

## Cheer Practice Suggested Outline

### For 1-hour practices

10 minutes- Allow kiddos time to get there and get situated while stretching.

- Stand in a circle making room for more as they come and talk with them about their days, hopes for practice, or plans for the summer- get to know your girls!
- Stretch:
  - Neck and shoulders
  - Arms
  - Hamstrings
  - Quads
  - Sides
  - Hips

15 minutes- Teach new and review learned cheer moves and jumps (PDF under Coach resources.)

5-10 minutes- Take-A-Knee (PDF under Coach resources) and drink break

15-20 minutes- Practice known and learn new cheers and chants

10-15 minutes- allow time for tumbling practice for 2<sup>nd</sup>-6<sup>th</sup> if desired (no overhead tumbling where all parts of the body are off the ground i.e. front flips.) & playing games/letting kids pick cheers.

For 30-minute practices

5 minutes- Allow kiddos time to get there and get situated while stretching.

- Stand in a circle making room for more as they come and talk with them about their days, hopes for practice, or plans for the summer- get to know your girls!
- Stretch:
  - Neck and shoulders
  - Arms
  - Hamstrings
  - Quads
  - Sides
  - Hips

10 minutes- Teach new and review learned cheer moves and jumps (PDF under Coach resources.)

5 minutes- Take-A-Knee (PDF under Coach resources) and drink break

10 minutes- Practice known and learn new cheers and chants