



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 & split		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 doing 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

Rovegno, Dianna Bandhauer



Sample Cheer Lesson Plans:

Lesson Planning for High School Physical Education MacDonald, Lynn Couturier, Doan, Robert, Chepko, Stevie, 2018 Lesson Planning for High School Physical Education offers more than 240 lesson plans that are standards based and ready to use These innovative plans are great for fostering physical literacy in your students The book also provides guidance on how to plan effective lessons that align with SHAPE America's National Standards and Grade Level Outcomes for K-12 Physical Education *Elementary Physical Education* Rovegno, Dianna Bandhauer, 2016-02-15 Includes an access code for online materials Normal Instructor and Primary Plans, 1926 ... **Select Notes on the International Sunday School Lessons ...**, 1903 **Education pamphlets**, 1920 **Teaching Jewish Virtues** Behrman House, Susan Freeman, 2005-06 Includes bibliographical references p 357-358 Teaching Readers of English John Hedgcock, Dana R. Ferris, 2009-09-10 A comprehensive manual for pre and in service ESL and EFL educators this frontline text balances insights from current reading theory and research with highly practical field tested strategies for teaching and assessing L2 reading in secondary and post secondary contexts Teaching Readers of English provides a thorough yet accessible survey of L2 reading theory and research addresses the unique cognitive and socioeducational challenges encountered by L2 readers covers the features of L2 texts that teachers of reading must understand acquaints readers with methods for designing reading courses selecting curricular materials and planning instruction explores the essential role of systematic vocabulary development in teaching L2 literacy includes practical methods for assessing L2 students proficiency achievement and progress in the classroom Pedagogical features in each chapter include questions for reflection further reading and resources reflection and review questions and application activities **Popular Educator**, 1923 **Introduction to Teaching** Gene E. Hall, Linda F. Quinn, Donna M. Gollnick, 2023-10-11 Grounded in the realities and complexities of today's schools Introduction to Teaching Making a Difference in Student Learning Fourth Edition is the ideal text for aspiring teachers Acclaimed authors Gene E Hall Linda F Quinn and Donna M Gollnick thoroughly prepare students to make a difference as teachers presenting first hand stories and evidence based practices while offering a student centered approach to learning From true to life challenges that teachers will face reduced funding low retention and changing standards to the inspiration and joy they will discover throughout their teaching careers this text paints a realistic picture of the real life of a teacher in a post pandemic era *Select Notes* Francis Nathan Peloubet, 1903

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