

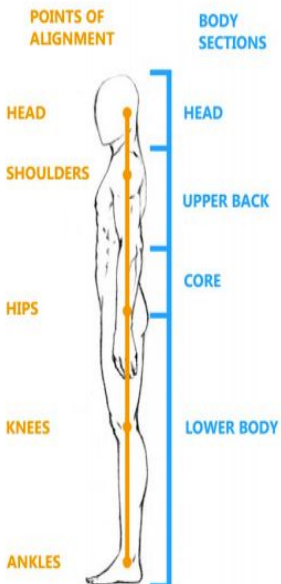
# CRHS Visual Daily Drill

Revised 4/23/18

## #1 Posture Check:

Posture is to marching as tone quality is to playing an instrument. When the correct posture is applied every other marching technique and playing technique will be easier. We define correct posture by the vertical alignment of five points that we call “**the five points of alignment.**”

These points are the ankles, knees, hips, shoulders, and head. This exercise should quickly align these 5 points. Every motion should happen gradually over 4 counts.



Cts.	Action (With or Without Instruments)	Breathing
4	Raise heels off ground	In 4
4	Lower heels to ground aiming to keep head stationary	Out 4
4	Raise shoulders to ears	In 4
4	Relax shoulders	Out 4

### Helpful Phrases

- Stay tall and lifted
- 70/30
- Long neck
- Float rib cage
- Shoulders relaxed
- Check the alignment of your insert bottom most point of alignment that is off

## **#2 Forward 8s and 4s:**



The CRHS forward marching technique is defined as a relaxed straight leg. Down beats will be defined as the back edge of heel until coming to a halt. We will focus on keeping long legs without locking knees.

<b>Counts</b>	<b>Action</b>
8	Forward March 8 to 5 Step Size
4	Halt for 4 counts
<b>Repeat</b>	

Variation 1: Change count structure and step size

Variation 2: Start 2 steps off a yard line and still take 8 to 5 steps

Variation 3: Incorporate Slide Technique

### **Helpful Phrases:**

- **Long Legs**
- **Keep heels low**
- **Push off you back platform**
- **Keep weight centered between feet**
- **Avoid tightroping**

### #3 Backward 8s and 4s:



The CRHS backward marching technique is defined as long and lifted placing the platform of the foot on downbeats.



The Platform

Cts	Action	Breathing Option
8	Backward March 8 to 5 Step Size	Out 8
4	Halt for 4 counts	In 1, Out 1, In 2
<b>Repeat</b>		

Variation 1: Change count structure and step size

Variation 2: Start 2 steps off a yard line and still take 8 to 5 steps

Variation 3: Incorporate Slide Technique

#### **Helpful Phrases**

- **Stay long and lifted**
- **Keep weight forward on your feet**
- **Push instead of reach**
- **Entire platform on downbeat**

## #4 Direction Change Drill



Direction changes are the achilles heel of every ensemble. Consistent foot timing, posture, and step size are what measure success in this exercise.

Cts.	Action
8	Forward March 8 to 5 step
8	Backward March 8 to 5 step
4	Halt
8	Backward March 8 to 5 step
8	Forward March 8 to 5 step

Variation 1: Change count structure and step size

Variation 2: Start 2 steps off a yard line and still take 8 to 5 steps

Variation 3: Incorporate Slide Technique

## #5 Adjusted Step Drill



Many drill cleaning concepts are taught with this exercise. Teach the importance of knowing where to be halfway through a drill move and how to make step size adjustments immediately on count 1 so drill sets don't bleed together.

Cts.	Action
16	16 to 5 steps Forward
12	12 to 5 steps Forward
8	8 to 5 steps Forward
12	12 to 5 steps Forward
16	16 to 5 steps Forward

Variation 1 - Change step sizes

Variation 2 - Backwards Marching

Variation 3 - Direction Changes

Variation 4- Slides

## #6 Helicopter



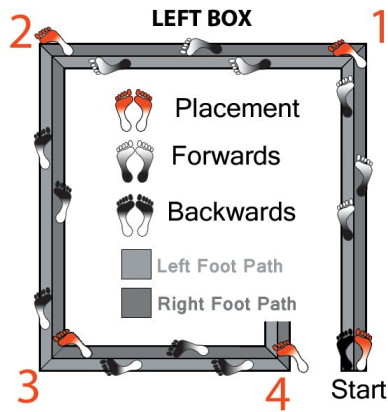
Cts.	Action	Breathing
4	Rotate Upper Body to Left	In 4
4	Hold - check orientation and posture	Out 4
4	Rotate upper body to front	In 4
4	Hold - Stay tall, shoulders relaxed	Out 4
4	Rotate upper body to right	In 4
4	Hold - check orientation and posture	Out 4
4	Rotate upper body to front	In 4
4	Hold - Stay tall, shoulders relaxed	Out 4

## #7 Helicopter Stuck in Tree



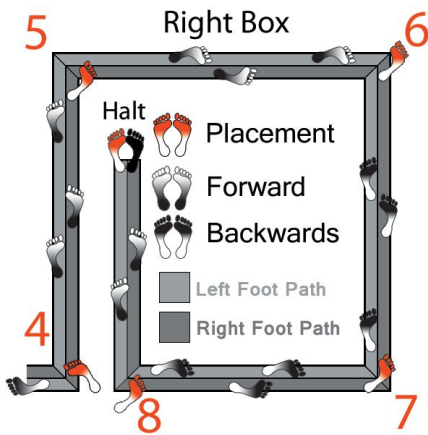
Cts.	Action	Breathing
4	Rotate feet to left LRLR, hips 45 degrees	In 4
4	Hold - check orientation and posture	Out 4
4	Rotate feet to front LRLR, hips 45 degrees	In 4
4	Hold - Stay tall, shoulders relaxed	Out 4
4	Rotate feet to right LRLR, hips 45 degrees	In 4
4	Hold - check orientation and posture	Out 4
4	Rotate feet to front LRLR, hips 45 degrees	In 4
4	Hold - Stay tall, shoulders relaxed	Out 4

# #8 Box Drill:



## Left Box

Cts.	Actions
8	Forward 8 to 5
8	Forward Left 8 to 5
8	Backward 8 to 5
8	Backward Right 8 to 5



## Right Box

8	Forward 8 to 5
8	Forward Right 8 to 5
8	Backward 8 to 5
8	Backward Left 8 to 5
8	Forward 8 to 5

Variation 1 - Change step sizes

Variation 2 - Start at 2 off a yard line