

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

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:

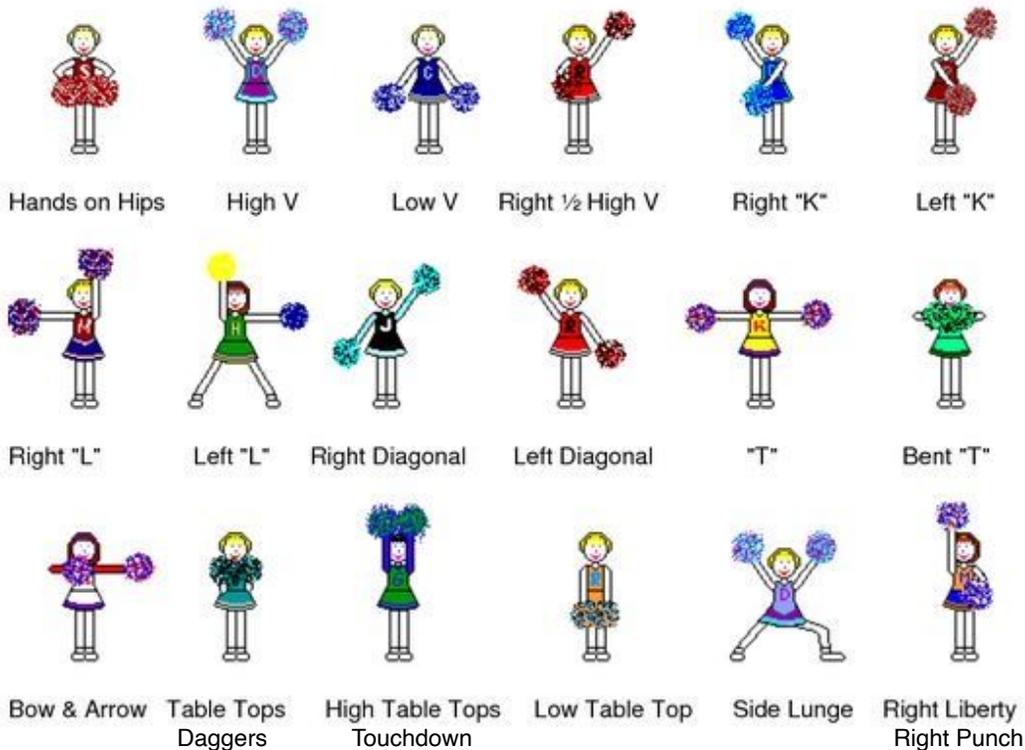
1. PROPER MOTION PLACEMENT
2. SHARP MOTIONS

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:



*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.

**You could also have someone video your motions, jumps, kicks, etc. so that you can critique yourself! You might be surprised at what you see!



4 o'clock



Toe Touch

Motions Not Pictured.

Blades- hands straight/fingers together

Clap- A clap using blades.

Clasp- A clap wrapping hands around each other.

High Clasp- A clasp with arms above the head.

Low Clasp- A clasp with arms straight down.

X- Arms in daggers position only crossed over each other in front of chest.

High X- Arms above head like a touchdown only crossing each other.

Low X- Arms in a low touchdown only crossing each other.

Penny-Arms in a circle above your head