***Logo

Description automatically generated***

***Freestyle Foundations Workbook***

1. When do you use the ATML model?
2. How will Vantage point affect the lesson?  Give an example of a good spot for a specific trick in your park.
3. Define Rotary. When do you use different types of rotary in the park?
4. What are set-up Moves and how can they improve performance?
5. What are successful cues to better teach Set-up moves?
6. What are stabilization Moves and how can they improve performance?
7. What are successful cues to better teach Stabilization moves.
8. What are finishing Moves and how can they improve performance?
9. What are successful cues to better teach Finishing moves?
10. Prioritization, what is it, and how do we apply it in the freestyle teaching world?
11. How do you know when it is time for a full progression for improvement, versus when is it time for pointed feedback?
12. What is your favorite Grab?