



Cheer and Dance: Fundamentals of Coaching Cheer and Dance

This Fundamentals of Coaching Cheer and Dance course provides the new and experienced coach valuable information about coaching spirit groups. Throughout this course, you will hear from real coaches as they share advice, as well as their own personal best practices when working with spirit groups. This course will review coaching philosophy and styles, communication techniques, performance and administrative responsibilities, fundamental cheer and dance techniques, and finally risk management. Regardless of when the coach completes the course they will have up to one year after purchase to review and access all printable resources.

Unit 1: Introduction

- Philosophy
- Coaching Styles
- Communications
- Dealing with Different Personalities
- Compromise
- Documentation
- Resources: Developing a Coaching Philosophy; Statements of School Philosophies

Unit 2: Coaches Performance Responsibilities

- Tryouts
- Practices
- Game Day
- Competitions
- Outside Training
- Resources: Tryout Application; Cheer Evaluation Form; Cheerleading Tryout Checklist; Information Sheet; NFHS Coaches Association Membership Information; Sample Clinic Schedule; Sample Parent Letter; Sample Parent Student Letter; Teacher Evaluation; Team Selection Form; Tryout Contract; Tryout Judges Sheet; Tryout Schedule

Unit 3: Coaches Administrative Responsibilities

- Program Logistics
- Program Finances
- Team Handbook
- Yearly Calendar
- Service Projects
- Resources: Team Calendar, Team Handbook; Asst Coach Evaluation Form; Budget Request Form; Course Evaluation Form; Coaching Observation Form; Estimated Expenditures Form; Head Coach Evaluation Form; Mileage Statement Form; Purchase Order Form; Request for Bids Form; Spirit Inventory Forms; Year End Evaluations

Unit 4: Fundamental Technique

- Progressions
- Spotting
- Motions
- Jumps/Leaps
- Dance
- Progressions/Stunts
- Resources: Cheerleading Judging Form; Cheerleading Skill Progressions; Partner Stunt Progression; Pom Judging Form; Poms-Dance Judges Sheet

Unit 5: Risk Management

- Liability Issues
- Spirit Rules
- Resources: Emergency Phone List; Emergency Plan; List of Duties

Additional Resources: Spirit Rules Book ad-Coach Ed; State Association Form