

DRAW ROTATION RECORD

The amount of rotation can greatly affect how far a rock curls. A rock thrown with say 3 revolutions will curl X amount. The same rock thrown on the same path with the same weight but with say 2 and 1/2 rev. will curl further. We count the # of revolutions from the 12 o'clock position to the far T-line. (even if we have to "estimate" a bit because the rock is a bit light).

- | |
|---|
| 1. One player goal is to develop a consistent rotation with either turn. Always have a target broom being held on t-line in House. |
| 2. Players can do in group practice or on own with a partner to record. Use 1/4 turn for accuracy. Eg 4.25 for # of turns. |
| 3. Throw ALL down centre for both turns. Alternate IT then OT. Recommend total of 4 IT then 4 OT in one session. |
| 4. Can vary and throw to button with IT and OT with broom held on outside of 4 ft rings for either turn. |
| 5. It has been useful to record their rotations DURING actual games. Have an assistant record these. VERY USEFUL!! |
| 6. Time becomes a major factor thus hopefully many assistants available and extra sheets can be used in a practice session. |

Record the number of revolutions of shots. Use 1/4's for accuracy.

Session	1	2	3	4	5	6	7	8	AVG.	IT or OT
1										
2										
3										
4										
5										
6										
7										
8										
9										
10										
11										
12										
13										
14										
15										

At the rele:

NOTES

ase