

## Ferris Cheerleading Practice Plan 2020-2021

1. Take attendance
2. Make announcements
3. Team Stretch – rotate stretch leader
  - a. Splits – Right, Left, Straddle
  - b. Butterfly, Pike
  - c. Arms, Shoulders
  - d. Wrists
  - e. Backbends
4. Team Jumps – rotate jump leader
  - a. Mondays – jump circle
  - b. Wednesdays – synchronized jumps
    - i. Right Herkie, Left Herkie
    - ii. Right Hurdler, Left Hurdler
    - iii. Toe Touch, Double Toe Touch
    - iv. Pike
    - v. Competition Jump Sequence

### <<Team water break>>

5. Break into stunt groups
  - a. Team synchronized preps/bumps x3
  - b. Team synchronized Press Extensions/Press down to preps/bumps x3
  - c. Team synchronized Straight up Extensions/Bumps from top x3
  - d. Team synchronized Quick up to prep/pop off x3
  - e. Team synchronized Quick up to Extension/Pop from top x3
  - f. Team synchronized prep level lib/tap back x3
  - g. Team synchronized Extended lib/tap back x3

All stunt timing goes: Clean 5, set 7, load 1 (tops single bounce – no double bounce), hit 5.

### <<Team water break>>

6. Practice Dance Routines (upcoming performances/band routines)
7. Tumbling (usually Mondays)
  - a. 5 handstands
  - b. 10 wall handstand shoulder shrugs
  - c. Cartwheels on good leg, cartwheels on bad leg back
  - d. Roundoffs
  - e. Back Walkovers/Back Bends

5 Standing Back Handsprings (or drills if working on this still)

5 Roundoff Back Handsprings (or drills if working on this still)

5 Standing Tucks (or drills if working on this still)

Final announcements/reminders – break.