

# Private Coaching

## 1) General Information

- A.Be Natural
- B.Time Management
- C.Interact and Move
- D.Know your Team

## 2) Cheer

### A.Words

- a)Huddle Formations
- b)Knowledge
- c)Inflection

### B.Motion Synchronization and Placement

- a)Sideline Formation
- b)Knowledge
- c)Perfecting Placement

### C.Incorporation

- a)Spread Out Formations
- b)Ideas and Game Plan
- c)Ability Level
- d)Level Changes
- e)Signs, Poms and Megs
- f)Standing Tumbling
- g)Stunts

### D.Review

- a)Walk through cheer with no skills
- b)Walk through cheer with skills

## 3) Dance

### A.Review Dance

- a)Sideline Formation
- b)Knowledge
- c)Motion Placement

### B.Incorporation

- a)Ideas and Game Plan
- b)Start at the end
- c)Work Backwards
- d)Ability Level

### C.Review

- a)Walk through incorporation with no skills
- b)Walk through everything with no skills
- c)Incorporation with skills
- d)Everything with skills
- e)Add Music

**Notes:** \_\_\_\_\_  
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