

UKCA  
CERTIFIED COACH



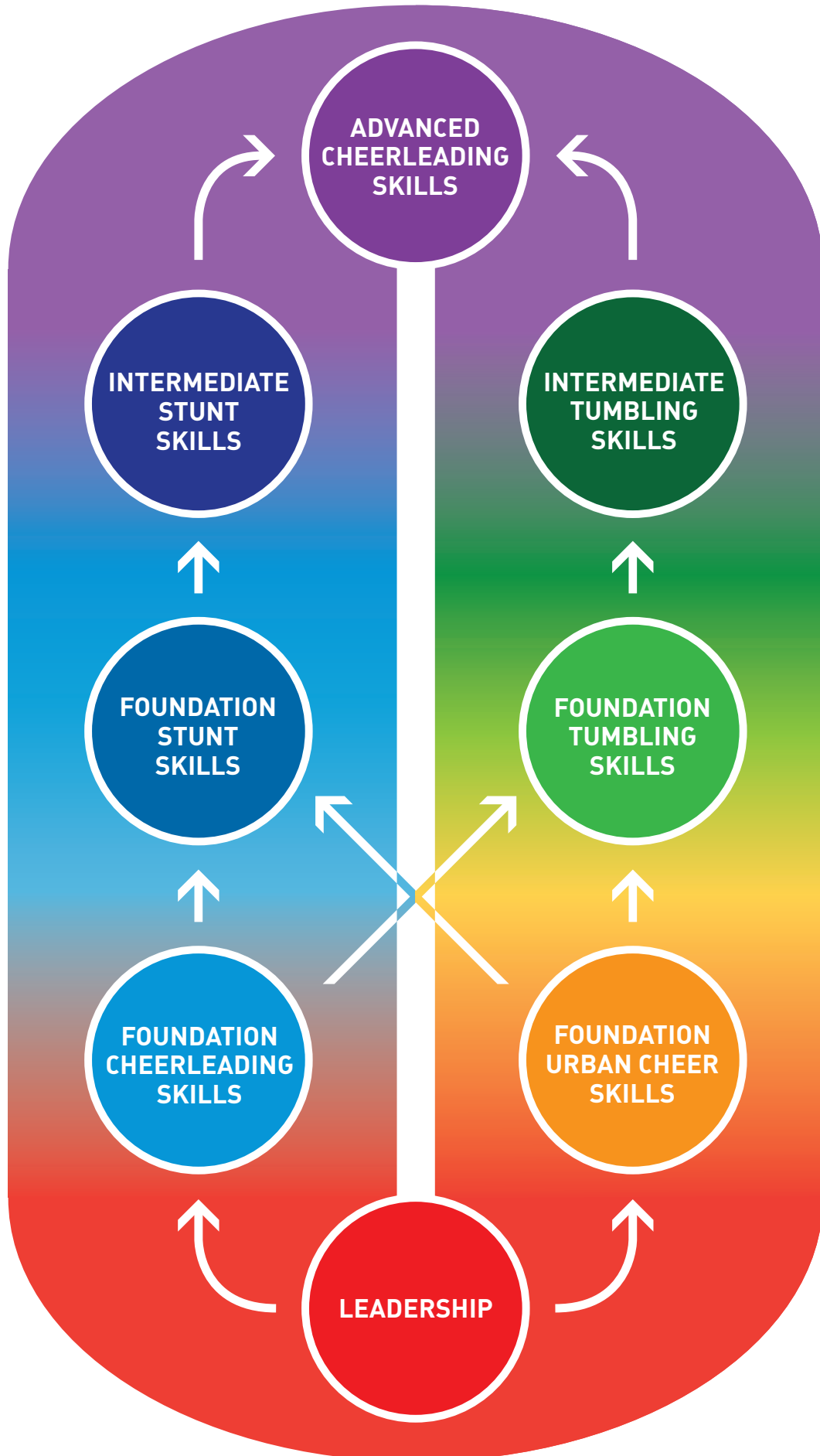
# FOUNDATION CHEERLEADING SKILLS

[UKCA.ORG.UK](http://UKCA.ORG.UK)

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# UKCA COACH EDUCATION PATHWAY



# INTRODUCTION TO CHEERLEADING



## WHAT IS CHEERLEADING?

A UNIQUE ATHLETIC DISCIPLINE

incorporating

Vocal Skill (Cheers & Chants),  
Cheer Arm Motions, Cheer Jumps,  
Stunting, Tumbling, Dance & Poms

### POM DANCE

Any style of dance  
using poms

### URBAN CHEER

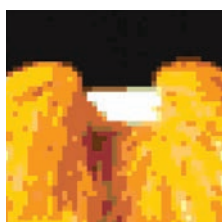
A unique blend  
of popular urban  
dance moves and  
Cheerleading skills  
**Exclusive to UKCA**

### CHEER DANCE

Technical dance  
using poms

## VARIETY OF POMS AVAILABLE

Baton Handle



Stick Handle



D Handle



Double D Handle



Baton and Stick Handled poms are the safest and most popular  
Good for all age groups and ability levels

## CHEERLEADING ATTIRE

- Footwear is an essential requirement in all Cheerleading activities (pumps and trainers are appropriate)
- Safe and appropriate clothing that would be worn for any other physical activity and allows movement (PE kit is ideal)
- Aim to create unity with a training and performance uniform
- It is not necessary to purchase regulation Cheerleading uniforms immediately

# CHEERLEADING PROGRESSION



## POM DANCE

**Compulsory elements:**  
Vocal Skills  
(Cheer/Chant/Sideline)\*  
Cheer Arm Motions  
Cheer Jumps  
Any Style of Dance  
Poms

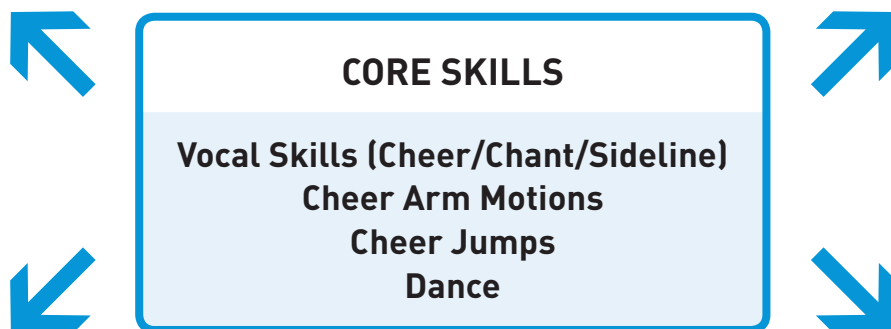
**No Stunts/Tumbling/Pyramids**

**\*Required at school and lower level competitions**

## CHEER DANCE

**Compulsory elements:**  
Cheer Arm Motions  
Cheer Jumps  
High Kicks  
Splits  
Leaps  
Pirouettes  
Any Style of Dance  
Poms (No additional props)

**No Vocal Skills/Stunts/Tumbling/Pyramids**



## CHEERLEADING

**Compulsory elements:**  
Vocal Skills  
(Cheer/Chant/Sideline)  
Cheer Arm Motions  
Cheer Jumps  
Stunts  
Pyramids  
Tumbling  
Dance  
Poms/Props

## URBAN CHEER

**Compulsory elements:**  
Vocal Skills  
(Cheer/Chant/Sideline)  
Cheer Arm Motions  
Jumps  
Urban Style Moves  
Poms

Can also include:  
Tumbling/Transitional Skills

**No Stunts/Pyramids**

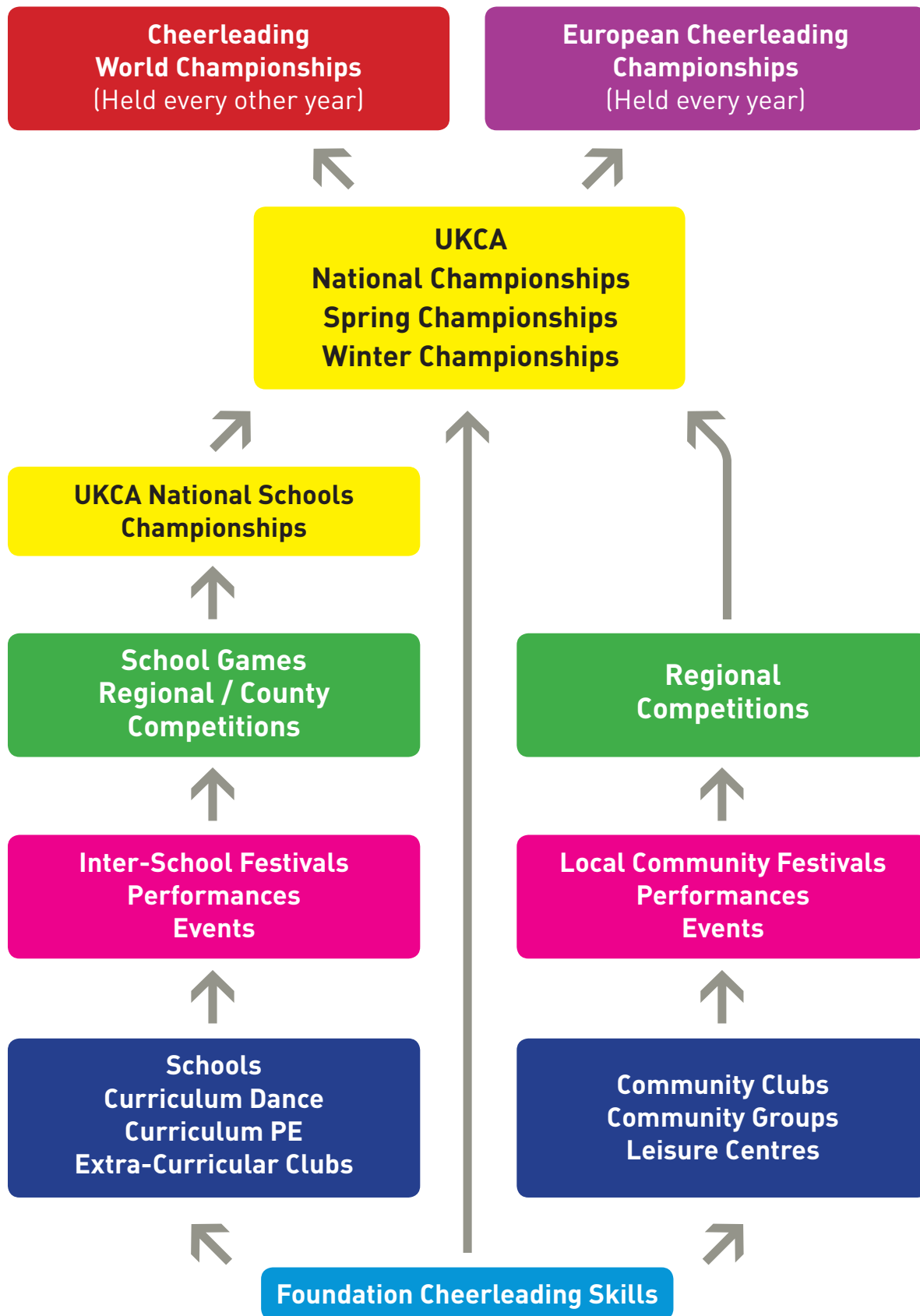
### KEY COACHING POINTS FOR ALL DISCIPLINES

- Original and creative choreography
- Energy and team spirit
- Timing and synchronisation
- Entertainment value and showmanship

# UKCA COMPETITION PATHWAY



The progression of Cheerleading from 'grass roots' to International Competition with the UKCA



# UKCA COMPETITION OVERVIEW



	SCHOOL POM DANCE REQUIREMENTS	POM DANCE REQUIREMENTS	CHEER DANCE REQUIREMENTS
<b>JUDGED ON</b>	<ul style="list-style-type: none"> <li>• Vocal Skills</li> <li>• Cheer Arm Motions</li> <li>• Cheer Jumps</li> <li>• Choreography</li> <li>• Transitions &amp; Formations</li> <li>• Timing &amp; Synchronisation</li> <li>• Showmanship</li> <li>• Entertainment Value</li> </ul> <p>Max score = 80</p>	<ul style="list-style-type: none"> <li>• Vocal Skills*</li> <li>• Cheer Arm Motions</li> <li>• Cheer Jumps</li> <li>• Choreography</li> <li>• Transitions &amp; Formations</li> <li>• Timing &amp; Synchronisation</li> <li>• Showmanship</li> <li>• Entertainment Value</li> </ul> <p>Max score = 80 (*70)</p>	<ul style="list-style-type: none"> <li>• Cheer Arm Motions</li> <li>• Cheer Jumps</li> <li>• Technical Elements (30)</li> <li>• Choreography</li> <li>• Transitions &amp; Difficulty</li> <li>• Timing &amp; Synchronisation</li> <li>• Formations</li> <li>• Showmanship &amp; Entertainment Value</li> </ul> <p>Max score = 100</p>
<b>THE SQUAD MUST PERFORM</b>	<p>Any style of dance routine with Poms</p> <ul style="list-style-type: none"> <li>• Vocal Skills</li> <li>• Cheer Arm Motions</li> <li>• Cheer Jumps</li> </ul>	<p>Any style of dance routine with Poms</p> <ul style="list-style-type: none"> <li>• Vocal Skills (Required at Level 1)</li> <li>• Cheer Arm Motions</li> <li>• Cheer Jumps</li> </ul>	<p>A technical dance routine with Poms</p> <ul style="list-style-type: none"> <li>• Cheer Arm Motions</li> <li>• Cheer Jumps</li> <li>• Kicks</li> <li>• Splits</li> <li>• Leaps</li> <li>• Pirouettes</li> </ul> <p>These elements must be performed by all Cheerleaders</p>
<b>TIME LIMIT</b> Maximum time limit on routines (No minimum time)	2.30 minutes Disability 4 minutes	2.30 minutes Disability 4 minutes	2.30 minutes
<b>TEAM SIZE</b>	No restriction	(Minimum 5) No maximum	(Minimum 5) No maximum
<b>MUSIC</b>	Teams must provide their own music	Teams must provide their own music	Teams must provide their own music
<b>PERFORMANCE AREA</b>	No restriction	Cheerleaders are not allowed outside the performance area once the routine has started	Cheerleaders are not allowed outside the performance area once the routine has started

**See Current Rules and Regulations for ALL Competition Requirements**

# POM DANCE SCORE SHEET



Primary Sch (KS1 & 2)	
High Sch (KS3,4 & 5)	
Disability (KS1-5)	

Tiny Teenies	
Teenies	
Junior A	
Junior B	
Senior	
Masters	

Squad name: \_\_\_\_\_ Judge number: \_\_\_\_\_

<b>1. Vocal Skills (Cheers/Chants/Sideline)*</b> Clarity, pace, timing, volume, use of props	1	2	3	4	5	6	7	8	9	10
<b>2. Cheer Arm Motions</b> Sharpness, strength, accuracy	1	2	3	4	5	6	7	8	9	10
<b>3. Cheer Jumps</b> Difficulty, execution, power, variety, landing	1	2	3	4	5	6	7	8	9	10
<b>4. Choreography</b> Musical interpretation, visual effects, originality	1	2	3	4	5	6	7	8	9	10
<b>5. Transitions &amp; Formations</b> Flow of routine, change of patterns	1	2	3	4	5	6	7	8	9	10
<b>6. Timing &amp; Synchronisation</b> Timing, unity	1	2	3	4	5	6	7	8	9	10
<b>7. Showmanship</b> Confidence, facial expression, spirit, energy	1	2	3	4	5	6	7	8	9	10
<b>8. Entertainment Value</b> Overall appearance, enthusiasm	1	2	3	4	5	6	7	8	9	10

COMMENTS:

TOTAL	/80 (*70)
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# CHEER DANCE SCORE SHEET

Teenies	
Junior A	
Junior B	
Senior	



Squad name: \_\_\_\_\_ Judge number: \_\_\_\_\_

## 1. Pirouettes

Balance, execution, variety

1 2 3 4 5 6 7 8 9 10

## 2. Splits and Kicks

Execution, originality, flexibility, variety

1 2 3 4 5 6 7 8 9 10

## 3. Cheer Jumps

Difficulty, execution, power, variety, landing

1 2 3 4 5 6 7 8 9 10

## 4. Leaps

Flexibility, execution, originality, variety

1 2 3 4 5 6 7 8 9 10

## 5. Cheer Arm Motions

Sharpness, strength, accuracy

1 2 3 4 5 6 7 8 9 10

## 6. Choreography

Musical interpretation, visual effects, originality

1 2 3 4 5 6 7 8 9 10

## 7. Formations

Change pattern, number of changes

1 2 3 4 5 6 7 8 9 10

## 8. Transitions

Flow of routine

1 2 3 4 5

## 9. Difficulty

Correct ability level

1 2 3 4 5

## 10. Synchronisation

Timing, unity

1 2 3 4 5 6 7 8 9 10

## 11. Showmanship

Confidence, facial expression, spirit, energy

1 2 3 4 5

## 12. Entertainment Value

Overall appearance, enthusiasm

1 2 3 4 5

TOTAL

/100

COMMENTS:

# ROLES & RESPONSIBILITIES OF A COACH



**The Coach is ultimately responsible for all Cheerleaders in their care and has a legal responsibility to provide a safe learning environment**

Before commencing any Cheerleading activity, Coaches must have in place:

- Relevant Cheerleading qualifications
- Adequate insurance (check any current insurance specifically covers the Cheerleading activities you will be coaching)
- Disclosure and Barring Service Check (DBS)
- PPL and PRS for Music Licensing

In order to provide safe Cheerleading practise you should:

- Perform a Risk Assessment of the training/ performance venue
- Risk Assess the content of every training session
- Aim to have an up to date First Aid qualification
- Have an Emergency Plan that is shared with all participants
- Have a register of all participants
- Collect Emergency Contact & Medical Information on all participants
- Have an accident book to hand at all training sessions and performance events
- Have a thorough understanding of Safeguarding practises

An effective Cheerleading Coach should:

- Be a positive role model and lead by example
- Be dressed appropriately (including the removal of ALL jewellery)
- Encourage and motivate with praise
- Educate participants using proper learning progressions, clear communication skills and a thorough understanding of Cheerleading practise
- Create a respectful working environment for all
- Nurture the emotional and physical wellbeing of all participants
- Continuously evaluate the ability level of Cheerleaders and adapt content to suit
- Use vocals to engage participants and support coaching methods
- Provide opportunities for Cheerleaders' ongoing growth and development

Coaches should continually develop their knowledge and skills throughout their Coaching practise. The UKCA provides the following CPD (Continuing Professional Development) courses for Coaches:

- Foundation & Intermediate Stunt Skills
- Foundation & Intermediate Tumbling Skills
- Foundation Urban Cheer Skills
- Judging (Incorporating 'what the Judges are looking for')
- Volunteering & Event Officials
- Bespoke Workshops (tailored to meet your specific learning goals)

# UKCA CODE OF CONDUCT



**Coaches are role models and need to set positive examples by:**

- Adhering to all UKCA Rules and Regulations
- Emphasising that good athletes strive for good mental and physical health
- Emphasising that winning is the result of teamwork
- Motivating Cheerleaders in developing self-confidence and self-esteem
- Never criticising Cheerleaders in front of spectators, but reserving constructive criticism for later, in private, or in the presence of squad members only if others might learn from hearing the criticism
- Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture
- Not inciting un-sportsman like conduct
- Not swearing, using foul or abusive language at any time

**Abstaining from:**

- The possession or drinking of alcoholic beverages
- The possession or smoking of tobacco in the presence of spectators, officials, judges, their own or other squads or where not permitted by law
- The possession or taking of any controlled drug at any time

## Accepting decisions of Officials and Judges in competitions as final and being responsible for the conduct and control of squad members, Helpers and Spectators

**Cheerleaders should strive to promote good sportsmanship by:**

- Being modest in victory and gracious in defeat
- Taking responsibility for providing positive leadership at all times
- Not criticising opposing Coaches, Cheerleaders or supporters verbally or by gesture
- Not inciting un-sportsman like conduct
- Not swearing, using foul or abusive language at any time

**Abstaining from:**

- The possession or drinking of alcoholic beverages
- The possession or smoking of tobacco in the presence of spectators, officials, judges, team mates or other squads while wearing team uniform or otherwise representing their squad or where not permitted by law
- The possession or taking of any controlled drug at any time

**Always showing respect and being polite to Officials, Judges, opposing Coaches, Cheerleaders and Spectators**

# CLASS STRUCTURE & CONTENT



Delivery should follow the same structure as any other sporting activity

## WARM UP

**Prepares the body for physical exercise**  
**Reduces the risk of injury**

Include mobility of joints  
Pay special attention to Cheerleaders' wrists and ankles  
Plan and prepare your warm up knowing your aims and objectives  
Choose a suitable teaching formation  
Stay in control of your group  
Keep it energised and FUN

### **Aerobic Content**

Marches, Side Steps, Grapevine, Box Step, Jumping Jacks, Heel Digs, Knee Lifts

## GAMES

### **SHIPS & SAILORS**

**Ships** – Run to the right

**Sailors** – Run to the left

**Captains coming** – Stand in Clean position, saluting right hand with vocal "Aye Aye Captain"

**At ease** – Stand in Ready position

**Hit the deck** – Lie face down on the floor

**Man overboard** – One person as above with second person standing.

**3 people rowing** – Sitting one behind the other rowing

**4 people eating** – Sitting in a circle eating

### **SAM & SALLY WALKER**

Sam & Sally Walker walking\* down the street

They didn't know what to do so they stopped in front of me

Hey you shake your thing, shake your thing **switch**

Hey you shake your thing, shake your thing **stop**

(\*Skipping, running, jumping, hopping etc)

**This is a progressive activity that can be adapted to suit different age groups and ability levels**

## STRETCH

**Static stretch – a held stretch (8/10 seconds)**

**Dynamic stretch – a flowing stretch using full range of movement**

Include all major muscle groups

Be aware of muscle group/area of body you are stretching

Use variations and allow for progressions

Do not use reactionary momentum (bouncing)

### **Step into Sport**

Move around the room - Walk, skip, run, hop, jump

On instruction, stop and mimic a sporting activity using Dynamic Stretching - Tennis, Football, Golf, Netball, Swimming

# CLASS STRUCTURE & CONTENT cont.



## CHEERLEADING ACTIVITY

Cheer Arm Motion Drills  
Cheer Jump Drills  
Dance Routines

## COOL DOWN

**Return the body to a pre-exercise state**  
**Reduces the risk of injury**

Adapt games and remember to include stretching  
Keep it fun and engaging

### **MARCHIN'**

And we're marchin' – to the beat  
I said let me see your Funky Chicken\*  
What did you say?  
I said let me see your Funky Chicken  
What did you say?  
I said let me see your Funky Chicken  
What did you say?  
I said ooh ah ah, ooh ooh ah ah,  
Ooh ah ah, ooh ooh ah ah  
And we're marchin'...

\*(Repeat with following progressions)

King Tut  
Alligator  
Super Hero  
Funky DJ  
Cockroach  
Team Spirit  
And any more you can think of!

## VOCALS

**Include vocals in all areas of Cheerleading activity**

# VOCAL INSTRUCTIONS



Vocal skills are an integral part of Cheerleading, making it a unique discipline

Coach Instruction All	READY 1      2      3      BREAK
Coach Instruction All	READY OK!
Coach Instruction Reply All	HEY..... HO..... CHEERLEADERS LET'S GO – HUH!
Coach Instruction All	BRING IT ON IN BRING IT ON IN BRING IT ON IN – YEAH!
Coach Instruction All	PEANUT BUTTER, JAM SPREAD OUT
All	SWITCH IT, CHANGE IT, RE-ARRANGE IT
All	WE ARE PROUD OF YOU SAY WE ARE PROUD YOU X X (repeat x 3) Ooooooooooooooh – GOOD JOB!
Include Vocal Drills in all activities	<ul style="list-style-type: none"> <li>• 1-2-3-4 CHEER TEAM ON THE FLOOR</li> <li>• 5-6-7-8 CHEER TEAM LOOKING GREAT</li> <li>• WE ARE FUNKY, WE ARE TOUGH, WE ARE HERE TO DO OUR STUFF!</li> </ul>
Spirit Raising Motivational Vocals	<ul style="list-style-type: none"> <li>• LET'S GO CHEER TEAM!</li> <li>• GOOOOOOOO TEAM!</li> <li>• 1 - 2 - 3 GO TEAM! (Alternatively use team name)</li> </ul>
Boogie Chant	<ul style="list-style-type: none"> <li>• JUMP BACK – YEAH! JUMP BACK (CLAP) DON'T MESS WITH US, 'COZ WE ARE MARVELLOUS! (repeat x 3)</li> </ul>

## KEY COACHING POINTS

Incorporating vocals into your Coaching practise will:

- Motivate and create positive atmosphere
- Regulate breathing pattern
- Support the duration of an activity
- Assist in behavioural management
- Help control your Cheerleading sessions
- Prepare your Cheerleaders' voices
- Keep sessions fun and engaging

# FOUNDATION CHEERLEADING SKILLS PROGRESSION



CHEER DISCIPLINE	TEACHING POINTS	NOTES
BASIC CHEER STANCE	Head/chin lifted Shoulders back Body upright	Squeeze bottom & thighs, feet together Raising body awareness in preparation for stunts
CLEAN	Feet together Arms at the side Hands in Blades	
READY	Feet either together or apart Fists on hips with locked wrists or fists behind back	Elbows in line with body
CHEER	Come on Team yell GO-GO Come on Team Yell SCORE-SCORE Come on Team yell WIN-WIN Put it all together now GO - SCORE - WIN (x3)	4 or more lines Tells a story Loud & clear Not too fast/slow
CHANT OR SIDELINE	L E T S G O Let's Go - Let's Go (x3)	Short phrase Repeated x 3
FUN CHEERS & CHANTS	Energetic & Fun <ul style="list-style-type: none"> <li>• Marchin'</li> <li>• We are funky, we are tough, we are here to do our stuff!</li> <li>• Jump back (clap) don't mess with us 'coz we are marvellous!</li> </ul>	Movement not important Good attitude Have fun Team Spirit
SPIRIT RAISING	LET'S GO CHEER TEAM! 1 - 2 - 3 GO TEAM! G0000000 TEAM!	A way of team bonding Creates energy and motivates the team
SIDE LUNGE	Knee of bent leg over ankle, toe pointing to side Straight leg locked, toe pointing forward	Body upright Shoulders & Hips facing forward Look forward
FRONT LUNGE	Both feet pointing forward Knee of front bent leg over ankle Back straight leg locked	Body upright Shoulders & Hips facing forward Look forward
BALANCE	Lift one knee forward and place side of foot against the inside knee of the supporting leg Both knees facing forward Toes of lifted leg point towards the floor Supporting leg must be locked Back straight Head lifted Arms in High V	Practise on both legs  Finishing position is called a Liberty

# FOUNDATION CHEERLEADING SKILLS PROGRESSION



CHEER DISCIPLINE	TEACHING POINTS	NOTES
STEP LOCK	<p>Step on R leg, bend and lift L knee forward</p> <p>Place side of L foot against the inside of the R leg</p> <p>Toes of L leg pointed towards the floor, R leg must be locked</p> <p>Back straight - Arms in High V</p>	<p>Execute with an explosive push through the floor, locking standing leg quickly</p> <p>Finishing position is called a Liberty</p>

ARM MOTIONS	TEACHING POINTS	NOTES
	Strong – Sharp – Precise movement	All Arm Motions are performed slightly in front of the body
BLADES	Hand position – Not an Arm Motion Palms are open, hands flat, fingers together	Take care to keep thumbs in line with fingers
FISTS	Hand position – Not an Arm Motion Squeeze hand into a tight fist	Take care to keep thumbs on the outside
CLAP	Hands flat in Blades Elbows tight into the body No rebound	Don't lift shoulders Clap just below chin, not in front of face
CLASP	Cup the hands Elbows tight to the body No rebound	Don't lift shoulders Clasp just below chin, not in front of face
LOW V	Arms diagonally low Slightly in front of shoulder line with 'big eye' of fist forward Elbows & wrists straight Hands in Fists or Blades	Don't arch the back Don't bend wrists
HIGH V	Arms diagonally high Slightly in front of shoulder line with 'big eye' of fist forward Elbows & wrists straight Hands in Fists or Blades	Don't arch the back Don't bend wrists
T	Both arms straight out to the side, parallel to the ground, slightly in front & below the shoulder line Elbows & wrists straight Hands in Fists or Blades	Check 'big eye' is forward Keep arms straight and strong
BROKEN T	Bend the arms from a T motion without moving the elbows Hands in front of shoulders with 'little eye' forward Hands in Fists or Blades	Don't lift or drop elbows Keep pulled out – don't allow chest to collapse



# FOUNDATION CHEERLEADING SKILLS PROGRESSION



ARM MOTIONS	TEACHING POINTS	NOTES
	Strong – Sharp – Precise movement	All Arm Motions are performed slightly in front of the body
DAGGERS	From Broken T – lower the elbows and pull the arms in towards the shoulders, 'little eye' forward Candlesticks hand grip	Keep fists in front of shoulders, not meeting in front of chest
HIGH TOUCHDOWN	Arms straight up and parallel Close to the ears, 'little eye' forward Candlesticks hand grip	Shoulders relaxed Arms not too close together
LOW TOUCHDOWN	Arms straight down and parallel Close to thighs, 'big eye' forward Candlesticks hand grip	Arms slightly in front of body almost touching thighs
RIGHT BOW & ARROW	Right arm in a T Left arm in a Broken T Hands in Fists or Blades	Ensure Broken T arm is not pulled across body Don't arch the back
LEFT BOW & ARROW	Left arm in a T Right arm is in a Broken T Hands in Fists or Blades	Ensure Broken T arm is not pulled across body Don't arch the back
RIGHT L	Right arm in T – Buckets Left arm in High Touchdown – Candlestick handgrip	Dictated by the Right arm out to the side
LEFT L	Left arm in T – Buckets Right arm in High Touchdown – Candlestick handgrip	Dictated by the Left arm out to the side
RIGHT DIAGONAL	Right arm in High V Left arm in Low V Hands in Fists or Blades	Should look like a diagonal straight line through body
LEFT DIAGONAL	Left arm in High V Right arm in Low V Hands in Fists or Blades	Should look like a diagonal straight line through body
BUCKETS	Tight fist with the thumb on the outside Fists held as if carrying buckets	'Big eye' & 'little eye' parallel with floor
CANDLESTICKS	Arms straight out in front and parallel Candlestick hand grip – 'Big eye' up, 'little eye' down	Shoulders relaxed Half way between High and Low Touchdown

# FOUNDATION CHEERLEADING SKILLS PROGRESSION



JUMPS	TEACHING POINTS	NOTES
BACK SPOT/ SPOTTER	<p>Prime role is to protect the head, neck and shoulders of the Performer</p> <p>Feet apart for balance and ready to move</p> <p>Hands tightly around the waist of the Performer</p> <p>Help to stabilise the Performer on landing</p> <p>Must watch the Performer all the time</p>	<p>Unless instructed never lift the performer as it may result in an unplanned landing</p> <p>When adding a 'boost' ensure it powered from bending the knees</p>
STRAIGHT/ APPROACH JUMP	<p><b>Count 1</b> Feet together, legs straight, arms High V</p> <p><b>Count 2</b> Bend knees whilst taking arms in a full circle inwards across face</p> <p>Keep back straight and head/chin up</p> <p><b>Count 3</b> Jump off floor into the air with straight legs and toes pointed</p> <p>Body upright and arms in a T position</p> <p><b>Count 4</b> Land balls of feet first, bending knees, back straight, head up</p> <p>Arms remain in a T position for balance</p>	<p>Start with body straight and tight</p> <p>Land with feet together to avoid injury</p> <p>Bend knees to absorb impact</p>
TUCK JUMP	<p><b>Count 1</b> Feet together, legs straight, arms High V</p> <p><b>Count 2</b> Bend knees whilst taking arms in a full circle inwards across face</p> <p>Keep back straight and head/chin up</p> <p><b>Count 3</b> Jump off floor into the air with legs bent &amp; knees pulled towards the chest, toes pointed</p> <p>Body upright and arms in a T position</p> <p><b>Count 4</b> Land balls of feet first, bending knees, back straight, head up</p> <p>Arms remain in a T position for balance</p>	<p>Start with body straight and tight</p> <p>Don't kick legs back</p> <p>Land with feet together to avoid injury</p> <p>Bend knees to absorb impact</p>

# FOUNDATION CHEERLEADING SKILLS PROGRESSION



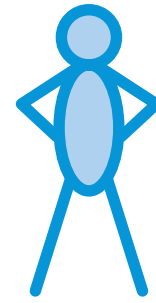
JUMPS	TEACHING POINTS	NOTES
STRADDLE/ STAR JUMP	<p><b>Count 1</b> Feet together, legs straight, arms High V</p> <p><b>Count 2</b> Bend knees whilst taking arms in a full circle inwards across face</p> <p>Keep back straight and head /chin up</p> <p><b>Count 3</b> Jump off floor into the air with legs wide and toes pointed</p> <p>Body upright and arms in a High V</p> <p><b>Count 4</b> Land balls of feet first, bending knees, back straight, head up</p> <p>Arms return to a T position for balance</p>	<p>Start with body straight and tight, don't arch the back during jump</p> <p>No rotation through hip</p> <p>Land with feet together to avoid injury</p> <p>Bend knees to absorb impact</p>

LEVELS	TEACHING POINTS	NOTES
HIGH	<p>Cheerleader performs motions above shoulder level</p> <p><b>OR</b> Cheerleader is standing</p>	Use of levels in performance make routines more visually effective
MID	<p>Cheerleader performs motions at shoulder level</p> <p><b>OR</b> Cheerleader is in a knelt up position</p>	Use of levels in performance make routines more visually effective
LOW	<p>Cheerleader performs motions lower than shoulder level <b>OR</b></p> <p>Cheerleader is in a knelt down position</p>	Use of levels in performance make routines more visually effective

# FOUNDATION CHEERLEADING SKILLS IMAGES



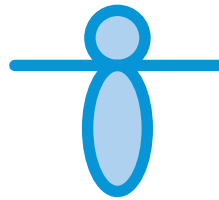
Clean



Ready



High V / Low V



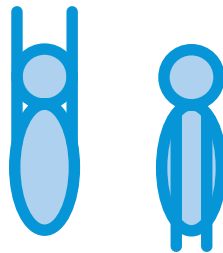
T



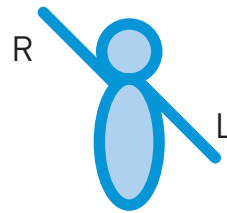
Broken T



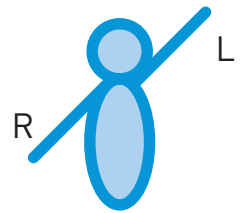
Daggers



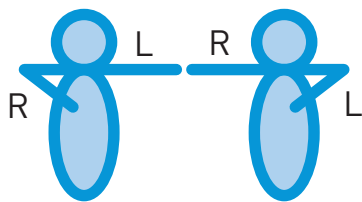
High / Low Touchdown



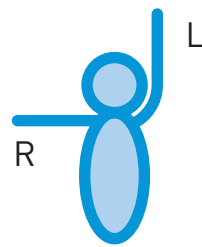
Right Diagonal



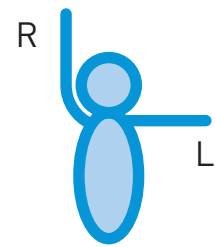
Left Diagonal



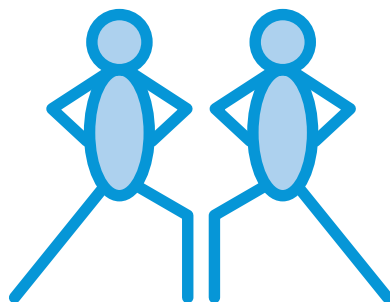
Left & Right Bow & Arrow



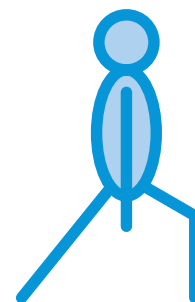
Right L



Left L



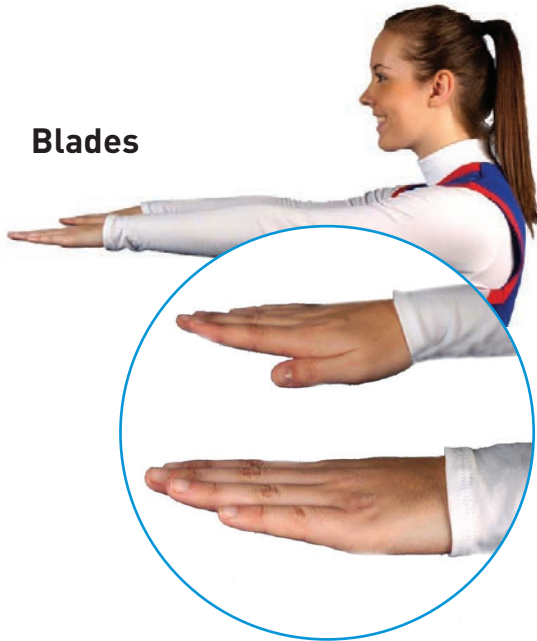
Side Lunge



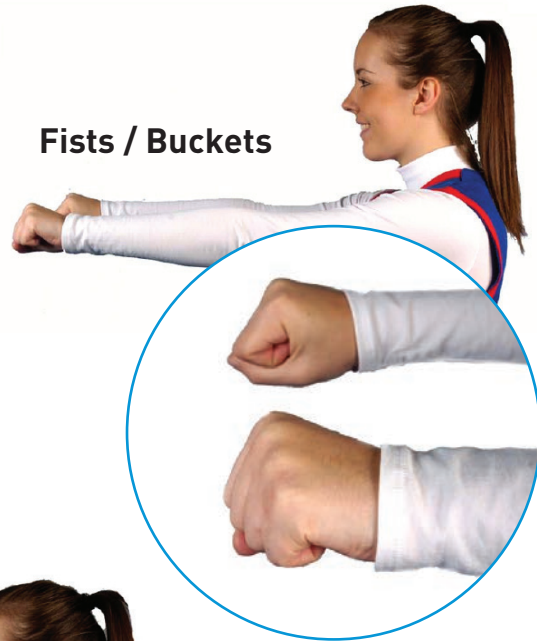
Front Lunge

# FOUNDATION CHEERLEADING SKILLS IMAGES

**Blades**



**Fists / Buckets**



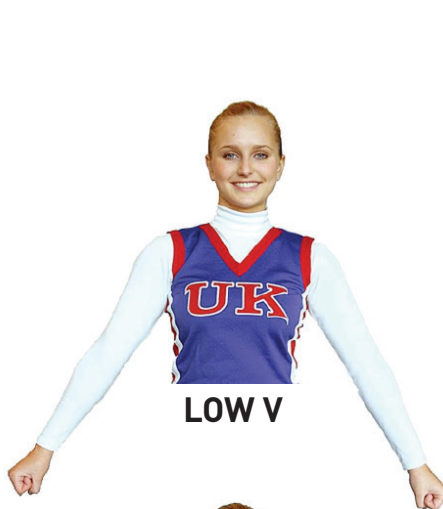
**Fists /  
Candlesticks**



## BASIC STANCE



# FOUNDATION CHEERLEADING SKILLS IMAGES



**LOW V**



**HIGH V**



**T**



**BROKEN T**



**DAGGERS**



**HIGH TOUCHDOWN**



**LOW TOUCHDOWN**



**RIGHT BOW & ARROW**



**LEFT BOW & ARROW**



# FOUNDATION CHEERLEADING SKILLS IMAGES



**RIGHT L**



**LEFT L**



**RIGHT DIAGONAL**



**LEFT DIAGONAL**



**FRONT LUNGE**



**SIDE LUNGE**



**LIBERTY POSITION**

# CHEERS & CHANTS



## CHANT

A Chant is a short line or phrase repeated three times (also known as a Sideline)

**START WITH: LET'S GO – YEAH**

1            2    3            4  
**L   E   T   S   G   O**

1                    2                    3                    4  
**LET'S GO   LET'S GO   YEAH   (x 3)**

---

## CHEER

A Cheer is usually four or more lines that tell a story

**START WITH: GO SCORE WIN – YEAH**

1                    2                    3                    4  
**COME ON TEAM YELL GO – GO**

1                    2                    3                    4  
**COME ON TEAM YELL SCORE – SCORE**

1                    2                    3                    4  
**COME ON TEAM YELL WIN – WIN**

1                    2                    3                    4  
**PUT IT ALL TOGETHER NOW**

1                    2                    3                    4  
**GO SCORE WIN YEAH   (Repeat last line x 3)**

---

### KEY COACHING POINTS

Cheers & Chants should:

- Motivate the crowd
- Be performed by the whole team
- Be loud & clear
- Have correct tempo
- Use positive vocabulary
- Utilise props that support vocals
- Be team or event specific
- Incorporate team colours/ name
- Not be performed over music
- Not be sung



# JUMP TECHNIQUE



## BACK SPOT/SPOTTER:

- Protect Performer from injury and reduce risk of falling to the floor
- Prime role is to protect the Performer's HEAD, NECK and SHOULDERS
- Feet apart for balance and mobility, allows the Spotter to assist the Performer on landing
- Hands tightly around the waist of the Performer helps balance the Performer on landing
- Unless instructed - never lift the Performer as it may result in an unplanned landing

## PERFORMER:

- Start in Clean position
- Strong explosive push off the ground
- Land with the feet together and body upright to help with stability
- Land on the balls of the feet first, bending knees slightly to absorb the impact

## JUMPS IN 4 COUNTS

<b>1 High V</b>	Feet together - legs straight
<b>2 Circle arms inwards across face to low cross position</b>	Bend knees
<b>3 Arms continue to T position</b>	Jump by pushing off ground
<b>4 Arms stay in T position</b>	Land on balls of feet, feet together, bend knees

## JUMPS IN 8 COUNTS

<b>1 Clap</b>	Feet together - legs straight
<b>2 Wait</b>	
<b>3 High V</b>	
<b>4 Wait</b>	
<b>5 Circle arms inwards across face to low cross position</b>	Bend knees
<b>6 Arms continue to T position</b>	Jump by pushing off ground
<b>7 Arms stay in T position</b>	Land on balls of feet, feet together, bend knees
<b>8 Wait in landing position or Clean</b>	

# JUMP TECHNIQUE IMAGES

## STRAIGHT/APPROACH JUMP



## TUCK JUMP



## STRADDLE/STAR JUMP



Count 1

Count 2

Count 3

Count 4

# DANCE ROUTINE



## BOOTIE DROP

<b>WALK TO SIDE</b> 'Wash the windows'	1 R	2 L	3 R	4 <b>TOGETHER CLASP</b>
<b>CROSS ARMS OVER IN FRONT</b> 'Funky Chicken'/'Drive the car'	5 R	6 L	7 R	8 L
<b>WALK BACK</b> 'Shark Attack' Wave with right arm at waist Left arm out in front	1 R	2 L	3 R	4 L
<b>SHIMMEY/HIPS WIGGLE</b> Take arms up body to Broken T	1 R	2 L	3 R	4 L
<b>JOHN TRAVOLTA RIGHT</b> Right finger pointing high diagonal, left hand on hip	1 R	2 L	3 R	4 L
<b>JOHN TRAVOLTA LEFT</b> Left finger pointing high diagonal, right hand on hip	1 L	2 R	3 L	4 R
<b>BOX STEP</b>	1 R-FWD	2 L-CROSS	3 R-BK	4 <b>JUMP CLASP</b>
<b>BOX STEP</b>	5 R-FWD	6 L-CROSS	7 R-BK	8 <b>JUMP CLASP</b>

**¼ TURN TO RIGHT ON FINAL BEAT of 8 ON BOX STEP**  
**REPEAT ROUTINE TO ALL SIDES**

### PROPER PROGRESSION



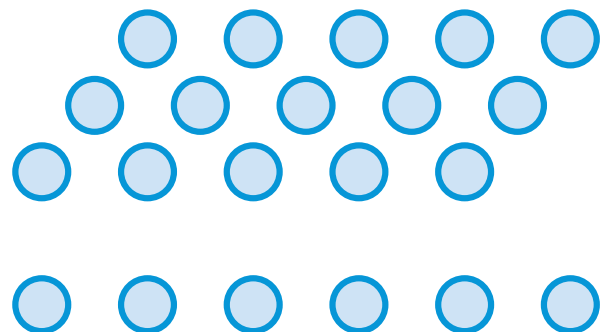
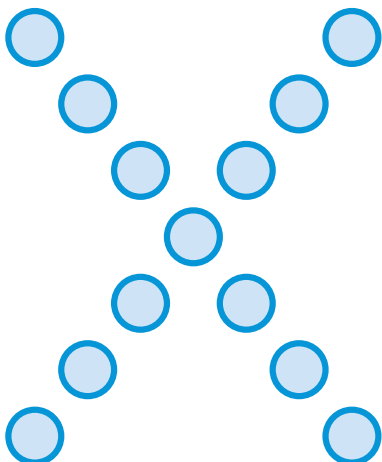
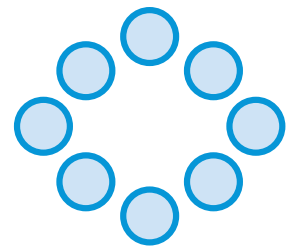
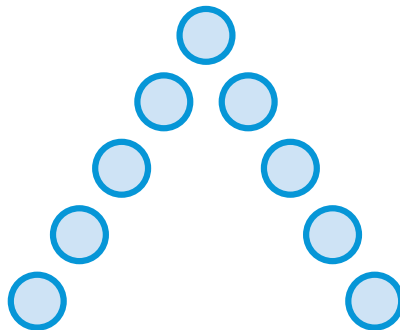
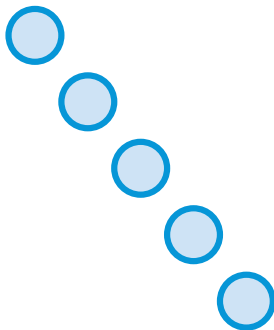
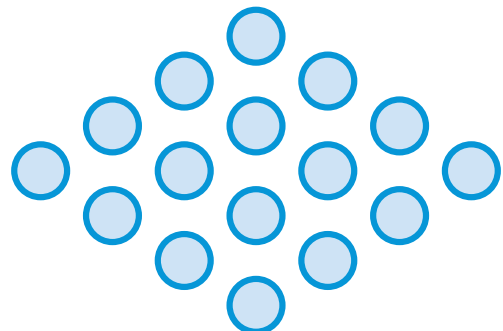
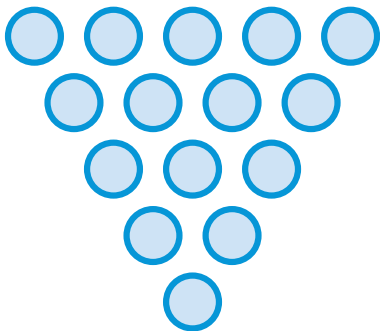
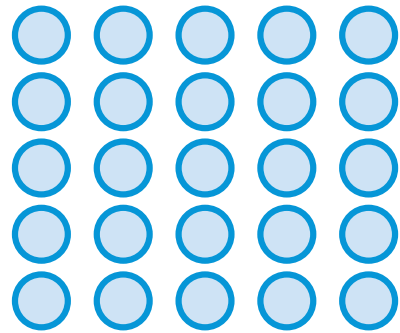
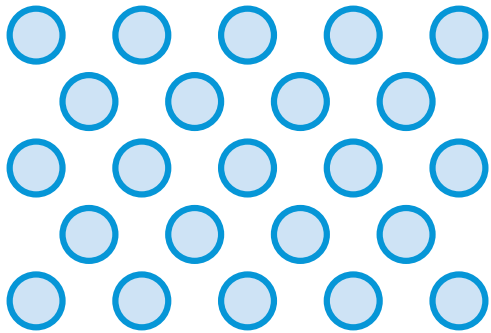
# CHOREOGRAPHY



<b>MUSIC</b>	<ul style="list-style-type: none"><li>• Up tempo and motivating</li><li>• Not too fast for choreography</li><li>• Create a dynamic mix</li><li>• Appropriate lyrics</li><li>• Choose themes to enhance entertainment value and crowd appeal</li><li>• High quality copy is essential at events and competitions</li></ul>
<b>CHEERS &amp; CHANTS</b>	<ul style="list-style-type: none"><li>• Correct tempo</li><li>• Use positive vocabulary</li><li>• Make the words team or event specific</li><li>• Utilise props that support vocals</li></ul>
<b>DANCE</b>	<ul style="list-style-type: none"><li>• Any style of dance incorporating Cheer Arm Motions &amp; Cheer Jumps</li><li>• Powerful and strong</li></ul>
<b>FORMATIONS</b>	<ul style="list-style-type: none"><li>• Vary formations to keep the routine entertaining</li><li>• Quick transitions</li><li>• Precise &amp; clean movements</li><li>• Lines &amp; Shapes (See Formations page overleaf)</li></ul>
<b>VISUAL EFFECTS</b>	<ul style="list-style-type: none"><li>• The use of effects will enhance choreography in all disciplines of Cheerleading</li><li>• Level changes - Use both body and arm position</li><li>• Directional changes - Use both body and arm position</li><li>• Cannon - Consecutive movement on a specific count</li><li>• Ripple - Movement sequence communicated from one person/group to another</li><li>• Peel off - Movement in an alternating direction</li><li>• Use of relevant props - Poms, Signboards, Flags, Megaphones</li></ul>
<b>CORRECT ABILITY LEVEL</b>	<ul style="list-style-type: none"><li>• Ensure the choreography can be executed effectively by all Cheerleaders</li></ul>
<b>ORIGINAL CHOREOGRAPHY</b>	<ul style="list-style-type: none"><li>• Develop your own unique choreography style</li><li>• Have an element of surprise</li></ul>

# FORMATIONS

## Examples



# MUSIC CHART



BARS	BEATS							
	1	2	3	4	5	6	7	8
1								
2								
3								
4								
5								
6								
7								
8								
9								
10								
11								
12								
13								
14								
15								
16								

# SAMPLE SESSION PLAN



TIME	ACTIVITY	SUGGESTIONS	TEACHING POINTS
5 mins	<b>Session explanation</b>	CHEER STANCE ARM MOTIONS	Outline the session objectives
10 mins	<b>Warm up</b>	AEROBIC WARM UP SHIPS AND SAILORS	Keep movement simple and easy to copy
5 mins	<b>Stretch</b>	STATIC OR DYNAMIC STRETCH	Do not bounce
5 mins	<b>Cheerleading Technique</b>	BASIC STANCE  CLEAN  READY	Head lifted – Shoulders back – Body upright  Feet together Arms low at the side Hands in Blades  Feet either together or apart Fists on hips with straight wrists
15 mins	<b>Cheerleading Technique</b>	ARM MOTIONS  LOW V  HIGH V  T  BROKEN T	Strong – Sharp – Precise moves  Arms diagonally low with tight fists Slightly in front of shoulder line with 'big eye' of fist forward Elbows & wrists straight  Arms diagonally high with tight fists Slightly in front of shoulder line with 'big eye' of fist forward Elbows & wrists straight  Both arms straight out to the side – parallel to the ground Hands in tight fists Elbows & wrists straight Slightly in front of and below the shoulder line  Bend the arms from a T motion without moving the elbows Fists in front of shoulders with straight wrists, 'little eye' forward
10 mins	<b>Dance Routine</b>	BOOTIE DROP	Use Proper Progression
10 mins	<b>Cool Down</b>	MARCHIN'	Keep Cool Down fun and include Stretches

# ACHIEVEMENT LIST



SKILL	BASIC	GOOD	EXCELLENT
<b>TEAM SPIRIT</b>			
<b>SHOWMANSHIP</b>			
<b>ATTENDANCE</b>			
<b>KNOWLEDGE</b>			
<b>EFFORT</b>			
<b>UNIFORM</b>			
CLEAN POSITION			
READY POSITION			
CHEER			
CHANT (SIDELINE)			
ARM MOTIONS			
Low V			
High V			
T			
Broken T			
Daggers			
High Touchdown			
Low Touchdown			
Right Bow and Arrow			
Left Bow and Arrow			
Right L			
Left L			
Right Diagonal			
Left Diagonal			
Candlesticks			
JUMPS			
Back Spot/Spotter			
Straight/Approach			
Tuck			
Straddle/Star			
BALANCE			
Standing on one leg			
Step Lock			
Liberty			
LUNGES			
Side Lunge			
Front Lunge			



# SPIRIT AWARDS



## WEEKS ONE TO SIX

- Work on Stamina, Flexibility and Balance
- Understand and demonstrate Basic Cheer Stance
- Know the names of and demonstrate 8 Basic Arm Motions
- Know the names of and demonstrate 3 Jumps
- Know and perform a Cheer & Chant

WEEK 1	WEEK 2	WEEK 3
<p>Warm-up and Stretch</p> <p><b>Cheer Stance</b> Clean Ready</p> <p><b>Arm Motions</b> Low V High V T Broken T</p> <p><b>Fun Cheers</b> 'Jump Back' 'Marchin'</p> <p><b>Dance Routine</b> Introduce short dance routine - 'Bootie Drop'</p>	<p>Warm-up and Stretch</p> <p><b>Chant</b> Vocals &amp; Arms 'Let's Go'</p> <p><b>Arm Motions</b> Recap from Week 1 Incorporate Drills Clap Clasp</p> <p><b>Straight Jump</b></p> <p><b>Dance Routine</b> Recap 'Bootie Drop'</p>	<p>Warm-up and Stretch</p> <p>Balance Step Lock</p> <p><b>Arm Motions</b> Daggers High Touchdown Low Touchdown Candlesticks</p> <p><b>Recap Straight Jump</b></p> <p><b>Dance Routine</b> Short dance routine to include Cheer Arm Motions</p>

WEEK 4	WEEK 5	WEEK 6
<p>Warm-up and Stretch</p> <p><b>Cheer</b> Vocals &amp; Arms 'Go Score Win'</p> <p><b>Arm Motions</b> Recap from Weeks 1 &amp; 3 Incorporate Drills</p> <p><b>Tuck Jump</b></p> <p><b>Dance Routine</b> Recap week 3 dance</p>	<p>Warm-up and Stretch</p> <p><b>Arm Motions</b> Recap Drills from Weeks 2 &amp; 4 Incorporate different combinations</p> <p><b>Straddle/Star Jump</b></p> <p><b>Dance Routine</b> Expand week 3 routine</p>	<p>Warm-up and Stretch</p> <p><b>Review everything taught in the last 5 weeks</b></p> <p><b>Dance Routine</b> Perfect dance routine</p>

**This teaching plan can be used to motivate the team and encourage attendance and commitment**

# FURTHER INFORMATION



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### The website [www.ukca.org.uk](http://www.ukca.org.uk) has resources including:

- Course Diary Dates
- Course Content, Costing & Booking
- Membership Registration
- Rules & Regulations
- Competition Dates
- How to set up a Club
- Development within Schools
- Frequently Asked Questions

Written, designed and created, by or on behalf of UK Cheerleading Association

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