



# iFLY AFF DEVELOPMENT

## Core skills and muscle memory for AFF students

Whether you have already begun your AFF course, or just need a little extra help with getting through a particular stage, our AFF development package is the best option for using the tunnel to assist with your training in the sky. The iFLY AFF Development program focuses on the muscle memory and skills needed for your progression and success as you work your way through your AFF, A licence, B-Rels and beyond.

### **Benefits of the iFLY AFF Development Package**

The AFF Development Package aims to help reduce your chances of repeating your outdoor AFF stages, increase your flying skills and set you up for success. We see major changes in our AFF and B-Rel students once they return to the sky including:

- Increased confidence levels
- More controlled flying
- Better on heading wave and throw
- Control in turns
- Skills to prevent back sliding



## Inclusions

Train and fly in an indoor environment. Progression Packages include 2 x 10 min blocks of flight time, with one-on-one coaching (The progression equivalent to doing 20 skydive freefalls)!

- Pre-flying classroom briefing AFF focused drills.
- 2 x 10min flight sessions with 30 min break in between. After the first session is flown your instructor will give you a de brief and watch your videos back before you go back in for your second session. This is the best way for you to progress and gain the knowledge of our amazing instructors.
- One on one coaching for all flights with specific drills to develop and improve muscle memory for passing your AFF stages.
- Review video footage immediately after a flight on our delayed video play back. Bring a USB a take a copy of your footage home.

Our AFF development program is designed to supplement the the skills and body flight techniques you will learn at each stage of your AFF course.



## **Core drills and focus:**

Each student's progression is catered to their specific goals in their AFF stages with the main focus being on:

- Breathing and relaxing while flying
- Getting you flying in a strong arch and your mid-range fall rate
- Building strong legs and leg awareness to help stop back sliding
- Working on good AFF style upper body turns.
- Working on heading
- Body flying skills to improve the wave and throw
- Body flying skills to improve on heading deployment
- Fast and slow fall / level control
- Build good eye contact muscle memory for when you get back in the sky with your jump master.

## **With more flight time you could also achieve:**

- Forward movement and docking
- 180 wave and throw
- Vertical docking (for B-Rel level)
- Side Docks (for B-Rel level)
- Back ins (for B-Rel level)
- Drills relevant to building solid flying skills