

CHEER-IT WITH SPIR-IT CHEERLEADING SKILLS & DRILLS

1. FORMATIONS

- a. The formation is the positions the cheerleaders stand in while cheering.
- b. Line up the tallest in the back row.
- c. Next row should be staggered so no one is standing directly in front of someone else – this is call ‘windows’
- d. Make sure every girl knows where her spot is in the formation.

2. MOTIONS

*For additional description of these motions, visit You Tube and type in ‘Cheerleading Motions’

SKILLS/DRILLS –

- a. High V- (big doughnut holes/cinnamon roll)
- b. Low V- (big doughnut holes/cinnamon roll)
- c. T- (big doughnut holes/cinnamon roll)
- d. Broken T- (little doughnut holes/cinnamon roll)
- e. Touchdown- (little doughnut holes/cinnamon roll)
- f. Low touchdown- (big doughnut holes/cinnamon roll)
- g. Table Tops/ Daggers- (little doughnut holes/cinnamon roll)
- h. Buckets
- i. Candlesticks
- j. K motion (one arm High V, other arm Low V across body)
- k. L motion (one arm touchdown, other arm T)
- l. Ready Position- (hands on hips, smiles on lips, feet shoulder width apart)
- m. Clean- (feet together, hands by your side)
- n. Clap
 - Blades (thumbs tight, not tucked)
- o. Clasp
 - No bent wrists.
 - Snap motions out tight.
 - No bent arms (elbows).
 - Doughnut holes/cinnamon rolls always facing the crowd (except buckets and candlesticks).

DRILL –

- Simon Says

3. JUMPS

SKILLS/DRILLS – (clasp 1-2, High V 3-4, swing arms in front of you, hit T and jump on 6, down 7, clean 8)

- a. Tuck Jump
- b. Spread Eagle
- c. Toe Touch

4. MAKING UP CHEERS

- a. Let students make up their own cheer.
- b. Tell them to come up with the words first, then add motions.
- c. If they need help writing a cheer, give them ideas (use your school colors, mascot, etc)

***Participants making up cheers**

If the students in your class are older and have some creativity, you may allow them to create their own cheers. Set about 10-15 minutes aside during a class and give everyone one partner. Give them the opportunity to make up their own cheer with their own words. However, please make sure that they incorporate the motions that you taught. Make sure to go around to each group and help them if needed. This is a great way for the girls to be creative and come up with something their own speed.

5. FINAL PERFORMANCE

- a. On the last day of class you should put on a final performance for parents. Invite parents to come 10 minutes early on the last day.
- b. Work on this final performance each class.
- c. The performance can be a variety of the cheers learned in class.

***Final Performance**

On the final day of class please inform the girls that there will be a performance. Invite the parents, guardians or babysitters to come 10 minutes prior to dismissal on the last day of class. Place the girls in a formation of your choice and perform 4 or 5 of the cheers learned during your classes. Please use poms. The girls love this and the parents get to see what their child has learned. This is a fun and exciting way to end your session for your students and yourself!