two players – each player will throw eight rocks all of the same colour. Player 1 throws a shot, player 2 expected to repeat, until all 16 rocks are thrown. Repeat another end with Player 2 throwing first this time. Keep score – Make it a competition!

3. Fun way to Train

HOT SHOTS

Ford really did have a better idea! The advent of this company's sponsorship has seen a rebirth of the old "points game" that was popular in clubs in the 40's & 50's (that's the 1940's and 50's). But who would have thought then that success at this "game" would win you a new automobile?

Of the six shots, all but the last "tie breaker" shot are scored 5, 4, 3 & 2 with the button worth 5 and the 12 ft. worth 2. Here they are as described to me by one of the FORD HOT SHOT winners, KAY MONTGOMERY of Saskatchewan (Scott Tournament of Hearts 1995).

Draw to the button.

Raise - A stone is placed on the center line tangent to the top of 12 foot circle.

Draw the port - A stone is placed adjacent to the center line just off the top of the 12 foot. The other side of the port is another stone, placed a predetermined distance from the first. The stones may be placed to allow for either rotation of the shooting stone (i.e. inturn or outturn).

Hit - A stone is placed on the center line tangent to the button behind the tee line. Contact must be made with the target stone.

Hit and roll - A stone is placed adjacent to the 12ft. circle midway between the tee line and the center line. The target stone may be placed to allow for either rotation of the shooting stone. The shooting stone must make contact with the target stone.

Double take out - Two stones are placed on the edges of the 4 ft. at a forty-five degree angle to the tee line. The shooter must cause both target stones to be removed from play.

4. What would we play?

Warm side of the glass activity for discussion of strategy. Curling has never had more TV exposure, record a game or use archived footage to facilitate strategy discussions. Play the game, pausing and discussing what your team would do in each situation.