



Dragonfly Aerial Company

Level 1 Teacher Training

Session 3

Introductions

- Name
- Warm Up & Cool Down Homework

Agenda

- Review
- Demonstration
- Cueing
- Feedback
- Warm Up by Rebecca
- Review: Conditioning, Wrist Lock Inversions & Spotting
- Focus: Conditioning, Hip Keys, Double Foot Locks
- Skills
- Cool Down by Grace

Session 2 Review Quiz

Last Updated:
2/19/2021

Free Response:

1. What are the three planes of motion?
2. Which plane of motion does adduction occur in?
3. What are the five fundamental forces?
4. Hanging from a trapeze bar creates what kind of force on the body?
5. What part of the spine is NOT at risk for shear force?
6. What are the three categories of spotting?
7. What is the best way to prevent a catastrophic fall in your class?
8. Do you need to watch advanced students if they have performed a skill many times before?
9. Which categories of spotting should an instructor gain permission before contacting the student?
10. What are the four levels of support the arm can provide?

“The most powerful of all human sensory abilities is vision. The human body has about eleven million sensory receptors. Approximately ten million of those are dedicated to sight.”

-James Clear, Atomic Habits

Demonstration

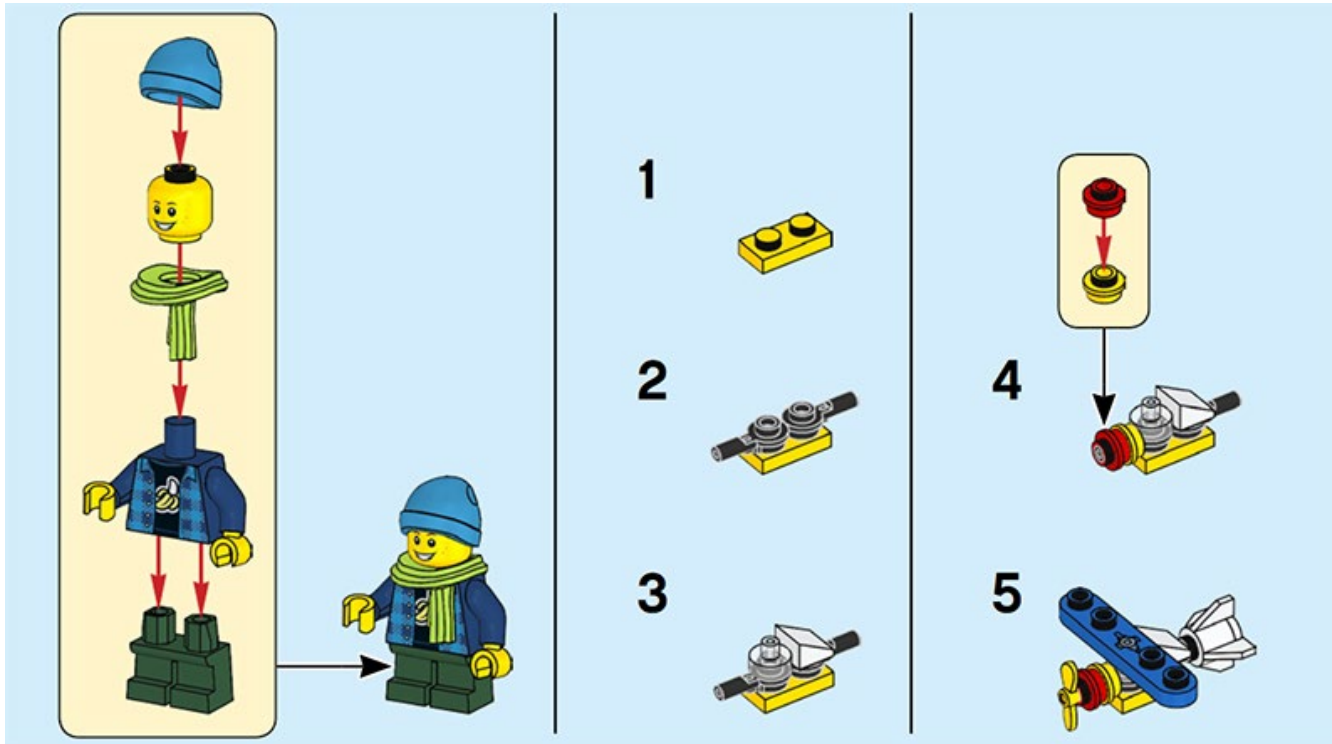
- An important aspect of teaching since most of the population is not familiar with suspended movement
- Show each movement fully with cleans mounts and dismounts from the apparatus
- Exaggerate certain moments to provide focus and importance to that aspect of the skill

- Beneficial to demonstrate a skill twice
 - An opportunity for you as an instructor to display both sides (uh oh)
 - One demonstration that includes more in-depth explanations (the full story)
 - One demonstration with simple cues (cliff notes)
 - No rules on which must be done first or second, can depend on the skill or the class

Construction

Part - Whole

- Demonstrate a skill in pieces and work towards the whole skill
- Great for students that get overwhelmed easily
- Helpful for students that try to jump ahead



Deconstruction

Whole - Part -Whole

- Demonstrates the entire skill first and then works on pieces to get to the whole
- Provides a roadmap for students who benefit from seeing the flow of movement to the end goal



“People can hold three or four things in working memory as long as they aren’t distracted, and their processing of the information is not interfered with.”

– *Susan M. Weinschenk, 100 Things Every Designer Needs to Know About People*

Cueing

Volume, Tone, and Quality of Voice

- Verbal instructions are only useful if they can be heard: Speaking too softly robs students of helpful information
- Use a commanding but supportive voice: shows that you have control over the class and advocate for the students

Imagery

- Images organize the body and mind toward one clear goal
- Pay attention to images that create the understanding in your students

If/Then Statement

- Useful tool for teaching cause and effect relationships
- Helpful in instructing children
- Can be used to help teach controlled “falling” or skill mechanics

Word Choice

- **Be Concise**
Too much information can confuse
- **Be Positive**
Encourage students to keep them from feeling defeated
- **Use Action Words**
“Now the next thing you are going to do is lean away from the fabric” VS “Lean away from the fabric”
- **Indicate Engagement**
Protect the joints with muscle engagement
- **Avoid Vague Directions**
Spatial orientation is often confusing when inverted
- **Find Various Ways to Explain**
If students don’t understand, try a new way
- **Use Firm Commands**
When safety is an issue, give commands with the expectation you will be listened to
- **Silence as a Tool**
Filling dead space with words is often unnecessary

Spatial Direction

Space Orientation



Direction is relative to gravity. Up is toward the ceiling and down is toward the floor.

Body Orientation



Direction is relative to the body. Up is toward the head and down is toward the feet.

Which way is up?

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Alternative Direction Cues

Space:

- Vertical
- Horizontal
- Parallel to the ground
- Perpendicular to the ground
- Towards the ceiling
- Towards the floor

Body:

- In front of you
- Behind you
- Above your head
- Towards your feet
- Towards me
- Beside you
- Specific body parts

What are some cues that are memorable for you that you have heard/learned in your training?

Pointing & Calling

“Pointing-and-Calling reduces errors by up to 85 percent and cuts accidents by 30 percent.”

-James Clear, Atomic Habits

Self Cueing Benefits

- Forces the instructor to simplify cues so that students can repeat them
- Fosters responsibility for the student to be involved in the awareness of their movement
- Helps students better retain skills by identifying important moments of execution
- Creates knowledge among students to help watch one another for missteps
- Good progression towards self spotting
- Incorporates experience for each learning type:
 - Kinetic - feeling the movement of execution
 - Visual - seeing the wrap and shape of the body
 - Auditory - hearing each step of the skill

Providing Feedback

Observation Tips:

- Do a circuit of the room to see how students are processing your instruction
- Check for any patterns in where students are struggling
 - If many in the group are having the same problem, clarify that moment with everyone as opposed to addressing it individually
 - Address unique problems with the individual

Feedback Tips:

- “Feedback for beginners is best absorbed when the student standing on solid ground.”
- Often students need more repetitions rather than more words
- There is always room for improvement, but sometimes students need to celebrate a win
- Affirmation can help motivate tired students to keep moving forward

Vocabulary

Apparatus

- Silk/Tricot
- Panel
- Tail (of the Fabric)
- Pole (of the Fabric)
- Lock/Hitch
- Knot
- Daisy Chain

Shapes

- Ball/Tuck
- Pencil
- Pike
- Straddle
- Split
- L-Sit
- Crow/Frog
- Skater
- Nutcracker
- Fang/Verakai
- Arabesque

Actions

- Wrist/Stand Wrap
- Invert
- Knee Hook
- Crochet
- Key/Shoe Fly
- Block
- Lever Arm
- Scoop
- Fulcrum
- Cross
- Roll
- Press
- Tilt Up
- Open Panel

Body Positioning

- Hip Crease
- Sacrum
- Back Pack/Arm Pit Hang
- Point
- Flex
- Sickle
- Symmetrical
- Asymmetrical
- Same Side
- Opposite Side
- T Arms
- Flamenco