



**MAKING EVERY MINUTE COUNT
PLANNING YOUR PRACTICES**



- PRE-SEASON MEETING- before practices start
- GET THEIR BUY IN
 - Have each athlete verbalize their goals, expectations for the season.
 - Have the team think through “What is a reasonable excuse to miss practice and what isn’t”
 - Get them to lay the ground work- think through what the consequences are.
 - Example-
 - Sally misses practice for her Grandmother’s funeral. Team had decided in their pre-season meeting that any practices missed regardless of circumstances (to keep it simple) the teammate must run stairs in the stadium.
 - Result- every athlete knows the consequences of missing practice. It’s not a punishment rather a team culture.
 - Many times you will find other athletes will run with “Sally” because her excuse is reasonable and they can relate to her missing.



- PRACTICE PLAN

- Written Outline of practice

- Objectives- should have long term (skill building) and short term (polishing a sideline for the assembly_ goals in it.
 - Schedule- detailed to help you stay on task
 - Life moves quickly. We expect everything to happen within a 30 minute television episode. Even better if it's recorded and we can skip through the commercials! Unfortunately, the same is not true of our physical goals in stunting and tumbling. In this world, things take time.

- Post practice schedule prior to practice- so team knows expectations.



- Have a structured warm up the teams knows to start and ***doesn't NEED YOU*** to start or direct
 - This will free you up to take care of other business and not have to keep them after practice.
- Use practice time as conditioning time. (Mix it in)
 - Use water bottles or can goods while learning, practicing and reviewing sidelines & cheers
 - After your jump technique- have them to jump builders to strengthen their jumps while working those skills.



- Use Technology

- Example- record a jump sequence- upload on Facebook, Band, or any other communication platform and let the kids comment what they see and how THEY are going to fix it. Use outside of practice time for them to review skills.

- Repetition is the key to learning.

- It's not enough to simply hit a new skill, get a feel for it and then move on to the next skill. The more time spent at each level and on each individual skill, the more muscle memory the body creates for that skill.

- Use Games as an extra practice

- Practice your state cheer/ sideline in front of your crowd.

SAMPLE PRACTICE PLAN

Cheer Team 2018-2019

Practice Schedule:

Monday June 4th

7:30am.....Run 1 mile (team allowed to wear head phones) NO stops or ENTIRE team starts over!!! Going for endurance NOT speed-
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7:45am.....Team stretch (senior led) Coach explain practice plan and any new info to discuss

7:55am.....Start 5X5X5's this week's focus ALL WEEK

1. perfect extension-prep-power press extension- Twisting dismount
2. Full up extension- Pop-off dismount
3. Single leg switchups Heel Stretch switch dismount

THIS WEEK TEAM CHALLENGE-----who can hold a lib the longest????? Winning stunt group gets stickers!

8:25am.....BREAK

8:30am.....Team Game Day prep.....Teach 5 new sidelines for football (use water bottles for arm---motion drills while learning sidelines)

8:45am.....Team Game Day prep.....Teach 1 new band chant

9:00am.....Each team member required to do 10 standing back handsprings on track (or 5 BH & 5 standing tucks)

9:10am.....Start AB DAY!!!!!!!!!!

9:30 am--- DISMISS



What Every Coach Should Know

- Structure practices so that your cheerleaders can handle them, considering their academic day and their physical endurance.
- Always treat your cheerleaders with respect. Recognize the desire, as well as the sacrifices, that they are making for the team.
- Emphasize improvement -- not just winning -- as a sign of success.
- Organize and initiate team activities for the exact purpose of developing loyalty to one another as individuals as well as team members



- Be a Communicator – With a plan and an open pathway of communication, everyone knows what is to be accomplished and fewer problems will arise.
- Stick to a Schedule – Make it easy on yourself, stick to a schedule for every practice so your cheerleaders don't question what is expected of them each day. They should be on autopilot!
- Teach students specific ways to interact with their parents after a game or event that is appropriate to what YOU want to have happen.



**VARSITY
SPIRIT**