Come-Around Challenge

Clear the guard. Find the house. Learn to hide a stone.

2-4 players | 12-15 minutes per thrower | 6 draws

Equipment: 7 stones (or reuse 2), brooms, grippers, usual delivery aid and pencil.

SET UP

Place one guard on the centerline about 1.5 m in front of the house, fully beyond the far hog line. Aim for the top four-foot behind it. With two players, one throws and one holds the broom; add sweepers if available.

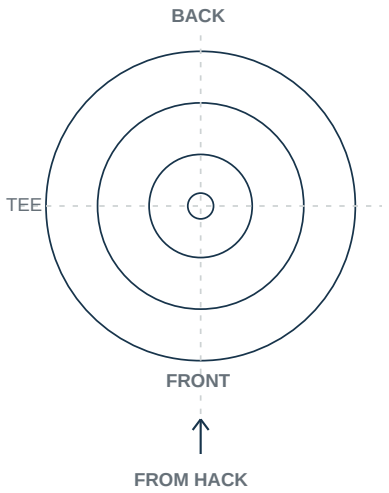
RUN IT

1. Throw six draws, alternating clockwise (CW) and counterclockwise (CCW) rotation as seen from above.

2. Agree on the broom and intended finish before each shot. Judge burial from the throwing hack.

3. Record the result, then remove the thrown stone and restore the same guard before the next attempt.

YOUR ICE SKETCH



Mark G for the guard, X for your target and an arrow for each turn.

HOUSECALL PRACTICE SCORING

Award 1 point each for: **clear** - passes the guard without contact; **house** - in or touching the house; **buried** - in the house and completely hidden behind the guard from the hack. Maximum 3 per shot, 18 per set.

Easier Try two open draws first, then use a longer guard farther from the house.

Harder Move the guard closer to the rings. Keep the same scoring.

TRACK YOUR PRACTICE

Name / team _____ Date _____

Shot	Turn	Clear /1	House /1	Buried /1	Total /3	Adjustment
1	CW					
2	CCW					
3	CW					
4	CCW					
5	CW					
6	CCW					

Set total ____ /18 Next broom or weight adjustment _____

Safety: use club-approved equipment and grippers. Stop delivery and let every stone stop before clearing or resetting. Keep hands, feet and spare stones out of moving-stone paths.

Technical reference: Curling Canada, Discover Curling

Original practice format and scoring; not competition rules. Follow your club rules.

Learn the game. Love the game.

Takeout Weight Ladder

Connect the weight you call with the contact you make.

2-4 players | 15-20 minutes per thrower | 6 takeouts

Equipment: 7 stones (or reuse 2), brooms, grippers, delivery aid or stick and pencil.

SET UP

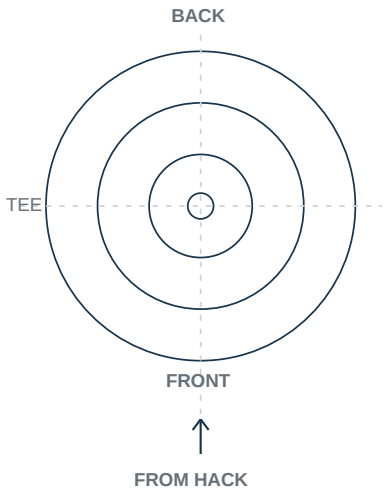
Put a target stone on the tee line inside the house, with an open approach. Agree on comfortable control, normal and peel weights for today's ice; these are team labels, not universal times. Clear the runout area.

RUN IT

1. For control and normal, call a nose hit with the shooter staying in the house. For peel, call a thin hit with both stones leaving play.

2. Throw the six-shot order below. Record the contact and actual shooter finish, not just whether the target moved. Reset the same target each time.

YOUR ICE SKETCH



Mark target, contact side and shooter finish. C = control; N = normal; P = peel. CW/CCW = clockwise/counterclockwise viewed from above.

HOUSECALL PRACTICE SCORING

Award 1 point each for: **called contact**, **target removed** and **called shooter finish**. Maximum 3 per shot. A miss scores only what it actually achieved; do not award contact for merely moving the target.

Easier Stick option: use two or three safe, team-agreed weights. Omit peel if control or balance suffers; never force speed.

Harder Keep safe weights; alternate turns and call a specific roll on normal-weight hits.

TRACK YOUR PRACTICE

Name / team _____ Date _____

Shot	Weight / turn	Contact	Target out	Shooter finish	Total /3
1	C / CW				
2	N / CCW				
3	P / CW				
4	C / CCW				
5	N / CW				
6	P / CCW				

Safe weights agreed today _____ Most repeatable weight _____

Safety: use club-approved equipment and grippers. Stop delivery and let every stone stop before clearing or resetting. Keep hands, feet and spare stones out of moving-stone paths.

Delivery-stick guidance: World Curling recreational recommendations

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Learn the game. Love the game.

Useful Miss Drill

Choose a miss that still leaves your team something useful.

2-4 players | 10-15 minutes | 4 attempts

Equipment: 3 stones, brooms, grippers, usual delivery aid and pencil.

SET UP

Tied game, middle end, two stones left for each team. Your red stone is shot on the button; yellow is in the back eight-foot. The front is open. Practice a center guard to protect red. Sketch the layout at right.

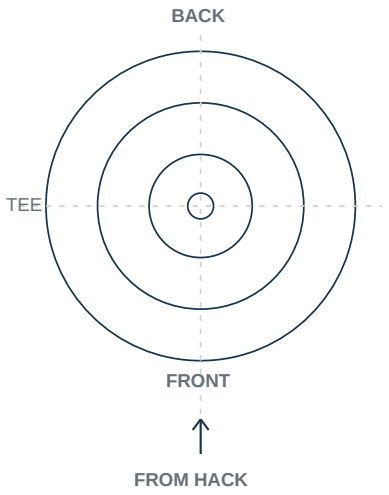
RUN IT

1. Before each throw, name the ideal result and an acceptable miss: for example, a guard 1 m in front of the rings; a shorter center guard that still covers red and clears the hog line.

2. Explain why the miss helps. Throw, then judge the actual position: ideal, useful miss or not useful.

3. Restore the original layout after each attempt. Change the plan only before the next shot.

YOUR ICE SKETCH



R = your stone; Y = opponent. Draw the ideal target and acceptable-miss area.

HOUSECALL PRACTICE SCORING

Plan /2: 1 for a clear ideal target; 1 for an acceptable miss with a useful reason.
Result /2: ideal = 2; agreed useful miss = 1; other = 0. Keep plan and execution separate. A heavy shot that disturbs your shot stone is not a useful miss here.

Easier Use only your stone on the button; agree on a generous guard zone.

Harder Change the score, hammer or layout, then choose a new shot and miss.

TRACK YOUR PRACTICE

Name / team _____ Date _____

Try	Ideal target	Acceptable miss	Plan /2	Result /2
1				
2				
3				
4				

What did the miss leave for the next shot? _____

Safety: use club-approved equipment and grippers. Stop delivery and let every stone stop before clearing or resetting. Keep hands, feet and spare stones out of moving-stone paths.

Coaching reference: Curling Canada, Getting Started, pp. 36-41

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Sweepers Communication

Make an early call, update it and keep everyone in the conversation.

4 players | 12-16 minutes | 8 draws

Equipment: 8 stones (or reuse 1), brooms, grippers, usual delivery aid and pencil.

SET UP

Start with an empty house and aim for the top four-foot. Roles: thrower, sweeper 1, sweeper 2 and broom holder. Agree on plain-language weight calls such as guard, top house, four-foot, back house and through.

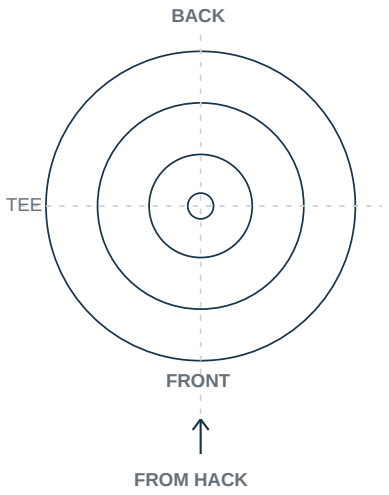
RUN IT

1. Confirm the target. The thrower shares release feel; sweepers give an early weight estimate before mid-sheet and update as the stone travels. Keep judging even when it looks light.

2. The broom holder calls line and clear sweep/on-off instructions; sweepers acknowledge. Changing a weight estimate is encouraged.

3. After each shot, clear it and rotate: thrower > sweeper 1 > sweeper 2 > broom > thrower. Everyone throws twice.

YOUR ICE SKETCH



Sketch the target and weight zones. Note one phrase the whole team understands.

HOUSECALL PRACTICE SCORING

Communication /4: 1 each for target confirmed, early weight call, later update and clear broom command acknowledged. **Shot /2:** in/touching four-foot = 2; elsewhere in/touching house = 1; outside = 0. Score the conversation independently of the result.

Easier Use three weight zones and practice the call sequence on an easy open draw.

Harder Alternate top-four-foot and back-four-foot targets without changing the rubric.

TRACK YOUR PRACTICE

Name / team _____ Date _____

Shot	Thrower	Early call	Update	Broom + reply	Comm /4	Shot /2
1						
2						
3						
4						
5						
6						
7						
8						

Safety: use club-approved equipment and grippers. Stop delivery and let every stone stop before clearing or resetting. Keep hands, feet and spare stones out of moving-stone paths.

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Race to the Button

Choose the shot your team can make, not the shot that only looks clever.

2-4 players | 15-20 minutes | 3 strategy rounds

Equipment: 4 stones, brooms, grippers, usual delivery aid and pencil; or use the sketch off ice.

SET UP

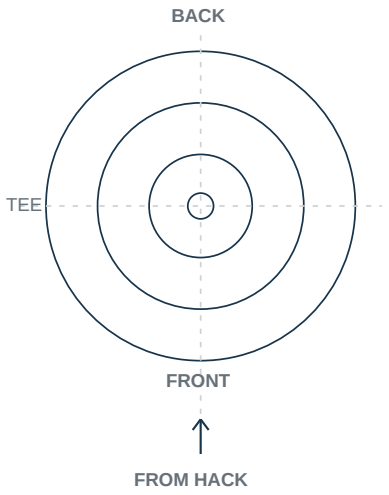
Tied game, end 4 of 8, your team has hammer. You have two stones left; yellow has one. Yellow lies top four-foot, with an open approach and no red stone in the house. It is your turn. Use a different profile each round.

RUN IT

1. Profiles: A - reliable draws, uncertain hits; B - reliable controlled hits, uncertain draws; C - precise freezes, weak hits. Compare a draw, freeze, hit and guard; choose a call and useful miss.

2. Play one shot. Then throw an opposing draw toward the four-foot, or place a realistic reply after play stops. Discuss what your last stone would need to do; reset.

YOUR ICE SKETCH



Mark Y at top four-foot. Compare paths to the button and the likely reply.

HOUSECALL PRACTICE SCORING

Plan /3: 1 each for matching the skill profile, considering the reply and naming a useful miss. Also record who is shot after the reply; do not reward a lucky result as a good decision. A front freeze need not take shot. A guard is normally useful **after red is shot**, not to protect yellow.

Easier Compare only the open draw and hit-and-stay, using your real strengths.

Harder If red becomes shot, replay that layout and weigh a guard against improving position.

TRACK YOUR PRACTICE

Name / team _____ Date _____

Profile	Call	Useful miss	Expected reply	Plan /3	Shot R/Y
A					
B					
C					

Why did the practical call change? _____

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Coaching reference: Curling Canada, Getting Started, pp. 36-41

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Eight-Rock Rotation

Experience every delivery order and learn what each teammate needs.

4 players | 35-45 minutes | 4 rounds of 8 shots

Equipment: 8 delivery stones plus 1 target, brooms, grippers, usual delivery aids and pencil.

SET UP

Label players A-D. In each round, each player throws a pair: first a draw to the top four-foot, then a nose hit on a target placed on the tee line in the house. Remove each shooter and reset before the next shot. These are skill rounds, not regulation ends.

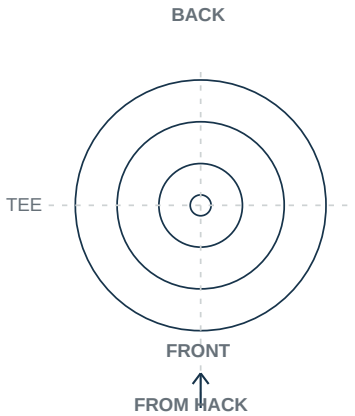
RUN IT

1. Use the rotation at right: pair 1 = stones 1-2; pair 2 = 3-4; pair 3 = 5-6; pair 4 = 7-8. Everyone plays all four orders.

2. The fourth-order player holds the broom; the third-order player takes the broom for the fourth's pair. The other two sweep.

3. Record each draw and hit. Review sweeping and communication across the whole session, not only while throwing.

YOUR ICE SKETCH



ORDER BY ROUND

1	A	B	C	D
2	B	C	D	A
3	C	D	A	B
4	D	A	B	C

HOUSECALL PRACTICE SCORING

Draw /2 each round: four-foot = 2; other house = 1; outside = 0 (touching counts). **Hit /2:** target out + shooter in house = 2; target only out = 1; other = 0. **Session sweep /2:** safe position + responds to calls. **Calls /2:** confirms plan + gives timely weight/line updates. One point per behavior.

Easier Use house-wide draw targets and comfortable controlled hits; keep all four rounds.

Harder Alternate turns or call a specific hit-and-roll target. Record the changed goal.

TRACK YOUR PRACTICE

Name / team _____ Date _____

Player	Draw marks 0-2 x 4	Hit marks 0-2 x 4	Sweep /2	Calls /2	Total /20
A	__ + __ + __ + __	__ + __ + __ + __			
B	__ + __ + __ + __	__ + __ + __ + __			
C	__ + __ + __ + __	__ + __ + __ + __			
D	__ + __ + __ + __	__ + __ + __ + __			

One thing I learned from a different role _____

Safety: use club-approved equipment and grippers. Stop delivery and let every stone stop before clearing or resetting. Keep hands, feet and spare stones out of moving-stone paths.

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