

NEW COACH GUIDEBOOK



STUNT

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Breaking Down the Routines

Routines will be released at the start of the season in the form of 8-count sheets and videos. Once you receive the pre-choreographed routines, your job as a coach begins! The more prepared you are, the more successful the start of your STUNT season will be.

The first thing that helps tremendously is to go through each routine video with the 8-count sheet that is associated with it. Going one 8-count at a time, add notes to your count sheet about specific motions and movements that may not be noted. This will help tremendously when teaching routines. Here is an example of a Jump and Tumble routine:

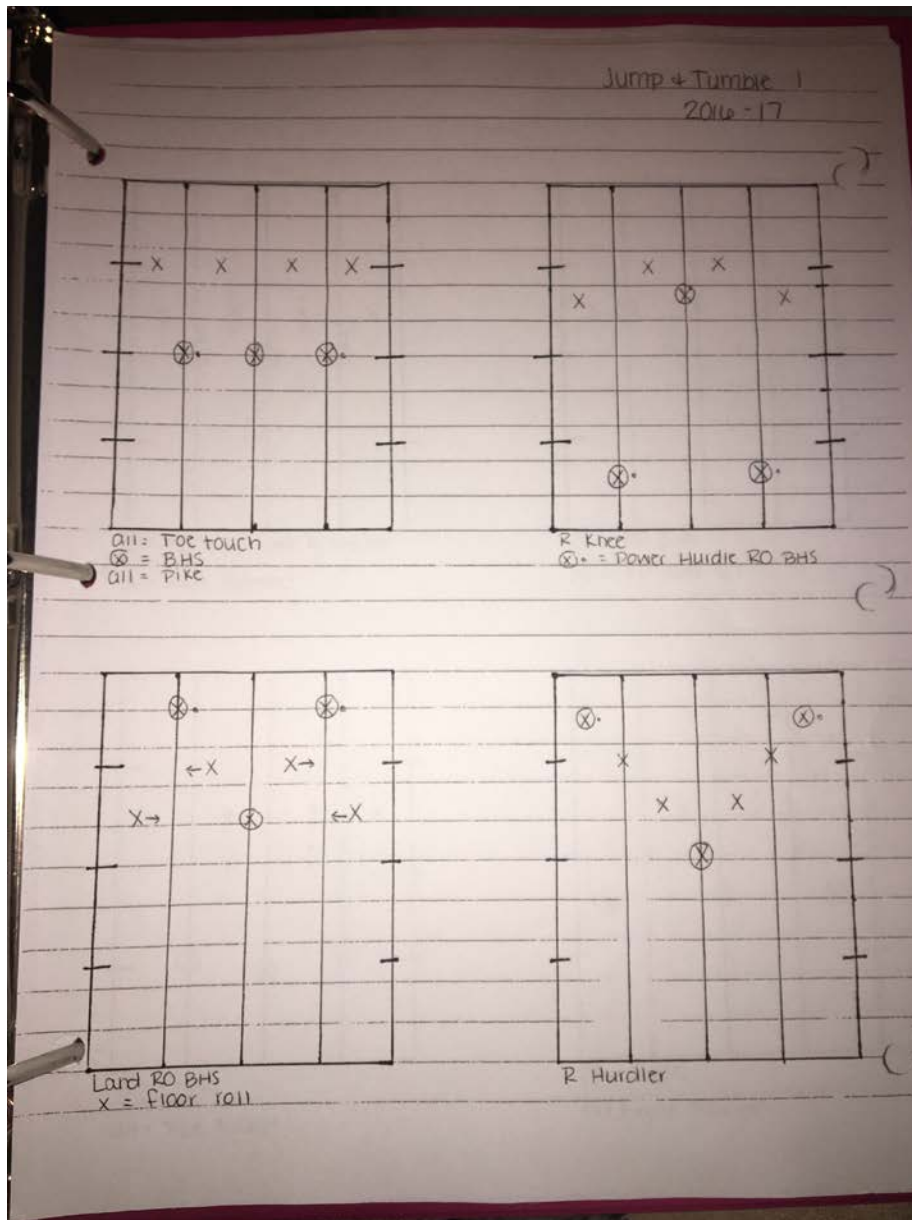
2017 College STUNT- Jumps and Tumbling- Level 1									
8-Count	Skills	1	2	3	4	5	6	7	8
1						Clap		High V	
2	TT	Swing	Hit TT	Land		Hold		Front Row: Stands	
								Back Row: Nugget	
3	3 BHS			Front Row: Sit for BHS	Hands	Front Row: Land		Hold	
								Fist @ knees Head down	
4		Everyone Stands		Turn to Side		Clap		Hit V	
5	Pike	Swing	Hit Pike	Land		Turn to Front		Outside 4: Walk	L Step
				Fist @ knees Head down				R Step	
6	2 RO BHS	R Step	Back 2 of 4: Feet together Outside 2	Back 2 of 4: Drop to knee and Hit Hips				Front 2 of 4: Reach for Power Hurdle RO BHS	
				Pivot around L foot Front 2 of 4: Turn to Back					
7		L Step							
		RO Hands	feet	BHS	Land	Hold		Fist @ knee Head down	
8		Everyone Stands		All but 2 RO BHS and Center; Seat Step R Roll	center sepl	2 RO BHS and Center: Stop Walking Feet together		Seat Rolls Stand	
				2 RO BHS and Center: Walk Step out	outside feet together	seat roll hold down in fists			
9	Front Hurdler	Clap to the Side		High V		Swing		Hit Front Hurdler	Land on R angle
End		Pop Out to Front and Hit Punch Motion (R)							

It is also useful to make copies of these sheets for your athletes to have with the notes. They can help with consistency later in the season.

Breaking Down the Routines

Once you have gone through all of the routine videos and made notes on the 8-count sheets, the next step is to create formations. The videos are taped so that you can see the hash marks and lines and the starting formation will be provided. Only the first formation is judged, but spacing matters throughout the entire routine.

Here is an example of the formations for the above routine:



It's also beneficial to write in what skills are performed in each formation so that you can be aware when assigning athletes later on.

Selecting your STUNT team

Selecting your team will vary depending on what the athletic department at your school does to obtain athletes. Most likely you will be recruiting athletes for your program throughout the year and possibly having a tryout as well.

When recruiting STUNT athletes, there are specific positions that you want to look for. These include tumblers, jumpers, bases, backspots, and tops.

Often times in STUNT, athletes will need to be versatile and step out of their normal position. Therefore, athletes who can do multiple roles can be very valuable, especially in pyramids!

For partner stunt routines, you want athletes with strong technique in their stunting. Usually your best elite stunters will also serve as your best basic stunters due to mastery of technique. STUNT requires athletes to often perform skills with techniques different from what they've learned in the past. For this reason, it's important to make sure that partner stunt athletes are able to adjust and work with varying teammates and grips.

For pyramid and toss routines, there are many requirements for positions. In addition to needing trick tops and strong basket throwers, you will also need stable top girls. Many times, you will have to double-block an athlete to make a routine work. For example, a trick basket top may have to base a pyramid and then top a basket. Versatility in multiple roles will allow these routines to become a strength for your team.

In jumps and tumbling, technique is key! Athletes must be able to execute jumps and tumbling skills as close to perfection as possible. These routines are the most individually focused, so it is also important that these athletes can handle the pressure of the round. Sometimes, routines will be similar, so spreading the wealth in these routines will greatly help your athlete's ability to remember counts and perform at a high level.

Assigning Routines

Once you have selected a team and outline the routines, the next step is to assign out the routines. Before you start putting people into positions, it can be very valuable to do skill evaluations so that you have a document of who is best at what. The areas that can be beneficial to assess are:

JUMPS

Toe-Touch
 Right Herkie
 Left Herkie
 Pike
 Right Hurdler
 Left Hurdler
 Double Toe-Touch
 Hurdler-Toe Combo
 Pike-Hurdler-Toe

TUMBLING

Back Handspring
 Back Tuck
 RO BHS
 Standing BHS Tuck
 RO Tuck
 RO BHS Tuck
 RO BHS Layout
 RO BHS Full
 BHS BHS Full

BASKETS

Toe-Touch
 Pike
 Kick Single
 Back Tuck
 Tuck X-out
 Pike Open
 Arabian
 Layout Full

In addition to documenting individual skills, it's also helpful to attempt pieces of pyramids to find out which athletes are best in certain positions.

Pyramids will often take the most time to master and work-out which athletes are best suited to routines.

Once you feel like you have a good sense for your teams' strengths, you can start assigning routines. It can be helpful to use a grid to track who is in what routines. While you want to utilize your best athletes as much as possible, it's also important to not overload an athlete with too many routines. Here is an example of a routine grid:

Aly		2		4		6					4	5	6		1		3						x	x	x	x	x	x	9
Brit	1							1	2	3				6														x	5
CJ			3	5				1								2								x	x	x	x		4

By laying out all athletes and routines in a grid, you can easily see how many routines each girl is in and make changes accordingly. It's also helpful to not have too many athletes in every routine within a level so that they do over-tire in the fourth quarter.

Sample Practice Plans

Date: January 29, 2015

Time: 4:00-6:30pm

Absent: Aly (lab until 4:30pm)

4:00pm: Team Warm-up/Individual Stretch

4:20pm: Jumps

- 20 kicks on each leg
- 5 of each jump in mirror

4:40pm- Tumble Lines

- Standing tumbling to STUNT counts
- Runs with power hurdles

5:00pm- Mark all STUNT routines

- Focus on clean transitions

5:15pm- Partner Stunt Routines 1 and 6

- Work on sync of ripple in PS1
- Chunk PS6
- Run full out

5:30pm- Pyramid Routine 6

- Throw pyramid section (assign spotters)
- Work basket progressions

5:45pm- Partner Stunt Routines 2 and 4

- Throw and run

6:00pm- Partner Stunt Routines 3 and 5

- Throw and run

6:15pm- Conditioning

- Run partner stunt routines 1-5
- Each minor deduction=10 push-ups
- Each major deduction=5 suicide sprints

6:30pm- End Practice

Strategies for Teaching Routines

Each quarter will evoke different teaching styles and each team will learn best in different ways. As a coach, it's your job to figure out how you teach best and how your athletes learn best.

Teaching STUNT routines involves both videos and count sheets. When possible, share both of these with your athletes and encourage them to review and learn what they can. It can be beneficial to assign routines and to have athletes prepare for the routines before the practice they are being taught.

As a coach, it's important to have a good grasp on the routine that you are teaching, including the correct grips and positions. When teaching, always start with counts, and continually review what has been taught, going one 8-count at a time. It's best to just focus on counts when learning, and save the actual skills for after the counts have been mastered.

TIPS AND TRICKS

Quarter 1: Partner Stunts

- Stunts can be taught in mass since most of the time, all groups do the same thing.
- Have athletes fully mark all parts while learning so that you can ensure that they have the correct timing and grips.

Quarter 2: Pyramids and Tosses

- Master the pyramids before running them full out to counts.
- Assign spotters to specific routines and positions to keep everyone safe at games and practices.

Quarter 3: Jumps and Tumbling

- Focus on all counts, including transitions and stands.
- Utilize hashes to help keep formations on as the routine progresses.

Quarter 4: Team Routine

- Drill transitions between routines!
- Devote practice time to running these routines and building the stamina needed to execute them.

First Game Tips and Tricks

The first game will be both exciting and nerve-racking! However, it takes playing a first game for both coach and athletes to fully grasp the game of STUNT. The one thing that I can guarantee, is that once you play, you will be hooked!

-Plan to arrive to the game site around an hour and a half before the game begins. This will give athletes ample time to get dressed, warm-up, and be fully ready for the game.

-Mock a “game” multiple times during normal practice. Go through different situations such as a music malfunction, injury, and overtime so that athletes are prepared.

-Make sure that you have read and review the STUNT Rule Book and that you understand the rules.

-Assign a parent or team manager to video tape the game so that you can review the routines and share them at practices.