

Right-hand setup for right side of sheet

THE GAUNTLET DRILL – APPENDIX A: INSTRUCTION

THE TECHNICAL COACH SERIES

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LTAD Stage: Training To Compete and higher

Delivery Phases: Setup, Drive, Slide, Release

Outcome: To deliver a stone upon its intended line of delivery

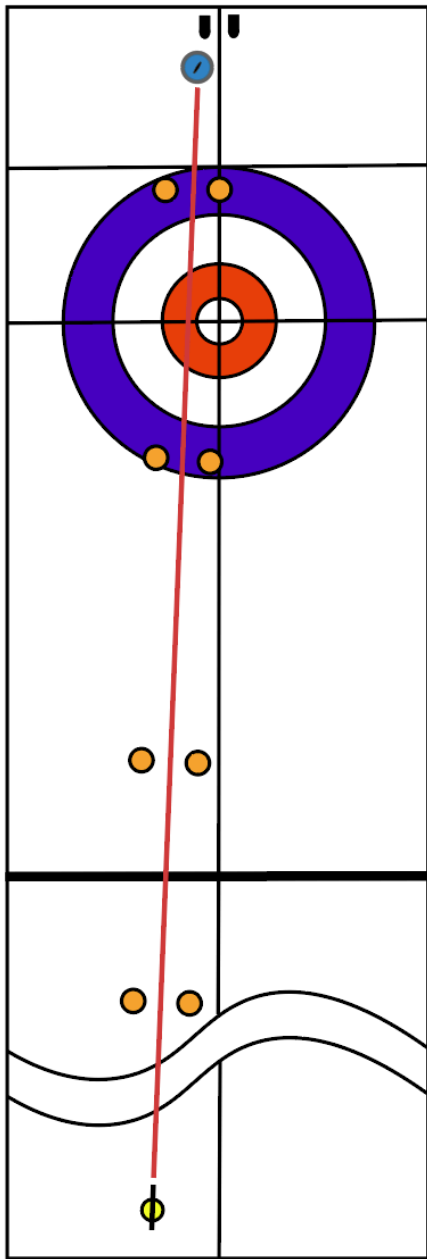
SUMMARY

The diagram at left illustrates a typical setup of the drill for a right-handed player. A dot laser is used as the "target broom" with the beam (red line on diagram) projected onto the striking band of the stone, set in a specific position for a given athlete and target.

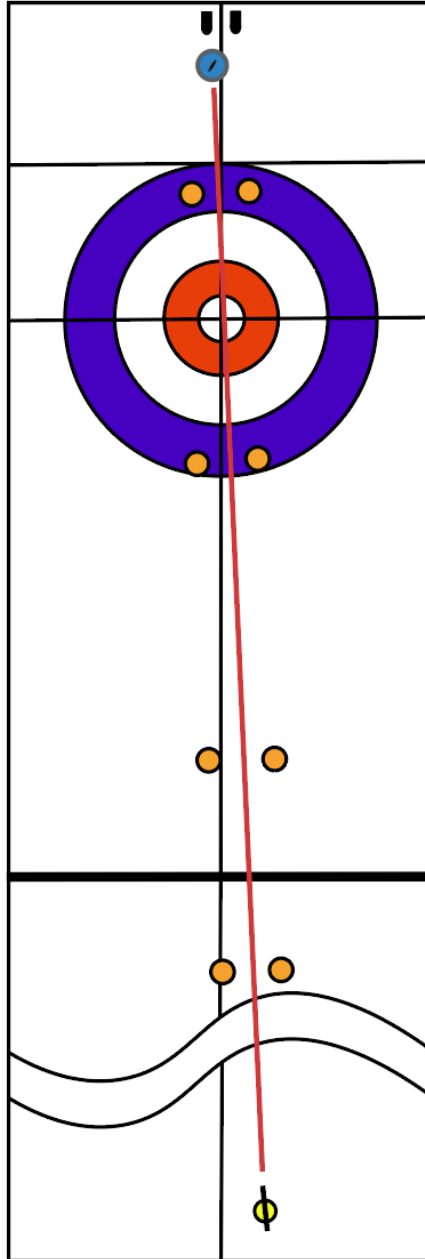
During the drill, the athlete delivers a stone in the usual way, sliding between each pair of pylons. The pylons provide immediate LOD feedback to the athlete, and the laser dot on the stone provides

accurate information to a coach or training partner on any lateral movements of the stone

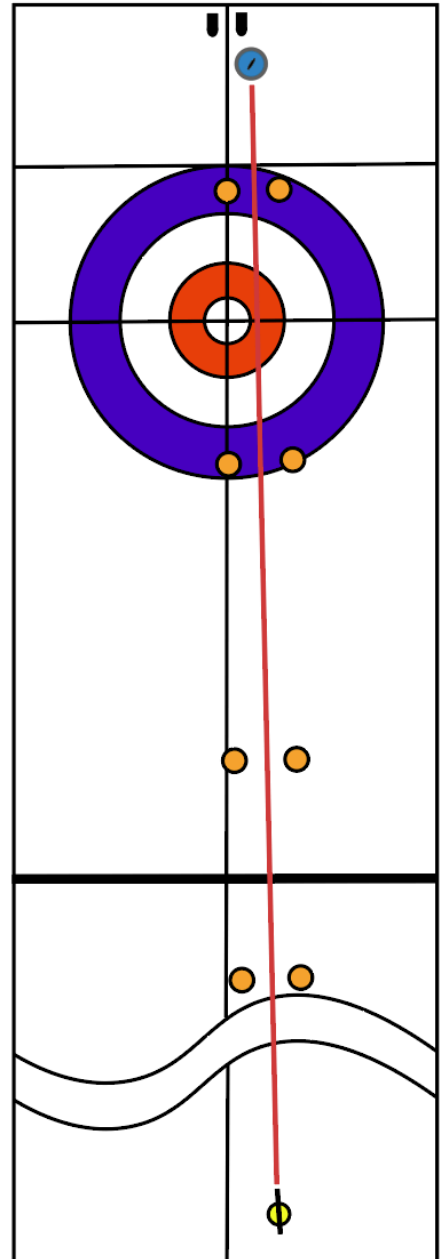
during delivery and release. Pylons placed after the near hog line are useful to catch issues with an athlete's release.



Left-hand setup for right side of sheet



Left-hand setup for left side of sheet



Right-hand setup for left side of sheet



The diagrams above provide example drill setups for both left- and right-handed players – note the differences in the placement of the pylons. Keep in mind that the laser can be placed anywhere on the sheet to practice a specific line of delivery and/or rotation.

SUMMARIZED DRILL INSTRUCTIONS

- To setup the drill, the laser acts as the target broom, and can be placed anywhere to match a specific target line of delivery (LOD) intended for practice.
- After the laser is placed, a stone is pre-positioned by the athlete, consistent with that athlete's preshot routine and setup and alignment to the intended target.
- Laser is aimed and adjusted to place the laser's "dot" in the middle of the stone, on the striking band.
- Pairs of pylons are then placed to straddle the intended LOD, to serve as feedback for the athlete during subsequent throws.
- Since individual deliveries differ, the stone may not begin in the same spot for different athletes, hence the laser and pylons may need to be adjusted for each athlete and each target broom.
- Cones provide immediate feedback to the athlete; laser light on the stone provides feedback to the coach on any lateral movement of the stone that occurs during a throw.
- Low-height pylons used in soccer work well for this drill.
- Athletes can throw stones at any speed to work through LOD issues as a result of changes to their timing in a delivery.
- Challenge up:
 - Place the pylons closer together as your athletes achieve greater consistency
 - Place additional sets of pylons between the hog lines, prior to the break point
- Challenge down:
 - Place the pylons further apart so that your athletes are successful performing the drill.



- Remove pairs of pylons if they become problematic for a particular athlete.
- Safety:
 - This drill uses a laser to align the cones and provide feedback to a coach or training partner on any lateral movement of a stone during delivery. While most commercially-available lasers are low power, **proper precautions and best practices should be exercised to avoid the possibility of eye damage to coaches, athletes, other athletes, and spectators.** See article No. 11, "Using Lasers in Curling", in this Series for more information on lasers and safety precautions.
- No laser? One can use any available device, such as a tape measure or a string of yarn, to set up the LOD and position the pylons as required.
- Athletes who "tuck" slide or who use a delivery device instead of a curling brush may require some or all of the pylons to be moved or eliminated on the side opposite the throwing hand.



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QUESTIONS

We are pleased to provide whatever assistance we can to coaches and athletes. Our contact information is below.

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