**Elements to focus on when rehearsing/teaching your color guard section.**

*\*This guide is for rehearsal purposes in terms of achieving successful reps. It is not intended to be used for design elements.\**

# **Musicality**

Interpretation/Style

Articulation

Dynamics (Moving through Time & Space/ Speed, Weight, and Flow)

Range of Motion (Tension & Release, Breath)

**Equipment Technique**

Muscle Tension

Dynamics (Moving through Time & Space/ Speed, Weight, and Flow)

Space Relation

Checkpoints & Release Points

Breath Control

Recovery

**Movement Technique**

Range of Motion (Tension & Release, Breath)

Breath Control

Muscle Tension

Dynamics (Moving through Time & Space/ Speed, Weight, and Flow)

Interpretation/Style

Recovery

**General Effect**

Performance Value (Character, Mood, Identity)

Conveying of Concept/Theme

Expression/Sensitivity

**Group Dynamics**

Timing

Dynamics

Effort

Group Performance Value

**Teaching Approach -** *Avoid doing general run throughs as main method of rehearsal*

**Before Repping a Phrase...**

* Clarify how students should be positioned when waiting to come in. Having proper body and posture during the preparation will achieve greater success in your rep.
  + What/where is the alignment of the body at the start of the phrase?
  + What is the positioning of the feet?
  + What is the hand placement on the equipment?
  + Where is the equipment in relation to our body?

**Counting**

* Have one person control the tempo (clap or use met) and everyone else count through the phrase.
  + Is everyone counting?
  + Are there certain counts in the phrase that are accented/have a checkpoint?
    - These counts can be vocalized with more energy
  + Everyone does not need to vocalize all counts of the phrase. Some can count every four/every checkpoint
  + Depending on the learning style of the group, you can count with numbers (i.e. 1, 2, 3, 4) or you can use vocals/words
    - Using vocals/words/phrases of the choreography can help create retention

**Cleaning The Choreography**

* Work through short phrases first (Isolate and Drill 4-16 counts)
* Check hand placements, body positioning, equipment relation to body and space
* Slow down tempo to rehearse more technical and challenging phrases
  + Repeat and work your way up to actual tempo
* Stop on checkpoints
  + It is good to freeze on high dynamic points in choreography
* What is the body doing?
  + Run reps without equipment to clarify the movement principles that compliment the equipment
* Isolate the tosses!!!
  + Run rep up until the prep of the toss
  + Then isolate and just take the toss!
  + Try going the fake release to check hand placements and release points
  + Isolate and take toss multiple times! Get two good reps!
  + Then run the whole phrase with the toss!
* Subdivide!
  + Clarify checkpoints on the off counts as well
* Split up guard to run the rep in groups/subsections
  + Find individual tendencies for each performer
* Make sure everyone is counting!
  + Match the mood/spirit of counting with the music or show theme. It will help with dynamics and range
* Have staff or section leaders demonstrate challenging sections
  + Use this time to also differentiate the differences between performers and technique
* Compliment performers on specific achievements
* Be targeted with your comments/vocabulary

**Running Big Chunks**

* Isolate specific phrases and measures
  + If you can read the sheet music, match it to the sections that the band is playing (i.e. run section A to B)
  + The guard needs to know the sections in the vocabulary that the band knows it
* Run with counts AND THEN music
  + Always do both
  + Guard must be familiar with music too
* Point out musical cues that match with choreography dynamics
* Run one phrase, then run the following phrase, then chunk both together
  + Ex) Run 16 counts, the next 24, then take 16 AND 24 concurrent. Then run the phrase after the 24. Then chunk 16, 24, and the added phrase
  + You are always allowed to dissect phrases.

**PRACTICE AT HOME!**

Every performer is responsible for achieving their personal best. It is recommended/required for performers to spend time outside of scheduled rehearsal to complete individual performance prep. 2-3 hours a week is recommended.

*Record the sectional, go home to watch and evaluate at home, then have strategies ready for the next rehearsal.*