

VOCAL INSTRUCTIONS



Vocal skills are an integral part of Urban Cheer

Coach Instruction
All

READY
1 2 3 BREAK

Coach Instruction
Reply
All

HEY
HO
URBAN CHEER LET'S GO – HUH!

Coach Instruction
All

LISTEN UP SAY HEY HEY
WE'RE BRINGING IT YOUR WAY WAY!

Coach Instruction
Reply

MIX IT UP SAY
MOVE AROUND

All

WE ARE PROUD OF YOU
SAY WE ARE PROUD YOU X X (repeat x 3)
Ooooooooooooooh – GOOD JOB!

All

GIVE IT UP FOR THE TEAM SAY OH OH
GIVE IT UP FOR THE TEAM SAY OH (repeat x 3)

Include Vocal Drills
in all activities

WE ARE STRONG, WE ARE TOUGH,
WE ARE HERE TO DO OUR STUFF!

Chant (Extended)

ON POINT, IT'S SLEEK
WE SLAY IT TO THE BEAT
YOU GOTTA POP IT,
LOCK IT,
DROP IT,
KRUMP IT,
MOVE YOUR FEET!

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 Urban Cheer sessions
- Prepare your participants' voices
- Keep sessions fun and engaging