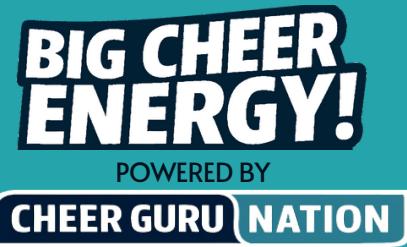




10 Cheer Mistakes (and how to fix them)

CHEAT SHEET



1. Forgetting Tight Motions

- The Mistake: Loose arms, bent wrists, uneven levels.
- The Fix: Drill motions daily with counts, mirrors, and sharp “snap” finishes.

2. Talking During Practice/Games

- The Mistake: Side chatter = wasted time.
- The Fix: Establish a “one voice” rule and use clear hand signals.

3. Weak Jumps

- The Mistake: Lack of height or pointed toes.
- The Fix: Add jump conditioning (squats, toe touches on counts, plyos).

4. Unsafe Stunting Habits

- The Mistake: Grabbing ankles, dipping too low, or rushing grips.
- The Fix: Review stunting safety checklist before every rep.

5. Poor Spacing & Formations

- The Mistake: Athletes drifting, lines not straight.
- The Fix: Tape the floor, run “formations only” reps without music.

6. Not Knowing Sideline Material

- The Mistake: Blank faces and late starts on chants.
- The Fix: Assign review buddies + create a video library for at-home practice.

7. Low Energy Performances

- The Mistake: Flat facials and low volume.
- The Fix: Practice “game day level” in every run-through.

8. Relying Too Much on the Coach

- The Mistake: Athletes waiting to be told everything.
- The Fix: Assign leaders for warm-ups, drills, and transitions.

9. Ignoring Conditioning

- The Mistake: Weak endurance = sloppy last minutes.
- The Fix: Build conditioning into practices, not just at the end.

10. Forgetting the Fun

- The Mistake: Over-focus on perfection = burnout.
- The Fix: Celebrate small wins, rotate fun team-bonding moments.

10 Cheer Mistakes and How to Fix Them!

Quick-Reference Cheat Sheet for Coaches & Athletes

■ Sloppy Motions	<u>Problem:</u> Arms not sharp, uneven angles. <u>Fix:</u> Use a mirror, hit checkpoints, drill positions.
■ Weak Jumps	<u>Problem:</u> Low height, bent legs, toes not pointed. <u>Fix:</u> Add plyos, core work, flexibility. Do rotating jumplines to music daily.
■ Talking in Formations	<u>Problem:</u> Side chatter breaks professionalism. <u>Fix:</u> Rule: no talking once in formation and at practice, one-voice rule, raise hands to talk.
■ Uneven Spacing	<u>Problem:</u> Gaps make routines messy. <u>Fix:</u> Use tape marks, rehearse transitions slowly.
■ Timing Off	<u>Problem:</u> Counts not in sync. <u>Fix:</u> Drill with 8-count, record & review. Watch themselves in the mirror
■ Weak Facials	<u>Problem:</u> Blank faces, low energy. <u>Fix:</u> Assign facial cues, rehearse energy. Practice showmanship, perform in groups.
■ Unsafe Stunting	<u>Problem:</u> Rushed grips, poor spotting, talking, laughing. <u>Fix:</u> Review safety rules, assign safety captain.
■ Weak Projection	<u>Problem:</u> Yelling, not projecting. <u>Fix:</u> Practice breath support, cheer in unison., Practice voices and rallying.
■ Skipping Conditioning	<u>Problem:</u> Low endurance, fatigue. <u>Fix:</u> Add sprints, planks, push-ups to warm-ups.
■ No Team Spirit	<u>Problem:</u> No bonding off the mat. <u>Fix:</u> Plan team events, encourage positivity, use ice breakers.

■ Coach's Note: Small corrections lead to BIG improvements.

■ Post this in your gym or share with your squad!

