

CHEER PRACTICE PLAN FOR 2/7

SCHEDULE

- 5:5:05- finish setup
- 5:05-5:15- Warmup + Stretch
- 5:15-5:20- Jumps
- 5:20-5:30- Review Game Notes
- 5:30-5:50- TD/Q material

JV

- Starts over here
- Hey Ho, Get loud

V

- W-E-B-O
w/ signs + BHS
- Review Hey Ho Get loud, mark stunts

5:50-6:20 - Stunts

- Warmup basics

JV

- half up
- single base
- braced lib

V

- MW switch up
- AR switch up
- AM brace MW inversion
- AR RO up

6:20-6:55 - Tumbling

- KR Kickover + BWO
- Can we use a mat as a barrel?
- Do power hurdle drill facing each other
- LI work on RO BHS
- HP work on

ATTENDANCE

KR - home - MHD
LP - home sick

TODAY'S GOALS

- ☐ JV a/t/o cheers
- ☐ JV Single base
- ☐

ANNOUNCEMENTS

- ☐
- ☐
- ☐

NOTES

- JV hadn't done GET loud so spent most of time doing that -

- * AR switch up hint!
- V WEO w/ BHS is nice!
- MW inversion pyramid good
- JV

Sample Cheer Lesson Plans

JE Gale



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