

## Box Slides

Can be used for developing ability.

Aids balance during delivery.



Ensure that the box is clean and edges can be taped to ensure no debris falls onto ice.

Curler holds a box with two hands instead of a brush and stone during delivery.

This encourages the player to slide out with square shoulders. This technique also allows a beginner to slide with some stability and is less tiring than sliding with two stones.

Variety with different box heights

