



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 & 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		

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Robert R. Redfield



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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
 - Integration of Multimedia Elements
 - Interactive and Gamified eBooks

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