



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<br>/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.H.                                     |                                        |              |           |        |        |              |       |              |
| 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.H.                                     |                                        |              |           |        |        |              |       |              |
| 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

**Anthony D. Fredericks**

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

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## **Table of Contents Sample Cheer Lesson Plans**

1. Understanding the eBook Sample Cheer Lesson Plans
  - The Rise of Digital Reading Sample Cheer Lesson Plans
  - Advantages of eBooks Over Traditional Books
2. Identifying Sample Cheer Lesson Plans
  - Exploring Different Genres
  - Considering Fiction vs. Non-Fiction
  - Determining Your Reading Goals
3. Choosing the Right eBook Platform
  - Popular eBook Platforms
  - Features to Look for in an Sample Cheer Lesson Plans
  - User-Friendly Interface
4. Exploring eBook Recommendations from Sample Cheer Lesson Plans
  - Personalized Recommendations
  - Sample Cheer Lesson Plans User Reviews and Ratings
  - Sample Cheer Lesson Plans and Bestseller Lists
5. Accessing Sample Cheer Lesson Plans Free and Paid eBooks
  - Sample Cheer Lesson Plans Public Domain eBooks

- Sample Cheer Lesson Plans eBook Subscription Services
- Sample Cheer Lesson Plans Budget-Friendly Options
- 6. Navigating Sample Cheer Lesson Plans eBook Formats
  - ePub, PDF, MOBI, and More
  - Sample Cheer Lesson Plans Compatibility with Devices
  - Sample Cheer Lesson Plans Enhanced eBook Features
- 7. Enhancing Your Reading Experience
  - Adjustable Fonts and Text Sizes of Sample Cheer Lesson Plans
  - Highlighting and Note-Taking Sample Cheer Lesson Plans
  - Interactive Elements Sample Cheer Lesson Plans
- 8. Staying Engaged with Sample Cheer Lesson Plans
  - Joining Online Reading Communities
  - Participating in Virtual Book Clubs
  - Following Authors and Publishers Sample Cheer Lesson Plans
- 9. Balancing eBooks and Physical Books Sample Cheer Lesson Plans
  - Benefits of a Digital Library
  - Creating a Diverse Reading Collection Sample Cheer Lesson Plans
- 10. Overcoming Reading Challenges
  - Dealing with Digital Eye Strain
  - Minimizing Distractions
  - Managing Screen Time
- 11. Cultivating a Reading Routine Sample Cheer Lesson Plans
  - Setting Reading Goals Sample Cheer Lesson Plans
  - Carving Out Dedicated Reading Time
- 12. Sourcing Reliable Information of Sample Cheer Lesson Plans
  - Fact-Checking eBook Content of Sample Cheer Lesson Plans
  - Distinguishing Credible Sources
- 13. Promoting Lifelong Learning
  - Utilizing eBooks for Skill Development
  - Exploring Educational eBooks

#### 14. Embracing eBook Trends

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- Interactive and Gamified eBooks

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