Every dance team uses technique. It is always there—in practice, in performance, and especially in competition. Each dance move requires technique: turns, leaps, kicks, extension, etc. Good technique is essential for a competitive team. It is nice to have a team with basic technical skills, but if that is not the case, use the following tips to improve your team’s technique.

1. Focus on the Basics: Pointed feet, straight legs, arm placement, head placement, etc. Remember beginning ballet?

2. Practice Every Day: Choose specific technique on which to focus each practice. Monday, Wednesday, Friday work on turns. Tuesday and Thursday work on leaps and extension. Choose your team’s focus and set up a specific schedule.


4. Set a Technique Goal: Want flexibility? Each practice, have your team sit in the splits for one minute on each side. Then use flexibility stretches as a team. Choose your goal and work on it each day.

5. Partner Up!: As a coach or captain you cannot see everything! Have team members partner up to work on technique or watch one another perform routines.

6. Require Technique in Try-outs: You can get a basic idea of technique in a try-out. Choose what you want to see: kicks, leaps, fouette turns, splits, etc. Then choose your team accordingly.

7. Practice in Front of a Mirror: If you have access to a large studio mirror, use it! If you do not use a mirror everyday, there is an advantage to using it every once in a while. Students can see what they are doing right and wrong.

8. Video Tape: Video practices and performances. Have your team watch the tape and pick out trouble spots.

9. Technique Scoreboard: Make it fun! Choose 5-10 technical skills and let your team members pass them off. Keep track, display the results, and reward your team members for their hard work.

10. Make Corrections Immediately: If a team member makes a mistake, correct him/her right then. Do not let him/her practice technique incorrectly.

Brainstorm some other technique building activities:

1.

2.

3.

4.

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