

CHEER PRACTICE LESSON P WITH JUMP CONDITIONI

Practice Focus:		
End of practice goals:		
WARM UP (15-30 MINUTES)		
STRUCTURE / ACTIVITY:		

1.) STANDING KICKS (10X BOTH LEGS): WHILE STANDING, ARMS IN A BEFORE KICKING, BOTH LEGS STRAIGHT

Basic Cheerleading Lesson Plans

Timothy M. Baghurst

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