

The following exercises are meant to help develop additional strength and flexibility in the feet and coordination for future pointe work. You may add a few of these exercises to the end of your classes in Ballet 2 and/or Ballet 3. You may also choose to have a short pre-pointe class each week for your students in these levels. Finally, while these exercises are written as pre-pointe exercises, done on demi pointe. They can be easily adapted to first-year pointe exercises.

### Floor Work + Stretching + Strengthening

1. Use a small ball to roll out the foot and activate the arch muscles. Can be a tennis ball, golf ball, etc, although smaller is better because it's easier to target tight spots. Place the ball under the foot in the middle and slowly add your weight to it until you feel pressure. Roll it up and down the foot slowly, finding spots where the muscles feel tight and holding it there for a tad longer. Don't forget the sides of the foot. Roll out both feet.
2. Standing at the barre in parallel with a slight space between the legs, place your ball between the ankles. Holding the ball in place, slowly rise and lower 8 - 16 times, making sure the feet do not sickle.
3. Standing at the barre in 1st position,, tie your Theraband securely just above the knee. You should feel some resistance, but not so much as to inhibit movement. Slowly releve and lower 8 - 16 times, working against the band's resistance to build strength.
4. Sitting in a half-straddle (one leg bent in, other leg extended to the side) with the Therband still covering the toes and ball of the foot, pull the Theraband towards you to add resistance to the foot, flex and roll through the *whole* foot to pointe, then roll slowly back to flex. Do 10 - 15 reps.

### Barre

1. In 1st position, plie, roll up to demi pointe, straighten the legs, lower down. Reverse with an eleve, plie over the toes, lower the heels, and straighten. Follow with 4 releves, then 4 eleves. Repeat in 2nd, 4th right, 4th left, 5th right, and 5th left positions.
2. From 1st position, soutenu side (tendu en plie), step up on a straight leg to coupe the left foot back. 4 plie releves on one leg. Lower down with a soutenu left and repeat on the left leg with the right foot in coupe back.
3. From 1st position, tendu front to demi pointe (the ball of the foot and toes remain on the floor), pointe, demi pointe, pointe, then plie press forward on the foot to stretch the arches. Return to pointe through straightening the leg and close in 1st. Repeat side and back. Close in

1st position and plie roll up to stretch the arches. Lower the heels and repeat the combination on the left side.

4. From 5th position, right leg in front, with one hand on the barre; soutenu (tendu en plie) front, pull straight up to sous sus. Repeat 2x en croix, finishing with a detournee towards the barre to begin on the other side.

Alternate version for added technique: soutenu, sous sus, soutenu, releve while lifting the leg off the floor to a 45 degrees height or higher, close in sous sus. Repeat en croix, finishing with a detournee to the other side.

5. Face the barre in 5th position but stand a step back from it, then, pique step to arabesque towards the barre (students can lightly rest hands on the barre here). While in arabesque, plie releve 3x, lifting the arms off the barre to 5th for a balance on the last one. Lower down smoothly and step back from the barre, changing legs to repeat on the other side. After pique arabesques right and left, repeat this combination with a pique step to attitude.

### Center

1. From 5th position, echappe to 2nd, echappe to 4th croise (right), echappe to 2nd, echappe to 4th position croise (left), echappe to 2nd, releve retire, plie, passe releve closing back. Repeat the combination to the other side. For an added technique challenge, change the passe releve to a pirouette en dehors.
2. From 5th position, fondu en releve efface devant 2x, change to en face and fondu en releve 2x to the side (a la seconde), change to the arabesque line and fondu en releve 2x to the back, pas de bourree and detournee to begin on the other side.
3. Traveling across the floor, pique to arabesque 3x, faille through after the 3rd arabesque, pique step to the side into an attitude (en face or croise). Lower the attitude leg to 4th position to finish. Pique to arabesque to the left to repeat on the other side.
4. Traveling across the floor, tombee pas de bourree to 5th position, releve retire, close 5th. Tombee pas de bourree left, releve retire, close 5th. Repeat to right again, but this time with a pirouette after the releve retire. Close in a plie 5th and sous sus to finish. Repeat the combination starting to the left.
5. Pique to 4th arabesque, plie releve 3x, then plie and fouette the leg to face the other direction, pas de bourree to close. Repeat to the left, then plie sous sus and end the combination with chainee, soutenu, or pique turns, or a combination of the three.

Pre-Pointe: Month 8

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