Sliding Towards a Teammate

Drill Focus: Set Up, Line of Delivery, and Balance

Difficulty: ★ ☆ ☆ ☆ ☆

Number of people: Any (Recommended 2 – 4)

Objective

The objective of this drill is for one teammate to hold a target on the hog line, and another teammate to slide directly at the target. This drill forces players to line up properly in order to slide at their intended target.

This drill can be done with or without a rock, depending on what a player is wanting to work on.

Drill Set Up

One player will take their broom and pick a spot to stand on the hog line. It is recommended to stay within the four foot lines when choosing your target, as it is very rare that a player will need to slide out much further in a curling game. If there are no four foot lines, stick to within a foot and a half of the center line.

The target will choose their spot and use their broom – pad side facing the slider/thrower – to hold a target for them. Be sure – as a target – that your broom is directly in front of your body when you are standing. It is your job to provide feedback to the slider/thrower if they don't properly slide towards their target. If using a rock, it is also the target's job to choose a turn for the thrower. This is done by holding up an arm.

The slider/thrower will wait for the target to set up, then they will properly line up and slide out of the hack towards the broom. If using a rock, the goal is to release the rock directly at the broom head with the correct turn. The thrower will catch it, and the two will change positions (or rotate with others on the team). If sliding without a rock, the goal would be to slide directly at the broom head so that the slider foot would touch it.

If you do not slide in the correct direction, go back to the hack, readjust your body position, and try again. Be sure to move the target around so that you get a chance to try sliding in all different directions.

Scoring

There is no scoring procedure for this drill. This is simply about balance and line.