



Commitment
Hard Work
Spirit

Cheerleading Lesson Plan

Team: Varsity Coach: _____ Date: _____

Goals: 1. _____
 2. _____
 3. _____

Warm Up

Primary Focus: _____

Activities: _____	Time Limit: _____
_____	Time Limit: _____
_____	Time Limit: _____
_____	Time Limit: _____

Practice Plan:

Conditioning Goals:

_____	Time Limit: _____
_____	Time Limit: _____
_____	Time Limit: _____

Injuries, Concerns, Phone calls:

Praises, Memorable Moments:

Reminders for Next Practice: