

Cheer Power Jump Drills

Popcorn:

Begin in a squat position with legs together and hands on the ground.
On count one, jump from beginning position into a spread eagle.
Land in beginning position.
Execute this drill for a count of 15.

Flares:

Sit in a straddle position with knees locked and turned out.
Toes are pointed.
Hands are palms down on the floor and in front of the body in between the straddle.
Raise both legs at the same time and rotate back to make a clockwise circle.
Do this for a count of Ten.
Second Flare - do one leg at a time with the same action as above.
Third Flare - sit in pike position with legs together and raise one leg at a time.

Mary Poppins:

Legs should be more than shoulder width apart with bent legs.
Arms are straight with locked elbows and hands are in a clap position facing downward.
On count one, you jump up slapping straight, locked arms over the head legs together.
Land in beginning position and repeat for a total of 15 counts.