



CHEER PRACTICE LESSON PLAN WITH JUMP CONDITIONING

Team:

Practice Focus:

End of practice goals:

WARM UP (15-30 MINUTES)

STRUCTURE / ACTIVITY:

JUMP CONDITIONING
(5-10 MINUTES)

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

2.) COUNT JUMP 10, 20, COUNT JUMP 10, 20, 3 SECONDS, THEN JUMP



Basic Cheerleading Lesson Plans

JR Anderson



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