

Feis Fit Workshop

Circle Theraband Band Link: https://www.amazon.com/Fit-Simplify-Resistance-Exercise-Instruction/dp/B01AVDVHTI/ref=sr_1_41?crid=1S0T7GNZ0JMVJ&keywords=theraband&qid=1684789449&srefix=theraband%2Caps%2C135&sr=8-41&th=1

1.) Warmup Fundamentals

2.) Strength

3.) Power

4.) Flexibility

5.) Technique Circuits

6.) Mindset Principles

I.) Warmup Fundamentals

1. General Aerobic Warmup

- **Goal:** Raise the body's core temperature and increase blood flow to prepare the muscles and cardiovascular system for physical activity.
- **Examples:** Jogging, jumping jacks, high knees, butt kicks, Carioca, etc.

2. Dynamic Stretching:

- **Goal:** Improve joint range of motion, activate and prime specific muscle groups, and enhance neuromuscular coordination in preparation for physical activity.
- **Examples:** Walk outs, step up with rotations, leg swings, half split frog stretch, windshield wipers, etc.

3. Sport-specific or activity-specific movements:

- **Goal:** Replicate and simulate the specific movements and demands of the sport or activity to enhance muscle memory, coordination, and performance.
- **Examples:** Single leg hops, easier versions of exercises you are doing in your workout, butt kicker jumps

4. Activation exercises:

- **Goal:** Target and activate key muscles or muscle groups to enhance neuromuscular activation, stability, and readiness for optimal performance.

- **Examples:** Hip bridges, ab activators, little toe up and aways (if sickling is something you're working on)

5. Mental Preparation:

- **Goal:** Focus and mentally prepare oneself for the upcoming physical activity, promoting concentration, confidence, and a positive mindset for optimal performance.

Feis Fit Warm-up:

General Aerobic Warmup

30s of each, 1-2x through

- Jog
- Backwards jog
- High skips
- Butt kicks
- High knees

Dynamic Stretching

30s each, 1-2x through

- Windshield Wipers
- Dynamic frog stretch
- Step Ups with rotation
- Walk Outs

Sport-Specific Movement

30s of each, 1-2x through

- Wall press calf raises
- Single leg hops (do 30s on each side)
- Toe taps in place

Activation Exercises

30s each, 1-2x through

- 20 Glute bridges with band
- Alternating glute marches

Mental Component

- Scan your body and decide if it's a green, yellow, or red light day
- Set intention for training
 - Give 100% effort
 - Try something new and challenging
 - Stay in present moment
 - Ask for feedback and/or write down feedback to work on
 - Be kind to yourself and to others

II.) Feis Fit Strength Circuits

Directions: Do these circuits each 2 days per week; I recommend doing them on the same day, but you can do them on alternating days if you prefer!

Strength Circuit A (Strength Foundation)

3x through

10 single leg squats or 5-8 pistol squats per side

12-15 single leg hip thrusts (note: can do on box or floor)

20 side walks each way

3x through

6 natural knee extensions

10 hamstring slide ins

Feis Fit Core Circuit

Directions: Do this circuit 2-4 days per week; You can add these exercises into your strength circuits if you prefer!

2-3x through

- 30s ab press
- 30 hollow body
- 40s Table top
- 6 knee-pike-straddles
- 30s side plank on each side

III.) Feis Fit Power Work

Recap:

- Power = force x velocity, in other words power is how quickly you do work
- When selecting which plyometric exercises to include, consider the rate of force development required.
 - In order to have powerful dancing, you must be able to generate force VERY quickly when your foot hits the ground.
 - You want to do plyometric exercises that also involve you get off the ground extremely fast.
 - In some plyometrics, like box jumps and squat jumps, you have more time to get off the ground, whereas in pogo hops, single leg hops, and birdie repeats, you have a MUCH shorter time to react to the ground, so these more applicable to your dancing.
 - More traditional plyometrics are still great to add in to build general athleticism, but if you want to specifically improve dance power, focus more on plyometrics with faster floor contact times.
 - Power work is NOT stamina work! To develop max power, recover in-between sets.

Feis Fit Power Exercises

Goal: Improve your ground reaction time and get off the ground as high as you can (quickly) in the jumping movements.

Directions: Do each of the exercises for 3-5 sets. For the first few weeks, do 3 sets, add a set every couple of weeks so your body has time to adapt to the increased work load.

10-15 Tap downs per side on each side

10 Double leg pogo hops

6-8 Single leg pogo hops on each side (can use VERY light weight for these, no more than 10% of body weight after you master these)

6-8 Butt kicker jumps

6-8 Birdie repeats

IV.) Feis Fit Flexibility Routines

Dynamic Stretching Routine

Every day 2x through (2x per day, 2x through is even better!)

- 10 kicks to front per side
- 10 kicks to side per side
- 10 kicks across per side

Active Flexibility

(Best for kicks and clicks!)

3x through, 2-3 days per week

- 3x10s long lunge holds
- 5-8 kneeling leg raises (hold onto wall or chair, start with knee bent if feels too difficult with a straight leg)
- 10 split slide-ins
- 20 quadruped kicks to back (ankle weight is optional)

Static Stretching Routine, every day 1-2x through

- 30s wall hip stretch
- 30s wall quad stretch
- 30s figure 4 stretch on each side
- 30s hamstring stretch on each side (can do without blocks too, but make sure you can keep back straight)
- 30s yoga block calf stretch on each side

V.) Feis Fit Technique Circuits

Key Takeaways: Improved technique is made up of **flexibility, strength, and execution work!**

Turnout and Crossing

Part 1 (Flexibility)

- 6 side bent sits on each side
- 12-15 dynamic frog stretches (forward + back = 1)
- 90-90 hip stretch

Part 2 (Strength)

- 15 clamshells per side and/or 6-8 clamshell extremes
- 12-15 standing clamshells per side
- 6 around the worlds on each side

Part 3: Dance Drills (Execution)

- **10-minute drilling sections:** Set a timer for 10-minutes and break down dance into tiny pieces. Drill the first part of your dance as intensely as you can for 10-minutes. Start by focusing ONLY on turnout and crossing. Remove as many variables as needed (toe height, arching, jumps, carriage, etc.). Once you can do that part of your dance all the way turned out and crossed over 5 times in a row, add the variables back in.
- If at the end of the 10-minutes, you have that part turned out and crossed over correctly, set the timer again and move onto the next part. If you don't have that part down yet set the timer for 10-minutes again and repeat the process.
- Repeat this process for however long you choose to practice!

Pointing/Toe Height

Part 1: Flexibility

- 30s big toe mobility on each side
- 30s Kneeling bottom of foot/toe stretch
- 30s Pointed foot stretch on yoga block

Part 2: Strength

- 15 Little toe up and aways (start without band until you get the movement down, then add the band)
- 20 big toe raises +20 little toe raises
- 15 big toe point point flex flex
- 20s turned out doming
- 20 single leg calf raises on each side
- 10 card points on each side

Part 3: Execution

- 10-Minute Drilling Sections!

Posture/Carriage

Part 1: Flexibility

- 10 thoracic rotations on each side
- 30s floor chest stretch on each side
- 10 wall angels

Part 2: Strength

- 40s tabletop (you don't need to do this again if you already did it in your core workout that day)
- 10 Reverse Snow Angels
- 10 Tricep push-ups
- 15 band external rotation

Part 3: Execution

- Pick part of dance to turn into drill
- Remove one variable (example: jump height) to work more on posture

VI.) Feis Fit Mindset Principles

1.) Your only job on competition day is to give you absolute best effort.

Your job is **NOT** to...

- Win
- Recall
- Beat that one dancer you always go back and forth with
- Do better than you did last year

Is that stuff important and fun?

Of course it is!

But on competition day worrying about all of that is completely pointless. Why?

You can't control what the judge writes down.

You can't control how your competitors dance.

How your competitors dance, has zero impact on your performance.

When you get in your head and start thinking about how you have to win or recall or medal or whatever it is, you aren't focusing on the one actual thing that will help you accomplish that...

Bringing your absolute BEST effort to the stage!

2.) Out train your lack of confidence!

- Confidence comes from competence! Competence is the ability or skill to do something correctly.
- Example: I've said the alphabet forwards correctly thousands of times, but I've said it backwards correctly only once or twice. Therefore I am extremely confident in my ability to say the alphabet forward, but I'm not confident in my ability to say it backwards.
- How would I become more confident in saying the alphabet backwards? I'd practice it over and over and over again!
- This same idea goes for your dancing. If you want to become more confident, focus on practicing it correctly.

3.) Dance in class like you want to dance at a competition then dance at a competition like you do in class.

- The point of class is to practice the way you want to show up on stage.
- If you have a habit of dancing at 70% of your best effort in class, you are training your body and mind to dance at 70% effort on stage. You won't be able to magically dance at 100% on stage.
- If you give 100% effort in class, you'll more easily be able to show up 100% on stage.

4.) Get comfortable with being uncomfortable: Face your challenges head on!

- We all have things we need to work on and we all have things that are really "hard" for us in dancing.
- The dancers who rise to the top of the ones who work on their technique "flaws" until they do them correctly on a consistent basis
- When dancers start really diving in to improving their flaws, one thing I'll often hear is "this is really hard." And the truth is, yes it is! Dance is often a game of who is willing to work through the challenge of getting better.
- Just because something feels challenging doesn't mean you can't do it!
- And when you just accept that improving something is going to be really tough and uncomfortable at times it becomes a lot less stressful bc we can just accept it and work through it.
- Strategies to use when improving feels challenging:
 - 1% rule: Rather than trying to improve everything at once, simply aim to get 1% better
 - Use the mantra "I can do hard things": Remember "hard" doesn't mean impossible!
- Facing your challenges are what are going to help you grow. This isn't true in only dance but in life.

5.) Competition goals can help motivate you but improvement goals are where you'll find true success.

- Competition goals are placement goals, whereas improvement goals are the stairs to get there. You can't get to your competition goals without focusing on improvement.
- Basketball teams don't win by staring at score board they win by mastering their craft.

- Get clear what you need to work on and how you need to prioritize it
 - Eliminators: big competitions are often a process of elimination and eliminators are things that you can easily be marked down for (turnout, crossing, timing, arching, toe height, carriage, etc).
 - Accelerators: anything that helps you stand out (ex: someone kicking their face or leaping super high)

6.) To change your technique, you literally have to change the way you're moving!

- The goal of each practice session is to see a small, yet **noticeable** improvement by the end of practice

7.) Every competition is a data point, not a judgement of your worthiness as a dancer or human!

- Even though every competition may FEEL like the end all be all, it's simply one data point in a much bigger picture of your dance journey
- Use every competition as an opportunity to learn and get better
- Irish dance is subjective, different judges will usually place you, your competition is obviously different at different feis-es or majors, so that's why it's important to take a step back and look at what way your competition results are TRENDING, not each and every competition on its own.
- If you look back over the past year (or few years) and notice your results are trending upwards, you're heading in the right direction, even if you have some "off" feises
- choice and opportunity, not a moral obligation

8.) To make big changes in your dancing, you only need to get a little bit better every single day over a long period of time!

- Big changes in your dancing don't happen in one practice, they happen with little changes in your dancing over an extended period of time.
- Walk into every practice aiming to get 1% better than when you started the practice!