



CHEERCONDITIONING
ACADEMY



CHEER SESSION PLAN

Cheer Name Sadie Cheer Team Name Cheer Allstars Date 03/20/2018 Session CA3JR 6:30 pm

PREPARATION LIST

| | |
|------------------------|---|
| Scheduled Arrival Time | Coach 6:15pm - athletes 6:25pm |
| Track / Playlist | CA3JR 2018 mix conditioning playlist |
| Equipment | Sound system, battery pack, phone, lead |
| Choreo Notes | Formation sheets, count sheets |
| Uniform / Kit | Athletes wearing standard black training kit |
| Other | Work out counts for transitions between section A and B before session starts |

SET YOUR SESSION GOALS

| | GOAL | ACTIVITIES NEEDED |
|---|---|--|
| 1 | Teach opening section of the routine | Divide athletes into groups to learn sections before putting it together |
| 2 | Go over the jump section counts & clean | Drill timing of jump sequence making jumps well timing is correct |
| 3 | Improve execution of pyramid sequence | Drill pyramid sequence and focus on core, using legs, timing, energy |
| 4 | Work on team execution of standing BTS | BTS execution drill |
| 5 | | |

SESSION SCHEDULE

| TIME | ACTIVITY | AIM | FOCUS POINTS | | | | | | SCORE /10 |
|------|--|--|--------------|-----------|--------|--------|--------------|-------|--------------|
| | | | Energy | Technical | Timing | Memory | Conditioning | Skill | |
| 6:25 | Registration | | | | | | | | |
| 6:30 | Dynamic Warmup | Prepare body - present explosiveness | | X | X | | | | 7 |
| 6:35 | Repeat jump sequence minimum 10 times | Drill timing & placement | | X | X | X | | | 6 |
| 6:40 | Repeat full jump sequence 5 times (in lines) | Develop execution, present energy | X | X | X | | | X | 8 |
| 6:45 | Teach opening section in groups | Athletes learn all counts | | | X | X | | | 9 |
| 7:00 | Perform opening section with full group | Build full team opening | | X | X | X | | | 6 |
| 7:15 | B.R.E.A.K | | | | | | | | |
| 7:20 | Repeat opening & jump sequence x3 times | Reinforce what athletes learned | | X | X | X | X | | 9 |
| 7:25 | Leg conditioning track | Build strength & explosiveness in legs | X | | | | X | | 7 |
| 7:30 | Run pyramid sequence & drill x3 times | Focus on core, using legs, timing | X | X | X | | | X | 8 |
| 7:50 | B.R.E.A.K | | | | | | | | |
| 7:55 | BTS team line drill | Improve execution & team uniformity | | X | X | | X | X | 5 |
| 8:15 | Re-run opening and jump sequence | Work on performance energy | X | X | | | | | 8 |
| 8:25 | Flexibility / cool-down | Work on shoulder mobility & splits | | X | | | X | | 6 |

SESSION FEEDBACK

| GOAL | Successes | Keep Working On (write down actions) |
|------|---|---|
| 1 | Small groups learn well when coach looks @ groups | Listen to team leader when you learn in small groups, no chatting |
| 2 | Athletes perform well in individual lines | Hit each jump as if it were a solo jump how you do the sequence |
| 3 | Athletes respond well to verbal technical reminders | Shout BOUNCE on 18 and SQUEEZE on 56 shout CONTROL on dismount |
| 4 | Most of the team respond well to drilling | Individual athletes need 1-2-1 coaching on standing BTS (see sheet) |
| 5 | | |

Sample Cheer Lesson Plans

Jicheng Xie

A red circular graphic with a gradient, appearing as a stylized arrow or a decorative element, located to the right of the author's name.

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