

Work Stations

Option I - Jump/Tumbling Stations

From a coach out of Atlanta GA. It work jumps and tumbling at the same time.

Set up stations around the mat:

- 1) toe touch
- 2) rest
- 3) double toe touch
- 4) rest
- 5) pike
- 6) rest
- 7) forward roll
- 8) rest
- 9) cartwheel
- 10) rest
- 11) round off
- 12) rest
- 13) snap-down,
- 14) spot backhandspring, or any other tumbling passes.

Have the cheerleaders line up in a straight line and one by one they go through the stations. Begin with a count 5,6,7,8 and the cheerleaders move on 1, to do the jump or tumbling skill at their station. Then everyone moves down one to the next station. Count to 8 each time, rest a second, then start at 5,6,7,8 for the next count.

Have the first girl go around anywhere from 5 to 10 times, depending on how much time you have. It takes about 1 hour to make the circuit 10 times. It breaks up the practice, and everyone has something to work on. When I spot I make sure I am facing everyone, so that I can monitor spots that need to repeat (laziness), or if I need to correct the form on a jump.

Option II – Motions/Jumps/Tumbling Stations

Break the girls into 3 'workshops'--motions, jumps, and tumbling.

Each practice, they spend 30 minutes in their assigned workshop for the day really focusing on the technical aspect--arm placement, bent wrists, pointed toes, synchronization, etc...it seems to be working for my squad. You, as the coach, get to spend more individual time with them being in the smaller groups. Just after 2 weeks of implementing this, you should see a great improvement in their skills.

Option III - Tumbling Stations

4 stations at practice, breaking the girls up into groups depending on skill level. Before going into stations, divide into 4 lines and do:
Cartwheels, opposite leg cartwheels, cartwheels from knee, roundoffs, handstand walks down the length of the room and back.

Then do:

Station 1: 10 handstand snap-downs

Station 2: 10 handstand pushups

Station 3: 5-10 Backbends (either unsupported, or walking hands down wall and back up)

Station 4: spotted backwalkover/backhandspring (depending on individual skill level) OR running tumbling (for the girls who already can tumble)

Option IV – Conditioning Stations

Perform each task for 30 seconds. One girl starts at each station.

Rotate through clockwise.

Station 1: V-up sit ups

Station 2: Bands – Pull downs

Station 3: Knee bends (feet apart)

Station 4: Bands – Shoulder shrugs and side leans

Station 5: Bands – Triceps diagonal pull downs

Station 6: Plank hold

Station 7: Down and out

Station 8: Bands – seated row

Station 9: Tuck jumps

Station 10: Hollow rocks