



Everyone Loves a Sandwich *How to Give Effective Critiques*

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Everyone deserves a pat on the back every now and then. When working with your team it is important to acknowledge the little accomplishments as much as the big things. Remember, whether your dance team is competitive or not, being involved in this activity should ultimately be fun!

When giving negative critiques it is a good idea to “sandwich” these critiques with compliments. “Great extension, but your timing was a little off,” is an example of letting a dancer know you value her performance, but she still needs to listen to the music. This can be used for various situations when cleaning for a competition or performance. Sandwiching your criticisms with compliments will most likely keep your dancers motivated, and it will also maintain a positive atmosphere for practice.

Keep in mind that some consistent dancers tend to fall through the cracks. These are the dancers that may not be the stars of your team, but are not the ones struggling to keep up. Remember to spread the wealth of encouragement. Whether you give these dancers compliments or constructive criticism is important to acknowledge their progress because sometimes they are overlooked. Even if you offer a quick tip to improve their pirouettes, they’ll love the fact that you’ve taken the interest to help them grow.

Everyone loves a “sandwich” or in this case compliments, so start dishing the compliments out. “Sandwiching” compliments with criticism will send your team on its way to a successful season!