

PDC Plan (first 4 classes): Cheerleading

Programming Day Card - 1

Warm Up: I Like

Skill/Review: Formation (windows) and Motions

Drill: Simon Says (w/motions)

Games:

1. Soda Fountain
2. Yell Out Your Colors – Cheer
3. Steal the Pom
4. Scared - Cheer
5. Relay Races
6. Review Cheers

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: What Time is it Mr. Fox

Skill/Review: Solo Jumping and Motions

Drill: Relay Race with Jumps and Motions

Games:

1. Simon Says (w/motions)
2. Go Yell Go – Cheer
3. Sharks and Minnows
4. Beat those Raiders – Cheer
5. Make up Cheer – Review

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Cool Corner

Skill/Review: Formations and Jumps

Drill: London Spain France

Games:

1. Changing Places
2. Rowdy – Cheer
3. Wonder Pom
4. Dynamite – Cheer
5. Hide the Pom
6. Review Cheers

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Red Light, Green Light

Skill/Review: Formations / Jumps / Motions

Drill: Solo Test – Motions

Games:

1. Freeze Dance
2. Push'm Back – Cheer
3. Little Suzie Walker
4. Who Rocks the House – Cheer
5. Telephone Relay / Review ALL Cheers

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment