



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

VIRTUAL PRACTICE PLAN

Introduction to Cheer

DAY OF THE WEEK: SUNDAY, MARCH 22

FOCUS: LET'S WARM UP

This is something you can incorporate EVERY DAY!
Put on your favorite song that gets you hype and GET WARM!!

<https://www.youtube.com/watch?v=sJFnAEIaKVQ>

DAY OF THE WEEK: MONDAY, MARCH 23

FOCUS: THE BASIC POSITIONS

This requires a lot of stretching beforehand so as you try this at home please be sure to STRETCH. The video below will teach you some of the basic positions we will be using throughout the season such as high-v, low-v, T, and much more!

<https://www.youtube.com/watch?v=svHLHNXiZng>

Try to practice in front of a mirror to make sure you look just like the girls in the video!

<https://www.youtube.com/watch?v=aEnA7cjWXIo>

DAY OF THE WEEK: TUESDAY, MARCH 24

FOCUS: STRETCHING & SPLITS

I can't stress enough how important stretching is! If you don't stretch, there is a good chance you could get injured.

Also, by warming up your body, you will be able to get lower in your splits!

<https://www.youtube.com/watch?v=E8rC3nXBMiI>

FUN & CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-17-8-12-tell-me-you-love-me>



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DAY OF THE WEEK: WEDNESDAY, MARCH 25

FOCUS: KICKS

Kicks are a great way to continue stretching while being more active. Practice along with the video. Remember, it isn't about how high you can kick, it's about how well you execute.

https://www.youtube.com/watch?v=K_DNZgTlK3Q

<https://www.youtube.com/watch?v=QDt7N76aYwE>

BONUS: BALANCE & HOLD POSITIONS

Now that we've learned how to kick, let's try balance and hold some fun body positions! Don't forget to focus on "your spot".

Watch the video first then try to hold the positions below ON EACH LEG for 10 seconds!

<https://www.youtube.com/watch?v=mOnXd04jkng>

LIBERTY ARABESQUE HEEL STRETCH



DAY OF THE WEEK: THURSDAY, MARCH 26

FOCUS: JUMPS – ROUND 1
(PENCIL, TUCK AND SPREAD EAGLE)

It takes a lot of time and practice to jump like the people in these videos - Jumps are NOT easy!

The most important part of jumping is making sure you land on your feet. So, don't worry about how wide you kick, instead make sure you have good form to ensure you stick it!

https://www.youtube.com/watch?v=K_DNZgTlK3Q

<https://www.youtube.com/watch?v=Yw3GglvEAGc>



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DAY OF THE WEEK: FRIDAY, MARCH 27

FOCUS: JUMPS – ROUND 2 (TOE-TOUCH & HERKIE)

The toe-touch is the most well-known cheer jump. Although it looks similar to the spread eagle (also known as the star jump) it is actually quite different. Try lying on the floor and make a snow angel. Then sit up into a straddle stretch. Can you tell a difference?

<https://www.youtube.com/watch?v=jDIF26-Uu2I>

The herkie is similar to a toe-touch but only 1 leg is extended and the other is bent.

<https://www.youtube.com/watch?v=TIKVIc4GdEk>

Now, let's put all of those jumps together with the counts for a jump drill and be on the lookout for a new jump (the pike) at the end!

<https://www.youtube.com/watch?v=TwbDlujdoGk>

DAY OF THE WEEK: SATURDAY, MARCH 28

FOCUS: CHANTS & CHEERS

Now it's time to learn some cheers! Cheerleading is so much more than fancy moves, it's about the energy you bring to the table. Your job is to encourage others to cheer along with you. So, warm up that voice and always wear your smile!

<https://www.youtube.com/watch?v=vy4Qq6NIYnw>

https://www.youtube.com/watch?v=gr6CnlNmGEg&list=PLRChP8AY-jkoL6kSgjr5q_Uukepuui6K&index=9

FUN AND CONDITIONING

LES MILLS TIME!

<https://watch.lesmillsdemand.com/born-to-move-free/season:1/videos/born-to-move-16-8-12-this-is-me>



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DAY OF THE WEEK: SUNDAY, MARCH 29

FOCUS: PUTTING IT ALL TOGETHER

Now that you have learned most of the moves, let's put them together!

You can make your own cheer or learn some of the ones in the videos below.

<https://www.youtube.com/watch?v=68L6Wwuj9ik>

https://www.youtube.com/watch?v=izJBxZYDQ2M&list=PLRChP8AY-jkoL6kSgjr5q_Uukepuui6K&index=11

DAY OF THE WEEK: MONDAY, MARCH 30

FOCUS: PRACTICE, PRACTICE, PRACTICE

It takes a long time to learn all of these lessons so keep practicing and stay active every day!

We very much look forward to our first class and can't wait to see everything you've learned!

DAY OF THE WEEK: TUESDAY, MARCH 31

BONUS FUN: LET'S DANCE

Free, Les Mills Born to Move Dance Videos - Hope you have fun!

<https://watch.lesmillsondemand.com/born-to-move-free>