RANDOM WORK ROADMAP

FOR 4-WAY FS

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Light and Electric: small and flat, skating on air, high anticipation, surgical bursts of energy

		Communication	4-way Tech
Beginner / Highest Priority	**Efficiency**	Cross referencing	
			Levels: Small level differences when presenting sidebodies and cats
			Cats: presenting (narrow leg stance) and taking (furthest grip easy to reach)
			Size: no one is reaching for grips
		Pick up grips together	
		Awareness of center of formation	
		Awareness of point/tail axis	
			Navigation: Grip Lines: visual references relative to each other (not the tunnel)
			Navigation: Quadrants: Everyone knows where to go in their quadrant
			Navigation: Preserve center through transitions
			Navigation: Preserve point/tail axis through transitions
			Size: center dance: round, 2-person-center and 1-person-center formations
			Size: accelerate side of body facing the center to start moves
			Size: accelerate parts of body on the outside towards the center to complete moves
			Size: formations are small enough to be efficient but not too small as to choke off the air between people
	Anticipation	Pick up grips outside in	
		Awareness of last grips + centers match last grips	
		No time spent sitting in grips	
			Preloading large chest moves
			Momentum: collect multiple points without stopping
		Keys are synchronized with momentum reversals	
Expert / Lowest Priority	**Physical effort**		Momentum + push/pull: help each other start, stop or reverse big moves

Engineering

Once efficiency and anticipation is at a high level, consider:

Minimize changes in long axis
Minimize shifts from left to right handed formations and right to left handed formations
Minimize reversals of momentum
Consider how choice of puzzles affects communication for centers, between point/tail, between pieces