



Improving Cheerleading Jumps

With a little effort and hard work, you can begin working on improving cheerleading jumps. Improving your cheerleading jumps means that you're not only executing higher cheerleading jumps, but that you're executing them correctly.

A Good Jump Requires. . .

Flexibility

Most cheerleading jumps require great flexibility. For example consider a toe touch jump. The cheerleader must be able to do the splits in the air and reach for her toes. In fact, there are several jumps that require reaching for your toes such as a pike and herkie. In order to reach the positions quickly, you must be flexible.

Muscles

There's no getting around it, if you're serious about improving your cheerleading jumps, you have to have strong leg, stomach, and arm muscles. While your leg muscles will help you achieve the height necessary to jump, your arm muscles have to be able to remain stiff so you don't look wobbly mid-air. Jumping is aided by your arm muscles.

Strength Training

Your leg, arm and stomach muscles must be strong. Cheerleaders should have a regular aerobic workout along with a regular strength training program. 30 minutes of aerobic activity 3 times a week along with push ups, sit ups, squats, lunges, wall sits, wrist curls and arm curls will strengthen your body.

Counts for a Cheer Jump

Counts 1 & 2: Clasp hands

Counts 3 & 4: High V position

Count 5: Bend bring arms down crossing in front of you

Count 6: Lift arms to proper position as you execute the jump, take a deep breath IN as you jump

Counts 7 & 8: Land and back to position

Practice, Practice, Practice

It almost goes without saying that you need to practice your jumps until you have them. Here are a few practicing tips to get you started:

Practice to music to help get the timing of the jump down.

Practice jump positions sitting on the floor when possible.

Practice with a spotter when you're learning a new position. This will allow you to worry more about your position than your height.

Six Tips for Higher Cheerleading Jumps

Aside from daily (or almost daily practice), here are six tips that you can use to get more height on those cheerleading jumps.

Tip One: Use Those Arms

The swinging and pumping motion that you go through when you are preparing to jump serves to help you in jumping higher. Remember to keep your arms stiff.

Tip Two: Keep Your Chest Up

It is instinctive and natural to want to "ball up" and pull your chest and torso towards your legs. Do NOT do this, keep your chest up, bringing your legs to your chest as you jump, as you do in the Standing Snap Ups or "T" kick exercise, this will give you more height. When you pull your chest down, your body follows, this is the exact opposite of your goal in jumping, you want to lift your body up as high as you can.

Tip Three: Stay Stiff

Not only will staying stiff help you with cheerleading stunting, it will also help you achieve higher cheerleading jumps. Being wobbly makes you less aerodynamic.

Tip Four: Don't Underestimate Visualization

Visualize yourself performing higher cheerleading jumps. Visualize yourself sticking the landing perfectly. If the jump you're working on is part of a routine, visualize the whole routine, jump and all, performed perfectly. Visualizing helps your body put into practice what your mind sees!

Tip Five: Work On Flexibility

Cheerleaders not only have to practice their sport, but work out regularly during the week to increase stamina and muscles. Those things are important for achieving higher cheerleading jumps, but they're also an important part of increasing your flexibility. The more flexible you are, the easier it will be to perform your jumps in good form. Having good form actually helps you get yourself higher off the ground.

Tip Six: Believe in Yourself

You can do this, the more you believe it, the sooner you will achieve it. There is no such thing as "I can't" in cheerleading. I Can, I Can, I Can, say it with me...

I CAN DO THIS!!! ☺