

GHS CHEER TEAM **WEEK 3** JUMP TRAINING

Station 1: Balance Training Program

5 REPS OF THE FOLLOWING MOVES. IF THERE ON ONE FOOT YOU MUST DO 5 REPS ON EACH FOOT.

- **2 LEG HURDLE JUMP** (TOES, HEELS, ANKLES TOGETHER ON TAKE OFF & LANDING OVER WATER BOTTLE)
 - **2 LEG 90 DEGREE SQUAT JUMP** (LEGS SHOULDER WIDTH APART. SQUAT INTO A COMPLETE 90. HOLLOW OUT. SQUEEZE. STICK LANDING.)
 - **2 LEG 270 (3/4) DEGREE JUMPS** (TOES, HEELS, ANKLES TOGETHER ON TAKE OFF & LANDING. SQUAT INTO A COMPLETE 90 AND JUMP FROM TOES $\frac{3}{4}$ TURN. HOLLOW OUT. LAND ARMS UP. SQUEEZE. STICK LANDING. GO BACK SAME WAY ON NEXT REP)
 - **1 LEG HURDLE HOP** (START ON ONE LEG, JUMP OVER WATER BOTTLE. LAND ON SAME FOOT. STICK LANDING)
 - **BOUNDING IN PLACE** (START WITH ONE LEG UP 90DEGREE ANGLE. OPPOSITE ARM UP. HOLD 4 COUNTS THEN SWITCH LEGS. REPEAT WITH OPP LEG)
 - **1 LEG FORWARD/BACKWARD HOPS** (START ON ONE LEG, JUMP FORWARD 8 COUNTS THEN BACKWARDS 8 COUNTS. LAND ON SAME FOOT. STICK LANDING. SWITCH LEGS & REPEAT)
 - **ICE SKATER** ICE SKATE FROM FOOT TO FOOT- STICK LANDING.
 - **1 LEG SIDE BOX HOPS** (START ON ONE FOOT. JUMP SIDEWAYS OVER BOX OR WATER BOTTLE. GO BACK OTHER WAY. DO ALL 5 THEN SWITCH LEGS.
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Station 2: Core & Hip Flexor Training Program

CORE & HIP FLEXOR STRENGTH

10 REPS OF THE FOLLOWING. COMPLETE FULL SET THEN REPEAT 2X

- **UP AND OVER LEG LIFT**
(LIFT LEG FROM STRADDLE OVER WATER BOTTLE **TO CENTER**. HANDS BETWEEN LEGS IN FRONT)
 - **STRADDLE PRESSES (BOTH, L, R, CIRCLES)**
(SIT IN STRADDLE POSITION. POINT TOES. HANDS IN CENTER. LIFT LEGS)
 - **PIKE LIFTS**
(SIT IN PIKE POSITION. HANDS PLACED ON OUTSIDE OF LEGS BETWEEN KNEES AND HIPS BUT **NEVER** BEHIND YOU. LIFT AND LOWER LEGS WHILE FEET REMAIN POINTED. DO CONSECUTIVELY 10X)
 - **FROGGIES** (ARMS BEHIND HEAD. LOW SQUAT, JUMP KNEES TO ELBOWS. LAND BACK IN LOW SQUAT. CONSECUTIVE)
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Station 3: Jump Drills

JUMP DRILLS / JUMP

5 REPS OF THE FOLLOWING UNLESS OTHERWISE STATED. REPEAT ENTIRE SET 3X

- **2 SETS WHIPKICKS** (HANDS BEHIND BACK. TAP ALTERNATING TOES 1234. STEP BACK & KICK 1234 ALTERNATING LEGS. TOES POINTED.)
- **TOE TOUCHES** (TOES, HEELS, ANKLES TOGETHER ON TAKE OFF. SIT! PULL HIPS UNDER! LACES SHOULD FACE CEILING OR BEHIND YOU! DON'T BEND UPPER BODY! POINT TOES! TOES, HEELS, ANKLES TOGETHER ON LANDING.)
- **5R & 5L HERKIES** (TOES, HEELS, ANKLES TOGETHER ON TAKE OFF. SIT! PULL HIPS UNDER! R/L LACES SHOULD FACE CEILING OR BEHIND YOU! DON'T BEND UPPER BODY! POINT TOES! BACK FOOT LACES SHOULD FACE GROUND. TOES, HEELS, ANKLES TOGETHER ON LANDING.)
- **STAMINA TUCK JUMPS** (ARMS IN TOUCHDOWN MOTION. JUMP IN TUCK POSITION. KNEES MUST PASS WAIST TO COUNT. TOES, HEELS, ANKLES TOGETHER. CORE ENGAGED. CONSECUTIVE.)

***ALL JUMPS TO TEAM JUMP COUNTS**