

SESSION 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

Higher impact aerobics to increase Cheerleaders' stamina

GAMES

RUMBLE IN THE JUNGLE.

Group positions (groups of three participants):

Tarantula – Sit on floor, back to back, legs in straddle, interlock arms and wiggle legs.

Lion King – Two kneel down on all fours, one lean over the top, all team making roaring sound.

Giraffe – One person makes the head at the front, stand up tall, arms stretched upwards, two make the body behind.

Crocodile – Similar to giraffe although sitting down.

First person sits in pike position as the mouth, touching toes.

Second person crouches making the body, third person crouches making the tail.

Monkey in the Tree - Two people make the tree, facing each other with their arms on each others' shoulders, third person runs under the arms as the monkey.

Putting the game in play:

Give each member of the group a number; 1, 2 & 3

In different areas of the room, form three circles (all the 1s, 2s & 3s).

Perform a warm up activity with a vocal drill (e.g. skipping, jumping, jogging, galloping). The Coach then calls a jungle creature and participants have to get back to their original groups, adopting the position, as quickly as possible. Last group to get in position loses a life.

Progression: Introduce weight-bearing options to improve strength.

STRETCH

Developmental Stretches

Hold Static Stretches for longer

Aim to increase flexibility of Cheerleaders

Partner Stretches

Build team work and introduce physical contact in preparation for stunt work

Include all major muscle groups

Keep stretches fun and interactive

E.g. 'Bake a Cake' - Straddle stretch

'Seal' - Abdominal stretch

'Happy Cat/Sad Cat' - Lower back & abdominal stretch

SESSION STRUCTURE & CONTENT cont.



STRENGTH TRAINING

See page 7

CHEERLEADING

Cheer Arm Motion Drills
Cheer Jump Drills
Cheer Routine
Stunt Training

COOL DOWN

Return the body to a pre-exercise state

Reduces the risk of injury

Remember to include stretching to aid recovery

Keep it fun and engaging

VOCALS

To be used in all areas of Cheerleading

ADDITIONAL ACTIVITIES TO SUPPORT STUNT WORK

Trust Activity

Back Spot in place behind active Cheerleader

Front person leans back with body held tight and feet close together

Back Spot always uses hands-on spotting skills first to keep activity safe and build confidence

Balance Activity

Face each other in front lunge – toes of same leg touching (i.e. Right with Right)

Arms outstretched with hands placed on each others' shoulders

1. One person lifts front leg off floor and hold position
2. One person lifts front leg a little higher and hold position
3. One person lifts front leg and move it side to side with control
4. Both lift front legs at the same time

Step Lock Drill Progression

Back Spot in place behind active Cheerleader when progressing from floor level

1. On the floor
2. On a bench (stable base)
3. On a Base (potentially unstable base)