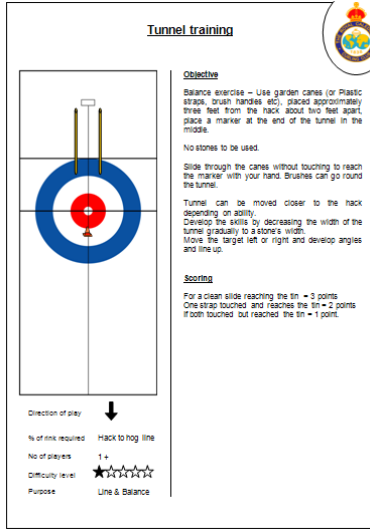


# Tunnel Training with Ropes

Can be used for any ability level.

Aids identification of faults during delivery



An adaption of the Tunnel Training drill.

Available in the RCCC Drills manual (1.6) or downloadable from the Royal Club website.

In this adaptation, suggested by Greenacres rink, the “tunnel” is made with ropes.

Unlike using brush poles, the rope will bend and shape.

This allows the curler to see when, during their delivery, they touch the edge of the tunnel.

