

Better Your Execution Scores
"How to Run an Effective Practice"
Coaches Conference 2010-Sara Anderson

Schedule for a standard 3 hour practice—

Team Meeting: (5-10 minutes)

1. Discuss practice schedule run down
2. Make any announcements
3. Theme of the day or Senior/Captain Quote

Quick Warm Up: (5 minutes)

1. Start with 30 seconds of cardio (jumping jacks, fake jump rope, etc)
2. Quick stretch (include legs, neck and upper back/shoulders)

Cardio: (15-20 minutes)

1. 15 minutes of aerobic activity. (Jogging, Circuit or Stations, Relays)
2. Quick Cool Down-one lap of walking

--Quick Water Break ☺

Stretching and Strengthen: (30-45 minutes)

This is the most important portion of your practice!

During this time, dancers should be walked through a variety of exercises that help build on their flexibility and overall body strength. Building a warm up that seamlessly moves from stretching to strengthening exercises and back again will help condition/train your dancer's entire body. Your warm up should include isolated movements for Core Strength, Upper Body Control, and Leg Power as well as focus on Total Body Flexibility. During the warm up dancers should be consistently reminded about proper technique and body placement. Coach's should be educating their dancers on what muscles are being used, and how each movement will translates into better technique and understanding of their body placement. During this time, dancers should also be walked through basic ballet movements to build control, muscle memorization and better body alignment and carriage. This portion of your practice should be well thought out and have extreme attention to detail.

Coaches will begin to see big results and improvement from their dancers if they consistently have a thorough warm up and strengthen routine.

--Quick Water/Snack Break ☺

Technique: (20-30 minutes) Depends on general skill level of your team

Across the Floor:

1. Jazz Walks
2. Battements
3. Jetes
4. Center Leaps
5. Specialty Leaps

Switch to Turns

1. 6 step Pirouette
2. Chaines
3. Piques
4. Saut de Basque
5. Specialty Turns
6. Turning leaps

****Next build a progression of movements in longer sequences so dancers get the opportunity to apply isolated technique principals into choreography, movement and style.**

Center Floor Technique:

Turning Combinations

Side to Side Progressions

****This is also where I would try small chunks of choreography ideas. Specific turning combo, or traveling sequence, etc.**

Working on Routines:

The last 60-90 minutes of practice used for building your routines. Since your dancers are very warm and all the proper muscles are engaged they should be ready to try anything you throw at them.

Execution Notes:

The best way to have a well executed routine is for the dancers to have a clear understanding of what their bodies should be doing during every second of the choreography. Building your dancers endurance, muscle knowledge and control, isolated technical movements and performance skills will allow for teams to tackle more challenging choreography, BUT with strong and correct execution. Dancers should have a good grasp on basic body alignment/posture, hands and arm placement, use of releve, plie and turnout, balance, feet extension/strength and physical endurance. In a well executed routine movement should look effortless but confident.