PREPARATION and TEACHING TIPS

We would like to share with you some thoughts and ideas, based on our dancing experience and years of coaching. You are welcome to use them in your work with students.

1. *Ask yourself a question: Do you like a place, where you train and work? It's not just about parquet floor, mirrors, changing rooms, showers and toilets, air conditioning, and a small cafe for parents and dancers. It's about the atmosphere that you and your students create. When you equip your studio with soul and feel comfortable and cozy in it, when your favorite music is playing in the hall, the right light has been chosen, decor items pleasing to the eye, pupils' cups that remind of your common victories - such a hall becomes your place of power and inspiration. Put a piece of your soul into the design of your studio, and people will come back here again and again and will really don't want to leave.*
2. *How do you prepare for a lecture or lesson? It is always important to have a plan tailored strictly to the dancer or group of dancers present in the class. Calculate the time of your speech, you can even repeat it in front of the mirror, approve the approximate number of participants in the lecture. Choose a topic which would be useful for them now at their level. Prepare videos, photographs and drawings to complete the lecture. In addition to dance props, you can use whatever you want. At one of the lectures we attended, teacher used flashlights, disposable cups and even a model of a human skeleton. And it was a dance lecture!*
3. *How you look like, while teaching? Your clothing should be comfortable and appropriate in style. How much can you expect, for example, from a standard coach who teaches in sweatpants and trainers?*
4. *Don't forget to warm up, prepare lovely music and let a cup of coffee get you in the mood!*
5. *Teach your students to come at least 30 minutes before class in order to warm up, remind and repeat the topic of the previous lesson, and create all conditions for their self-training after class. It is very important! A lesson that has not been worked out is useless!*
6. *Maintain a positive attitude, speak clearly, loudly and confidently, joke, improvise, but do not deviate too much from the intended plan. Tell a story from your dancing life related to the topic of the lecture. Believe me, your students will be very interested! Lead a dialogue, ask questions, discuss - the thoughts of your students can also teach you and push on new ideas. Be polite, tactful, benevolent, but strict, win the audience attention and hold it until the very end! Maintain discipline.*

7. *Your students learn from you not only how to dance. You teach them style, social behavior, treatment of the opposite sex, respect for elders, and gratitude. You are an example of what they can become! They look up to you - don't forget about it.*
8. *It is very important to organize regular practices with "finals" so that dancers can check how the floor craft works, compare themselves with others, distribute their compositions relative to the hall in which the practice takes place, train endurance and willpower, and calculate the moments that do not work in a stressful situation. Practice can be with a variety of tasks or with a dress code, with spectators or even with live music. It all depends on your imagination and capabilities. One way or another, the main goal of practice is to create a competition atmosphere.*
9. *In addition to lectures, lessons and practices, it is very important to engage in the development of the body with the help of other styles and directions such as: general physical training, Pilates, modern dance, club latin, classical dance, running, yoga, etc. While developing new capabilities of the body, do not forget about the development of mental abilities: reading dance books, psychology, motivation books and articles on the Internet, watching dance videos and competition results, communicating with successful sportsmen and people you admire. Inspiration and motivation sometimes are the best friends!*
10. *When you are preparing the topic of your lecture, holding a private lesson or a general group, do not forget about one very important point: your students love you very much and believe that only you will lead them to success!*



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