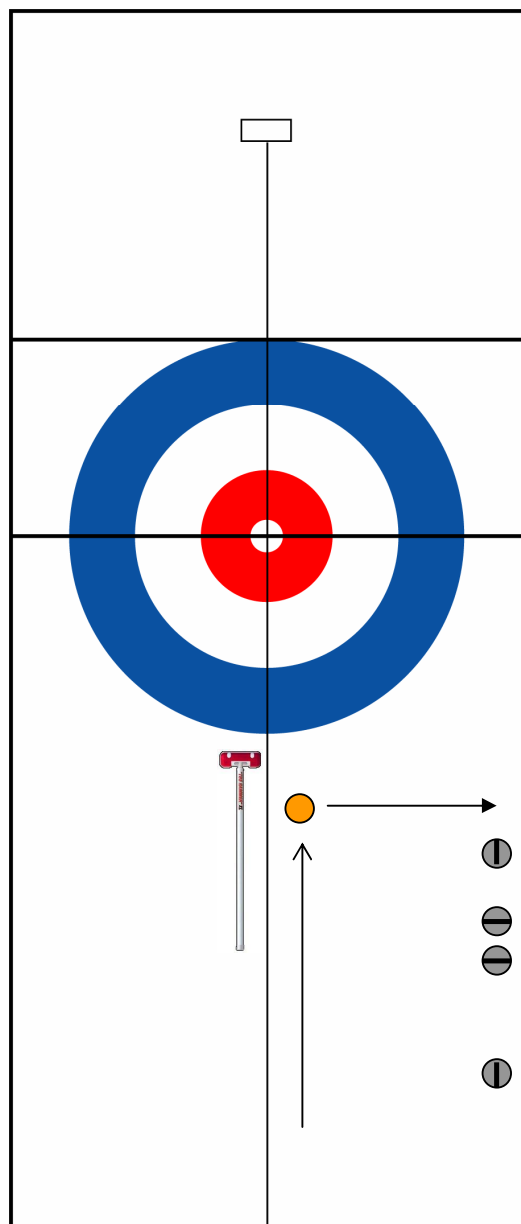


Climb the Ladder



Direction of play



% of rink required

Full length

No of players

4

Difficulty level



Purpose

Weight Control

Objective

Climb the Ladder was designed by Pat "B" Reid, Ontario for weight control.

This is a team drill in that the players deliver their two stones in the normal rotation (lead, second..) with the skip in the house and sweepers.

The object of the drill is to deliver stones to pre-arranged distances in either an ascending or descending sequence.

In ascending sequence, the lead attempts to deliver his/her first stone just over the hogline (within a brush handle length of the hogline). When the stone comes to rest, it is pulled to the side of the sheet and the handle is positioned either perpendicular to the side board (made shot) or parallel to it (missed shot). The lead then delivers his/her second stone within a brush handle length of the previous stone. That stone is then pulled to the side and its handle positioned either perpendicular or parallel to the side board.

In descending sequence, the first stone is delivered by the skip to within a brush handle of the backline. The rest of the stones are then delivered to come to rest in positions toward the hogline. The last two stones are delivered by the lead. Try a variation where all sixteen stones are delivered, thus making each "zone" smaller.

It helps to position a brush on the ice (see diagram) as a target.

Scoring

After all eight stones have been delivered, simply check the handle positions for the team score.

1 point for every successful stone

0 point for unsuccessful stone