### CHEER PRACTICE PLANS

#### REGULAR PRACTICE

**Example - August 31st**

<table>
<thead>
<tr>
<th>TIME</th>
<th>ACTIVITY</th>
<th>LED &amp; OBSERVED BY</th>
<th>NOTES</th>
</tr>
</thead>
<tbody>
<tr>
<td>5:00-5:10pm</td>
<td>Pre-Practice Team Meeting</td>
<td>Coach Steph</td>
<td></td>
</tr>
</tbody>
</table>
| 5:10-5:20pm    | Warm-up/Light Cardio                  | Coach Steph / (Jr. Coach Demo)         | **Mon:** Warm-up Routine #1  
**Wed:** Warm-up Routine #2 |
| 5:20-5:35pm    | Flexibility/Stretching                | Coach Steph / (Jr. Coach Demo)         | **Refer to 'Stretching Cheat Sheet'**                                |
| 5:35-5:45pm    | Motion Drills                         | Coach Steph / (Jr. Coach Demo)         | **Mon:** Motion Drills #1, 3  
**Wed:** Motion Drills #2, play 'Simon Says' |
| 5:45-5:55pm    | Jump Drills                           | Coach Steph / (Jr. Coach Demo)         | **Mon:** Jump Drills  
**Wed:** Advanced Jumps/Combos #1 & 2 |
| 5:55-6:00pm    | Water Break                           |                                        |                                                                       |
| 6:00-6:15pm    | Cheers/Chants                          | Coach Steph / (Jr. Coach Demo)         | Review all material.  
**Refer to 'Cheer/Chant Cheat Sheet'**.  
**Note spots in 'Formation Tracker Template'**. |
*Mark "S"* |
| 6:25-6:30pm    | Water Break                           |                                        |                                                                       |
| 6:30-6:45pm    | Stunt                                 | Coach Steph (Spot) / (Jr. Coach Spot)  | Work thigh-level to prep cradles.  
*Mark "Stunt Group Tracker Sheet"* |
| 6:45-6:55pm    | Strength Training                     | Coach Steph (Jr. Coach Demo)           | **Mon:** Arms/Abs  
**Wed:** Legs/Abs  
**Refer to 'Strength Training Cheat Sheet'** |
| 6:55-7:00pm    | Wrap-Up/Team Meeting                  | Coach Steph                            | Give handouts to parents.  
Remind parents about fundraiser. |

#### SKILL-FOCUSED PRACTICE

**Example**

- Warm-up/Light Cardio
- Flexibility/Stretching
- Jump Drills
- Tumbling
- Stunt Sequences
- Pyramids
- Tosses
- Strength Training
- Wrap-Up/Team Meeting

#### CHOREOGRAPHY-FOCUSED PRACTICE

**Example** - *(great for Friday practices prior to Game Days)*

- Warm-up/Light Cardio
- Flexibility/Stretching
- Game Day Routine(s)
- Championship Routine
- Section Perfection
- Parent Performance (for practice)
- Wrap-Up/Team Meeting
# DANCE PRACTICE PLANS

## REGULAR PRACTICE

**Example - August 31st**

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</table>
| 5:10-5:20pm | Warm-up | Coach Steph / (Jr. Coach Demo) | **Mon:** Warm-up Routine #1  
**Wed:** Warm-up Routine #2 |
| 5:20-5:30pm | Cardio | Coach Steph / (Jr. Coach Demo) | **Mon:** 1 mile (4 laps around track or park)  
**Wed:** Kick Lines/Jumping Jacks |
| 5:30-5:45pm | Flexibility/Stretching | Coach Steph / (Jr. Coach Demo) | Refer to 'Stretching Cheat Sheet' |
| 5:45-5:55pm | Motion Drills | Coach Steph / (Jr. Coach Demo) | **Mon:** Motion Drills #1, 3  
**Wed:** Motion Drills #2, play 'Simon Says' |
| 5:55-6:05pm | Jump Drills | Coach Steph / (Jr. Coach Demo) | **Mon:** Jump Drills  
**Wed:** Advanced Jumps/Combos #1 & 2 |
| 6:05-6:10pm | Water Break | | |
| 6:10-6:20pm | Cheers/Chants | Coach Steph / (Jr. Coach Demo) | Review all material.  
Refer to 'Cheer/Chant Cheat Sheet'.  
Note spots in 'Formation Tracker Template'. |
| 6:20-6:40pm | Technical Dance Skills | Coach Steph (Spot) / (Jr. Coach Spot) | Refer to 'Dance Skill Cheat Sheet'  
Work kicks, turns, leaps. |
| 6:40-6:45pm | Water Break | | |
| 6:30-6:45pm | Choreography | Coach Steph (Spot) / (Jr. Coach Spot) | Mark "Skill Tracker Sheet" for each athlete. |
| 6:45-6:55pm | Strength Training | Coach Steph / (Jr. Coach Demo) | **Mon:** Arms/Abs  
**Wed:** Legs/Abs  
Refer to 'Strength Training Cheat Sheet' |
| 6:55-7:00pm | Wrap-Up/Team Meeting | Coach Steph | Give handouts to parents.  
Remind parents about fundraiser. |

## SKILL-FOCUSED PRACTICE

**Example**
- Warm-up/Light Cardio
- Flexibility/Stretching
- Kick Drills & Lines
- Turns
- Leaps
- Strength Training
- Partner Stretching
- Wrap-Up/Team Meeting

## CHOREOGRAPHY-FOCUSED PRACTICE

**Example - (great for Friday practices prior to Game Days)**
- Warm-up/Light Cardio
- Flexibility/Stretching
- Game Day Routine(s)
- Championship Routine
- Section Perfection
- Parent Performance (for practice)
- Wrap-Up/Team Meeting