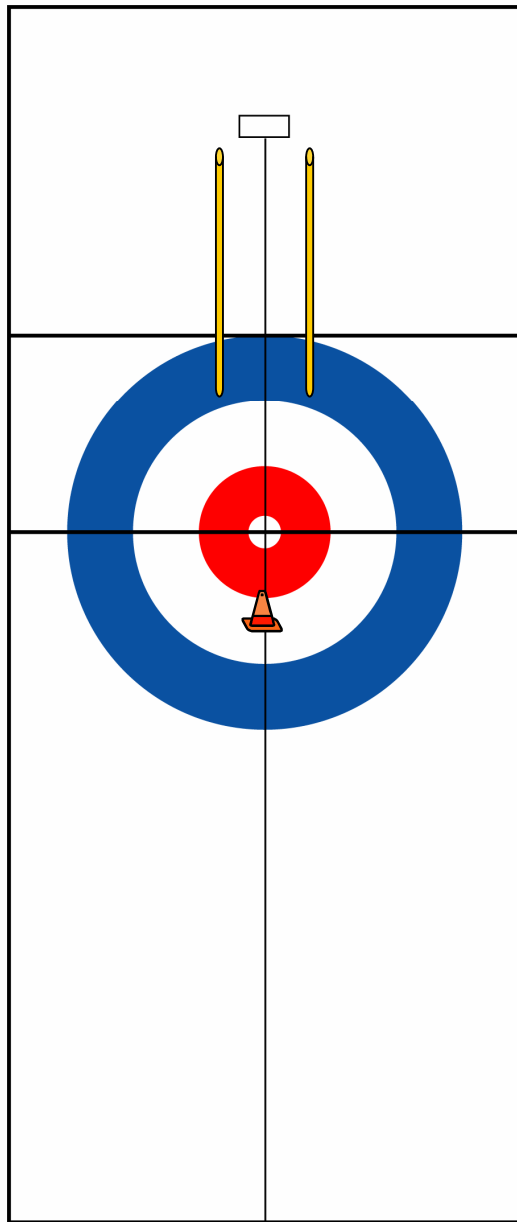


Tunnel training



Objective

Balance exercise – Use garden canes (or Plastic straps, brush handles etc), placed approximately three feet from the hack about two feet apart, place a marker at the end of the tunnel in the middle.

No stones to be used.

Slide through the canes without touching to reach the marker with your hand. Brushes can go round the tunnel.

Tunnel can be moved closer to the hack depending on ability.

Develop the skills by decreasing the width of the tunnel gradually to a stone's width.

Move the target left or right and develop angles and line up.

Scoring

For a clean slide reaching the tin = 3 points

One strap touched and reaches the tin = 2 points

If both touched but reached the tin = 1 point.

Direction of play



% of rink required

Hack to hog line

No of players

1 +

Difficulty level



Purpose

Line & Balance