

SWEEPING FINESSE

Purpose: improves sweeping stamina and weight judgement, communication

Equipment: none

Two teams can compete against each other or one team can set a mark/goal and try to beat it. Teams get 15 minutes. They throw in rotation with the coach holding the broom. Each team must have two sweepers on each rock thrown. Second starts behind the boards, lead starts in the hack, the skip sweeps closest to the stone and vice sweeps further from the stone. When time starts the lead throws the first stone. The intention is to get it on the pin. When the shot is complete, the second moves into the hack, lead moves to sweep closest to the rock, skip moves to sweep further from the rock and vice goes to the back boards. Teams rotate through this as many times as they can in 15 minutes.

Scoring

12 points - pin

10 points - touching the button

4 points - touching the four foot

2 points - touching the eight foot

1 point - touching the 12 foot