

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"> • 1-2-3-4 CHEER TEAM ON THE FLOOR • 5-6-7-8 CHEER TEAM LOOKING GREAT • WE ARE FUNKY, WE ARE TOUGH, WE ARE HERE TO DO OUR STUFF!
Spirit Raising Motivational Vocals	<ul style="list-style-type: none"> • LET'S GO CHEER TEAM! • GOOOOOOOO TEAM! • 1 - 2 - 3 GO TEAM! (Alternatively use team name)
Boogie Chant	<ul style="list-style-type: none"> • JUMP BACK – YEAH! JUMP BACK (CLAP) DON'T MESS WITH US, 'COZ WE ARE MARVELLOUS! (repeat x 3)

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

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