



**Figure 7.15h** Toe touch.



**Figure 7.15i** Around the world.

*Spirit Rules Book*, the body should not be airborne before ending in a knee drop, seat drop, or splits. As a coach, you can promote the acquisition of jumping skills by increasing the amount of jumps incorporated into

cheers, chants, and routines. It is important when training cheerleaders in jumping to emphasize a strong follow-through and clean ending. The commitment to mastering jumping skills will aid the development of your squad's effectiveness because of the explosive and impressive impact on your crowd.

### Productive Jump Practices

The performance of outstanding jumps takes a lot of hard work. I recommend that you begin jump training immediately after try-outs by starting your squad on their strength and conditioning program (see chapter 6) as soon as possible. Extensive and ongoing training is necessary for the development of outstanding jumps. Since practicing jumps is hard work, you'll need to vary your jump practice sessions.

Individual commitment is needed to develop the skills necessary to perform outstanding jumps. Your squad needs to know that you are serious about helping them improve their jumps. Your cheerleaders' overall performance impact will skyrocket if they can execute excellent jumps. I will discuss five different ideas on how to structure jump practices: isolation, circle, contest, add on, and jump-a-thon.