



# Coaching Cheer and Dance

Coaching Cheer and Dance provides new and experienced coaches valuable information about coaching spirit groups. This course will review coaching philosophy and styles, communication techniques, performance and administrative responsibilities, fundamental cheer and dance techniques, and risk management.



## Course Objectives

- Learn how to match your coaching philosophy to the role of the spirit team in the school setting
- Create a fair tryout system where you make the final decisions
- Understand the difference between game day/sideline responsibilities and competitions
- Recognize a team member's physical performance readiness
- Work with safe spotting techniques and motion techniques
- Teach appropriate and safe jumping techniques
- Understand the legal liability and responsibilities of a cheer or dance coach
- Use the rule situations in the NFHS Spirit Rules Book to effectively interpret the spirit rules

## Units

- Coaches Performance Responsibilities
- Fundamental Technique
- Coaches Administrative Responsibilities
- Risk Management

## More

- Unlimited access to course & resources for one year from date of purchase
- Use to fulfill  or  certification requirements
- Approved by NFHS for 5 course clock hours

More Information at [nfhslearn.com](https://nfhslearn.com)!