



VARSITY

SKILLS AND DRILLS

MASTERING THE MOTIONS

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THE DO'S AND DON'TS TO HAVING GOOD 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!

On any score sheet you see, whether it is a local or national competition, as well as a tryout, you will undoubtedly see Sharpness, Precision, and/or Synchronization as part of the main criteria. This is proof in the pudding that mastering these motions is an absolute necessity which will propel you from being a good cheerleader to a great one!

Executing a twisting dismount from a liberty heel stretch or performing a standing back tuck may not be skills within your immediate realm, but everybody, including you, has the capacity to punch motions with the best of them.

Think of the sharpest cheerleader you know, or think of a member on your favorite nationally ranked squad, or even one of your favorite UCA instructors. With a little practice and determination, your motion technique can be just as good.

With this in mind, what are we waiting for? Get up from in front of your monitor; get in front of a mirror, and let's see those motions!

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:



Note: In addition to the moves shown above, make sure you also practice the motions you are currently using in your cheers/dances/stunts.

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.

Things to Avoid

1. Over-extension of arms
2. Misplaced arm levels
3. Improper fist direction
4. Bent or cocked wrists

Things to Do:

Keep motions in front of you:

If you hit a motion properly, you should be able to see your arms/fists in your peripheral while looking forward (with the exception of a touchdown motion).

Watch arm levels:

Keep shoulders relaxed! A T should be absolutely level! Any high or low V's should look like a V.

Use proper fists direction:

Buckets: As if you were holding two bucket pails; this is used the majority of the time. (The exception to this is a touchdown motion in which your wrists should be facing inward)

Candlesticks: As if you were holding a candle in each hand. This forces you to turn your arms outward. This is used less frequently.

Keep wrists flat (not bent or cocked):

Your wrists should be perfectly flat, as if they were extensions of your arms.

Clap Cleanly:

While clapping, keep your elbows in and your clasped hands right below your chin.

II. SHARPNESS

(This involves strength & precision of motion)



The key to sharp motions is to make the transition from one move to another as clean, simple, precise and quick as possible.

Things to Avoid:

1. Avoid bouncing or swinging your motions
2. Avoid extra motion or movement

Things to Do:

1. Incorporate push-ups or a good strength training for your arms. Strong arms produce strong motions.
2. Hold your motion until the last possible moment before proceeding on to the next motion or movement.
3. Coordinate your motions with the syllables of the word in your sidelines and cheers. Or a particular count if you're doing a dance.

4. Don't forget: Each move that you do is considered a motion. This includes: claps/clasps, bringing your arms to your sides, your hips, etc....keep these moves strong and tight.
5. Take the shortest distance from one motion to the next. Do not swing your arms or make a circular motion when hitting a motion. Make a straight line when changing motions.
6. Always practice sharp, strong motions. When you're in practice and you're marking through a routine, ALWAYS do your motions full out!

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