

Rehearsal Tips & Tricks from The Dynamic Marching Band

#1 - Music & Movement Skills & Synthesis Routine

The band will only make **minimal progress** when they always rehearse playing & moving simultaneously.

Members learn the complex skills of marching and playing (or spinning) together in a layered fashion using the Spiral Learning Model. Skills are learned separately and gradually combined. Most students can only focus on one thing at a time. The following three part sequence should be used when rehearsing drill and music on the field.* The front ensemble should always play in the following routine.

1. **Play** a segment in place marking time - identify one music skill focus.
 2. **March** the segment without playing (sing parts) - identify one visual skill focus. The battery should play if they are confident.
 3. Reset and **march and play** the segment (**synthesis**.)
- Repeat the focus above that needs the most work.

Gradually the combined music and marching (synthesis) become **effortless and automatic**.

*Use this routine always (or frequently) until a segment is solid (or perfect?) and then occasionally at the last rehearsal before a big performance.

#2 - Marching Aerobics

Many bands run/jog for conditioning but there are problems associated with running that must be considered. Running, especially on hard surfaces, can be damaging to the knees & ankles and some students already have problems. Some students can only walk, and there is always the track star that wants to go faster. A more relevant form of conditioning, that also greatly improves the basic marching technique, is **Marching Aerobics**. Marching Aerobics should be done at the end of the Daily Movement Routine. It is suggested that ALL members (including front ensemble and color guard) participate.