

#### CHEER SESSION PLAN

Couch Name Subje Cleer

Team Name Clear History Date 03/20/2015 Session CA392 6:30 pm.

#### PREPARATION LIST

		Т
Scheduled Amiral Time	Coacle 6:15pm - addetes 6:25pm	1
Track / Playfort	C.8.3 IR. 2015 mix, conditioning playlist	1
Equipment	Sound system, lootteny pack, plane, lead	1
Choreo Motes	Ponwation sizeds, count sizeds	
Uniform / Kit	Attitudes wearing standard lolack training kill	
Other	Work out counts for trainsitions between section A and B before session starts	J.

#### SET YOUR SESSION GOALS

	GOAL	ACTIVITIES NIEDED
7	Teach opening section of the routine	Divide athletes into groups to learn sections before putting it together
2	Go over the jump section counts a clean	Orill timing of jump sequence marking jumps until timing is correct
30	Improve execution of paramid sequence	Onli pyramid Segience and focus on core, using legs, fiming, energy
	Work on team execution of standing BHS	BHS execution drill
46		

#### SESSION SCHEDULE

postration.  Activity  gistration.  Assure Danwag  post jamp seggence minimum 10 times	Prepare lodg - presente englositeiress	Energy	Textoni	Timing		Consider a-ming	55.00	/10
namic Warmap peat jamp seggence minimum 10 times								
peat jump seguence minimum 10 times								
peat jump seguence minimum 10 times			16	16				7
	Drill timing & placement		Y.	1	7/			4
great Adl some sensence 5 times (in lives)	Develop exposition, preserve energy	1/4	1	1/4			34	8
peat All jump sequence 5 times (in lines). Each opening section in groups	Athletes learn all counts	100	1000	16	7/			4
enform opening section with full group	Excit full fears opening		16	1	76			le .
REAL	***************************************							1000
Repeat opening a jump segence x3times	Reinforce winat athletes learned		76	- 16	76	X,		1
eg conditioning track	Build strength a explosiveness in logs	X.				- X,		7
		X.	1/4	16			×.	- 8
BREAK	0							
EHS team line drill	Improve execution a fearm unishmity		1/4	76		15	5	5
Letrum opening and pimp sequence	Alone on performance energy	7,	7,					8
Elegiolity / cool-down.	work on slapsider including it splits.		X.			X		le .
	epeat opening a jump sequence x3times og conditioning track om pyramid sequence a drill xip times SREHK	expect opening a jump sequence x,3times sg conditioning track supposed sequence a drill xip times SEE HK  Exit Strongling a explosiveness in legs SEE HK  Exit Strongling and jump sequence SEE Work on core, usinglegs, timing SEE HK  Exit Strongling and jump sequence  Mont on performance energy	epeat opening a jump sequence x3times sg conditioning track sq conditioning track sun pyramid sequence a drill xip times SEE-HK EHTS team line drill servin opening and jump sequence Nork on performance energy X	expect opening a jump sequence x3times Reinforce what at liketes learned Times Sould strength a explosiveness in legs Times pyramid sequence a drill xip times Books on core, usinglegs, timing Times SEE HK  6445 team line drill Improve execution a team uniformity Times arms opening and jump sequence Work on performance energy Times	epeat opening a jump sequence χ3times Reinforce winot atilates learned Λ Λ Λ Ω conditioning track Build strength a copiosionness in legs Λ Ω μη pyramid sequence a drill χρ times βρούς on core, usinglegs, timing Λ Λ Λ ΣΕΕΗΧ ΒΕΕΝ από με drill Improve execution a team uniformity Λ Λ Λ ΣΕΥΝ οργίσης από μιπρ sequence Νούς οι performance energy Λ Λ Λ	expect opening a jump sequence x3times Reinforce what at likeles learnest X X X X Sq. conditioning track Build strength a explosiveness in legs X Sin pyramid sequence a drill xip times Docus on core, usinglegs, timing X X X SEEHK  EXTENDED IN BUILD SEQUENCE Work on performance energy X X X	epeat opening a jump sequence x3times Reinforce winot atilities learnest X X X X X X Sq. conditioning track Build strength a explosiveness in legs X X X X X X X X X X X X X X X X X X X	epeat opening a jump sequence x3times Reinforce what at liketes learned X X X X X Sq. conditioning track Build strength a explosiveness in legs X X X X Shippeness on core, using legs, timing X X X X X X X SEEHK  6445 team line drill Improve execution a team uniformity X X X X X X X X X X X X X X X X X X X

#### SESSION FEEDBACK

G-O-AL	Successes	Keep Working On (white horse actions)
	Swall groups learn well when coach looks @ groups	Listen to team leader when you learn in small groups, no chatting
20	Attrices personn well in induction lines	the each imposs of it were a solo every time you do the sentence Shout BOUNCE on its and SQUITE ZE on so shout COVITICAL on dismount
	Aftitides respond well to verbal technical reminders	
-	Most of the fear respond well to drilling	Individual athletes need 1-2-1 coaching on standing BHS (see sheet)
- 5		

# **Sample Cheer Lesson Plans**

**AN Whitehead** 

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