

MASTERING THE MOTIONS: THE DO'S AND DON'TS TO HAVING GOOD ARM MOTION.

Sharp, strong, clean motions are basic essentials required to being a great cheerleader. These motions come into play in more than just the cheers and sidelines you perform. They are in the dances you execute and the stunts you hit!

What does it take to have great motions? You must master these two elements:

1. PROPER MOTION PLACEMENT
2. SHARP MOTIONS

While practicing the following drills, keep these 3 things in mind:

1. Start with a nice, strong stance. Your feet should be a little more than shoulder width apart; your hands should be in fists and resting on your hips.
2. Keep your shoulders and hips squared forward
3. Keep your shoulders relaxed as you go through the motions

I. PROPER MOTION PLACEMENT

(This includes: Arm levels, arm/leg/body placement, fist & wrist direction) Stand in front of a mirror to check arm/body positioning. Try executing the following motions:



Hands on Hips



High V



Low V



Right 1/2 High V



Right "K"



Left "K"



Right "L"



Left "L"



Right Diagonal



Left Diagonal



"T"



Bent "T"



Bow & Arrow



Table Tops



High Table Tops



Low Table Top



Side Lunge



Right Liberty

*In addition to practicing in front of a mirror, it is also a great idea to get a fellow squad member or coach with whom you can practice and critique.