

There are many ways to run a rehearsal; these outlines are not the “best” or “only” way. They are only meant to be a starting point.

General outline for a two-hour rehearsal

(0:05) Announcements and Goal Setting (0:12) Movement Fundamentals (0:13) Equipment Fundamentals (0:15) Water break & business: costume, props, recognition, leadership feedback
(0:20) Working on the show (track 1) (0:20) Working on the show (track 2) (0:05) Quick water break (0:20) Run-throughs
(0:10) Cool-Down, Conditioning, Competitive games

General outline for a three-hour rehearsal

With suggested breaks and section management

(0:05) Announcements and Goal Setting
(0:15) Movement Fundamentals (0:15) Equipment Fundamentals (0:35) Rifles review work or drill / Flags learn new equip or drill
(0:05) Quick water break (0:35) Rifles learn new segment. Flags review new segment with leaders. (0:15) Water break & business: costume, props, recognition, leadership feedback
(0:40) Run-throughs (0:15) Cool-Down, Conditioning, Competitive games

Discussion: Getting started right away cuts down on absenteeism in the beginning of rehearsal. Students may be considered tardy after announcements, and absent after Movement Fundamentals, so instructors can adjust drill. There are two “new work” sections and a “run-through” section. Using the water break to discuss business keeps the rehearsal on task, ensures announcements are heard by all, and helps end the rehearsal on time; it also gives the students time to digest the information. The Cool-down segment is good for stamina improvement and ending the practice on a fun note.