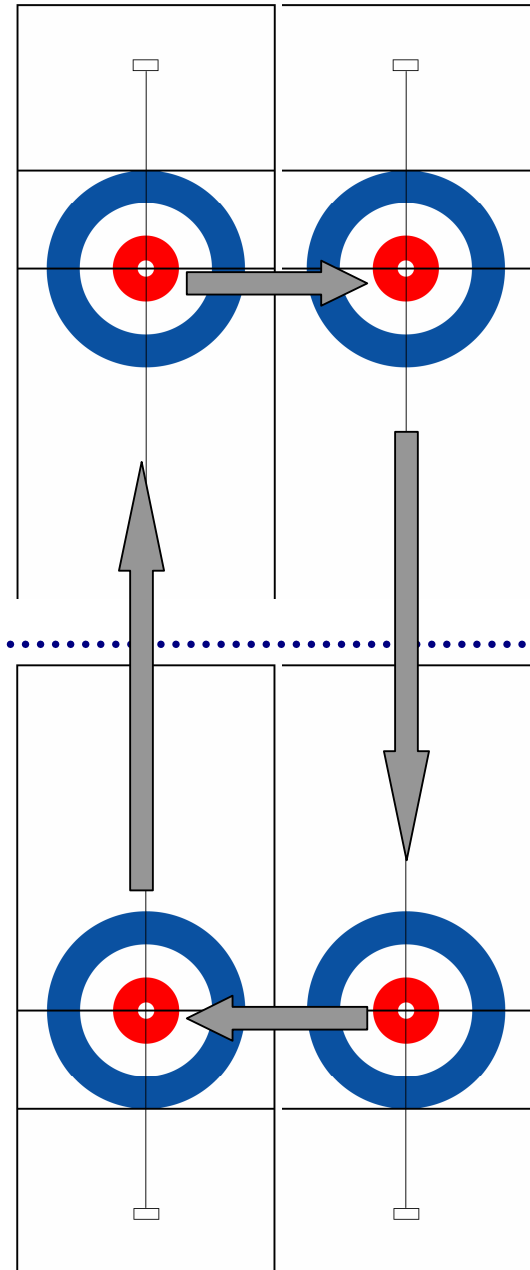


Circles



Direction of play



% of rink required Two, full length

No of players 8+

Difficulty level ★★☆☆☆

Stanima / Sweeping
Talent assessment

Purpose

Objective

This is a great drill for many curlers at once. It is an excellent drill for assessing talent.

The stones begin at either end of two adjacent sheets.

On each sheet the players assume the normal playing positions of *thrower*, *two sweepers* and *skip*.

Simultaneously, the throwers deliver their stone.

When the shot concludes, the players rotate positions (thrower to sweeper one, sweeper one to sweeper two, sweeper two to skip and the skip crosses over to the adjacent sheet to become the thrower on that sheet).

If you have more than eight players try establishing a "rest station" at each end after the "skip" position.

The drill continues until all the stones have been delivered. That's one rotation! Have as many rotations as necessary.

The coach/instructor can position himself/herself in the middle of the drill to monitor.

The value of this drill is its full involvement by many players simultaneously. It's a good time to provide some quick feedback to a player without centering him/her out. It also gives the players a chance to experience all positions in the team.