



STIJLDANSSPORTSTICHTING
floorcraft
AMSTERDAM



Free Practice (technique)

Having a plan and following it!



Preparation

- Review the topics of the last lesson(s).
 - What is the current general topic?
 - Which individual advises were given and how much impact did they have?
- Consider together on what is important for the couple and individually.
- Agree on a common goal for the practice session.
- Agree on the approach (e.g., exercise primarily only 1-2 dances in detail or all with a general topic).



Warm up

- Depending on intensity it should take 5-15 minutes.
- Is individual (running, gymnastics, dancing, stretching, etc. or combination).
- Some exercises should be couple wise to get into connection.



Technique (1)

Always sort yourself first before you do any action!

The posture must become your DNA!

<https://www.youtube.com/watch?v=bQGWLiiFDUE&list=WL&index=79>

<https://www.youtube.com/watch?v=V7hziVfSU1M&list=WL&index=78&t=23s>



Technique (2)

Try to figure out your struggles - **together!**

- **No:** “You have done this or that incorrectly and that's why I can't do this or that!”
- **Yes:** “I am facing this issue. Can we have a look where it comes from?”
- **Because:** Too often mistakes detected on the partner are having their cause on yourself!
- If something does not work properly, think about if you have something similar already where it does work and figure out the differences.



Technique (3)

- Don't give up too easily!
- But also: Don't chew too long on the same bit(e).
 - In case write it down and ask your trainer later.
 - It probably won't get better this day anyway.
- If you figure out something that has a positive impact, keep focusing on it.

Technique (4)

In general:

**Focus more on the good things than
on the bad things!**

(they will lift the bad things up as well)





Final Training

- Try to implement at least one final per practice session.
- Do more the closer you get to a competition.
- Keep doing it! - *As quick as you gain stamina, as quick you lose it again!*
- Stamina is one key to maintain proper technique and concentration!
- **You simulate a final, so behave like a final!**
- Forget about technical details: It is a stamina and presentation training!
- Focus on max 1 topic (e.g., posture, rotation, inner/outer circle, partnering, etc.)



Cool Down

- Take a bit time to cool down.
- Stretch the most important muscles (BBB: benen, butt & back).
- Use a foam roll maybe.
- Use some lounge music or have a nice closing chat.