



Coaching Youth Cheerleading (Coaching Youth Sports Series)

American Sport Education Program

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We've got spirit—how 'bout you? As a newly anointed youth cheerleading coach, you've demonstrated that you have the spirit to coach, but what about the know-how? Even if you were a cheerleader in a previous life, being a cheerleader and coaching a cheer squad are two different things. Not to worry: *Coaching Youth Cheerleading* will help you sort out the herkies from the handsprings and provide you with the tools and knowledge to run your cheerleading squad with confidence.

Written especially for coaches of cheerleaders ages 14 and under by cheerleading heavyweights Varsity Brands and the American Sport Education Program (ASEP), *Coaching Youth Cheerleading* is the definitive guide for youth cheerleading coaches. Dozens of drills, games, and cheers are all supplemented by photos depicting correct form and position. Also included are introductions to techniques for performing cheers and dances, partner stunts and pyramids, and jumps and tumbling routines. Highlighted throughout the book are coaching tips you can reference quickly.

In addition to the basic skills and responsibilities for cheerleading, you will gain valuable insight on general coaching concepts such as coaching philosophy, communicating with squad members and parents, and preparing for the season. You'll also learn basic sport first aid protocols for injuries and illnesses you might encounter during practices or games. A glossary of cheerleading terms, assorted forms and checklists that you can copy for use with your own squad, and 30 cheers and sidelines will help you begin building a foundation of material.

Coaching Youth Cheerleading is the resource upon which the ASEP Coaching Youth Cheerleading online course is based. The course is available with the eBook version (PDF) of the book or with the printed text. New cheer coaches will especially benefit from the course as well as earn three-year ASEP certification by completing it.

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