

FOUR IN THE FOUR

Purpose: weight control

Equipment: None

With this drill, the goal for the team is to draw the four-foot, four times in a row. Start with the normal team set-up at the beginning of an end. The lead throws a draw to the four-foot with the skip in position and the second and third sweeping. After the lead throws, the second throws and so on. Continue this until you have drawn to the four-foot *four consecutive times*. If one person misses, you must start over. The purpose of this drill is two-fold, to see and understand each delivery for sweeping purposes, and to simply practice drawing to the four-foot. It develops a good sense of draw weight, what your sweepers are capable of, and good practice for the sweepers making weight judgement calls.

This drill is harder than it sounds. If the team rule is not to move to the next drill until four are in the four, then pressure builds up with each four-foot draw. Depending on the level of the team it is okay to move onto the next drill with "Four in the Twelve", then once the team can do that routinely, move to "Four in the Eight" and then insist on "Four in the Four".