



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.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 & splits		X			X		6

### SESSION FEEDBACK

GOAL	Successes	Keep Working On (white horse 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

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