



Commitment
Hard Work
Spirit

Cheerleading Lesson Plan

Coach: _____ **Week:** _____ **Team:** _____

1. Class Opening (2 min.): **A.** Explanation of Goals **B.** Motivational message
2. Warm-up (5-7 min.)
3. Stretching & Jumps (10 min.)
4. Stunt Warm-ups (10 min.) Stunt (s): _____
5. Full routine (up to: _____ how many times: _____) (15 min.)
6. Break Out Sessions (15 min.)

Stations

A: _____ B: _____

C: _____ D: _____

END OF FIRST HOUR

Break (5 minutes)



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START OF SECOND HOUR

7. Break out Session 2 (15 min.) Area of work _____

Stations

A: _____ B: _____

C: _____ D: _____

8. Full Routine (up to: _____ how many times: ___) (15 min.)

9. Pyramid (7-10 min.)

10. Closing (3 min.)

Injuries, Concerns, Phone calls, Praises, Memorable Moments:

Reminders for next practice: