

INSIDE THE CIRCLE:



**OFF-SEASON
TRAINING
FOR THE MARCHING BAND**

By Matt and Ben Harloff

DIRECTOR'S SCORE

**INSIDE THE CIRCLE: OFF-SEASON TRAINING FOR THE MARCHING BAND
DIRECTOR'S SCORE**

by Matt and Ben Harloff

FORWARD

Marching band has gone through incredible changes in my forty years as a high school band director. From a time where stretching was unheard of and dynamic range was “very loud” to “incredibly loud”, we have arrived at today’s highly sophisticated approach to playing and moving. The techniques and demands placed on today’s marching students have never been higher. How much easier would each Fall be if your band did not have to start from scratch? What if your students had a way to stay in contact with the techniques of a marching season? Obviously the benefits could be huge. That is the direction of “Inside the Circle: Off-Season Training”.

What do Star of Indiana, “Blast!”, Carolina Crown and Avon High School marching band have in common? They have a history of super success, extremely high level performance, and they all PLAY GREAT! Another element of these exceptional groups is Matt and Ben Harloff.

Band directors are often bombarded with books and articles on how to improve their programs. One of the first questions that should be asked is, “What is the background and experience of the author?” In the case of “Inside the Circle: Off-Season Training”, the answer is: Matt and Ben Harloff have performed with and taught some of the very best marching groups in history. A quick listen to Carolina Crown 2013 will attest to this.

The exercises and format contained in this book are very well thought out, tried and true, and proven to achieve results. Matt and Ben have focused their knowledge and experience into this book and have done an exceptional job at creating a straight-forward, clear plan for maintaining quality technique in the “off-season”.

Of course, each director must examine their situation, set their own goals and design their activities during concert season, but no matter how you choose to schedule your maintenance program, “Inside the Circle: Off-Season Training” is a great blueprint to use in the off-season.

Greg Bimm

Director of Bands

Marian Catholic High School

INSIDE THE CIRCLE: OFF-SEASON TRAINING FOR THE MARCHING BAND
DIRECTOR'S SCORE

by Matt and Ben Harloff

TABLE OF CONTENTS

	Director's Page	Student's Page
Introduction	Page 4	
Off-Season Training Sample Lesson Plan	Page 7	
Music Exercise Directions	Page 8	
Visual Exercise Directions	Page 15	
<hr/>		
Long Tones	Page 19	Page 3
-9 Count Tones-F:	Page 19	Page 3
-9 Count Tones-Bb:	Page 22	Page 4
-F Remington:	Page 25	Page 5
-Bb Remington:	Page 28	Page 6
-Intervals Low/High:	Page 31	Page 7
<hr/>		
Slurs & Scales	Page 34	Page 8
-Exercise #1-Kingsmen:	Page 34	Page 8
-Exercise #2-Vanguard:	Page 36	Page 9
-Exercise #3-Scouts:	Page 38	Page 10
-Exercise #4-Devils:	Page 42	Page 11
<hr/>		
Articulation	Page 46	Page 12
-Rhythm #1:	Page 46	Page 12
-Rhythm #2:	Page 50	Page 13
-Rhythm #3:	Page 54	Page 14
-Rhythm #4:	Page 58	Page 16
-Rhythm #5:	Page 62	Page 17
<hr/>		
Scales	Page 66	Page 19
-5 Note Scale:	Page 66	Page 19
-9 Note Scale:	Page 68	Page 20
-Double 8ths:	Page 72	Page 22
-8th Note Scale:	Page 76	Page 24
-Chromatic Scale:	Page 80	Page 26
<hr/>		
Full Volume	Page 84	Page 28
-F Major Chord:	Page 84	Page 28
-Bb Major Chord:	Page 85	Page 28
-Eb Major Chord:	Page 86	Page 29
-Ab Major Chord:	Page 87	Page 29
-Bb Chord 9 Count Tones:	Page 88	Page 30

Introduction

In every discipline students can lose valuable skills during an off-season period. The team will then have to take a great deal of time to rebuild those skills when the season begins. This book will help students maintain and build skills during the off-season. You will find easy-to-learn exercises to help veteran marching band students' maintain and build on their foundation while beginning to develop new student's skills.

Maintaining 50-60% Fitness Takes Less Effort Than Starting From Scratch

This off-season training program is a proven method of success for our programs and we believe it will help improve yours. An example of how an off-season training program has produced results is the Carolina Crown Brass Section. We believe camps are opportunities for students to showcase what they have worked on between camps. That doesn't mean arriving at camp simply knowing the music. The Carolina Crown Brass Section has set new standards in the drum corps activity by achieving the highest level of musical clarity. We would not be able to play as well as we play on the move, without developing extreme technical skills during the off-season. An off-season training program is essential to every discipline.

"The time will come when winter will ask what you were doing all summer." - Henry Clay

This book is not intended to replace the concert season program. We believe concert band should be the nucleus of the entire band program. The program offers a refreshing plan that will enhance the daily winter routine, help students play concert band music at a higher level and create an off-season training program for the marching band.

Below is an example of a basic marching band calendar season:

Jun	Jul	Aug	Sep	Oct	Nov	Dec	Jan	Feb	Mar	Apr	May
Pre-Season			In-Season			Break		Off-Season Training			

PRE-SEASON/SPRING TRAINING: Any summer rehearsals and band camps.

IN-SEASON: Performing season such as football games, festivals and competitions.

BREAK: Crucial to the success of any discipline. Time is needed away from our craft to clear heads, reflect on the past and think about how to move forward into the future.

INSIDE THE CIRCLE: OFF-SEASON TRAINING FOR THE MARCHING BAND

DIRECTOR'S SCORE

by Matt and Ben Harloff

OFF-SEASON TRAINING SAMPLE LESSON PLAN

Announcements/Set Up: Write on the board (or use another method of communication) that it is an Off-Season Training Day. Since there is usually some set-up involved, it is necessary to make use of limited time. Assign students set up and tear down responsibilities.

Lesson Objective: Marching band workout - playing and moving. Students will improve music fundamentals while performing visual responsibilities.

LONG TONES (10 MINUTES)

- F or Bb Remington/Dance and Body:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Encourage an open sound while articulating, 3-Release and move together
- 9 Count Tones/Across the Floors:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Attack and release together, 3-Achieve an open sound

SLURS & SCALES (10 MINUTES)

- Any 1-2 different exercises/Across the Floors:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Encourage an open sound while articulating and release together, 3-Move feet in time with correct marching technique

ARTICULATION/RHYTHM (10 MINUTES)

- Choose 1-2 different exercises/Box Drill:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Achieve a full sound, 3-Match method of articulation, 4-Match note length, 5-Move feet in time with correct marching technique, 6-Students should not change sound when going to the slide

SCALES (10 MINUTES)

- Any 1-2 different exercises/Mark Time:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Students need to play each scale with even time and rhythm, 3-Move feet in time

FULL VOLUME (10 MINUTES)

- Choose 1-2 different exercises/Across the Floors:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Stay relaxed, 3-Play as loud as possible with the best possible sound, 4-Move feet in time with correct marching technique

CONCERT BAND MUSIC (10 Minutes)

- Choose 1-2 Concert Band Excerpts/Mark Time:
 - **Learning Targets:** 1-Ensure all students are playing, 2-Achieve an open sound, 3-Match method of articulation, 4-Match note length and style, 5-Move feet in time