

# MOVEMENT MAGIC: TEACHING FROM THE DECK

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The new wave in aqua exercise

# Importance of Deck Presentation

- Verbal cueing is only half the battle
- Accurate visual communication is key
- Deck must simulate water movement



# Different Deck Levels

- Rebound
- Power Rebound
- Grounded
- Neutral
- Suspended



# Rebound

- Typical for cardio
- Movement
  - Pushing off pool bottom
  - Momentary suspension
  - Landing softly
- Toe-Ball-Heel creates shock absorber
- No buoyancy assistance on deck



# Tricks for Rebounding

- Loading down
- Prepare loading down
  - Rise up on the toes
  - Lifting heel
- Body weight forward on balls of feet
  - Limited to 2-4 beats
- Teach on a Safe surface
  - Mats (yoga or bar mat) or Turf



# Power Rebound

- Intensified rebound
- Explosive push off pool bottom
- Deck demonstration like plyometric moves
  - Same tempo as rebound but with larger ROM



# Tricks for Power Rebound

- Show full move just twice and then modify
- Use one leg
- Use a chair to lift both legs
- Use a chair for your hands to support the jump
- Shoes on the hands
- Point out in-pool participant
- Actually get in the pool



# Grounded

- Easiest level to demonstrate
  - Simulates actual move to the beat
- Connected to pool bottom
- Cue core engagement
- Cue use of water's resistance



# Neutral

- Feet stay on the pool bottom
- Lower body - shoulders in the water
- Deck squatted position and simulated water depth is difficult from the deck



# Tricks to teach Neutral

- Bend knees - low center of gravity
- Maintain upright posture
  - Demonstrate water level with hands
- Use a chair or the side of the pool
- Use arms as legs
- Consider getting in pool



# Suspension

- Both feet up
- Core challenge
- Remain at same level as other cardio positions
- Extremely difficult to demonstrate
- Use tools
  - Stool / Steps / Mats / Towels



# Tricks for Suspension

- Stand: One leg demonstration with verbal
- Shoes on Hands: Arms as legs
- Sit on a chair – elevated
- Sit pool-side - On step, mat or towel



# Summary

- Goal: Accurate Visual Communication
- Instructor on deck should look like the students in the water
- Be a great role model
- Be creative, safe & enthusiastic
- Avoid injuries & increase teacher longevity



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