



STUNT

New Coaches Guidebook
Youth Rec

Table of Contents

- Memberships & Training
- Social Media
- Breaking Down Routines
- Assigning Routines
- Strategies for Teaching Routines
- Sample Practice Plan
- First Game Tips and Tricks

Memberships & Training

USA Cheer and STUNT offer memberships and training for all coaches. All Youth Rec STUNT teams must purchase a STUNT Program Membership through USA Cheer prior to the start of the competitive season and allows them to access the materials for the current season. To purchase your STUNT Program Membership, go to the USA Cheer Membership page at usacheer.org/membership. You may have multiple teams per program, but only one (1) Program Membership is required.

In addition, every coach in your program is required to have a STUNT Coach Membership. This membership requires a background screening, athlete protection course, USA Cheer Safety & Risk Management certification, and waiver. Benefits of becoming a STUNT Coach member include membership card, complimentary training, discounted certifications, USA Cheer newsletters, and more. All coaches must have a current membership with USA Cheer in order to be on the sideline at any game.

It is also imperative that you read the Rulebook in its entirety. STUNT the Sport is very different from all-star cheer or sideline cheer, so it is important that you get a good understanding of the sport as you prepare for the season.

Social Media and Promotion

Social Media will be key for you in promoting your new Youth Rec program! It is the best way to communicate to the public about your program in every aspect.

1. Create social media accounts (i.e., Twitter, Instagram, Facebook) for your program.
2. Follow @STUNTtheSport to stay up to date with the latest news and info on our sport.
3. Follow other STUNT teams so they know about your program, and you can connect with other coaches and teams.
4. Share info on your new team, location, age levels offered
5. As you begin to practice, share pictures and videos of your athletes practicing, your practice gear, and anything else to show what your program is all about.

Breaking Down Routines

Prior to the routines being released, you will have access to the Skills Sheet in your account. This grid will show you which skills will be in each routine. This allows you to begin working skills with your team even prior to having the full 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! Preparation is key! 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. You will notice the main skills in each 8-count are listed on the left-hand side. As you begin to watch videos, you will have an idea of what skills are being performed and which athletes you might consider for those roles. This first step of brainstorming for each level will help as you prepare to assign routines and positions to your athletes.

Assigning Routines

Once you have gone through all the routine videos and familiarize yourself with the skills, the next step is to assign the routines and positions to your athletes. It is a good idea to have a team meeting where you show the material to your athletes and teach them how to read the 8 count sheets. Have your athletes earn their designated routines and counts before practices start. For example, “You need to know counts for level 1 and 2 partner stunts by Monday’s practice.”

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 team’s 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.

Once you get athletes assigned in routines, you can create a spreadsheet that shows who is in each routine, and you can analyze if you need to make any adjustments. 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 helpful to not have too many athletes in every routine within a level so that they are not overly fatigued in the fourth quarter.

As you start working through the routines, you might realize that some athletes are becoming overly tired in an excess of routines. If this is the case, you can use the grid to analyze if there are other athletes you can swap in to give others a break. For example, you might have an athlete that is in every round of jumps & tumbling and pyramids & tosses. So perhaps you find an athlete who is on your sideline who can do a lower-level pyramid so that the other athlete can have a breather during that round. Below is a sample grid you can use to list your athletes and track which routines they are in. This will help you see how many athletes are in each routine.



Team Name: _____
 Coach Name: _____



ATHLETE NAME	PS								PT								JT								TOTAL
	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	1	2	3	4	5	6	7	8	
Jessica Chatta		X			X						X						X	X	X						6
Amy Honey	X	X		X					X				X						X	X				X	8
Lauri Harris		X		X	X		X		X	X			X						X	X				X	10
Erin Johnson	X	X		X										X				X	X	X				X	8

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. Your first-year coaching STUNT will be all about learning and being flexible.

Teaching STUNT routines involves both videos and 8-count sheets. It can be beneficial to assign routines and to have athletes prepare for the routines before the practice they are being taught. When the athletes come to practice prepared with their counts, you can spend your time more efficiently learning and working skills.

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.

Practice Planning

Every coach plans their practices differently. It is important to have a plan, while also being flexible. When you start training for STUNT season, look at how many weeks you have and be sure to plan out your days and weeks. Things to consider:

- How many days per week are you practicing?
- How many weeks do you have until the season starts?
- How many levels do you want learned and game ready before your first game? (Aim for at least levels 1-4)

Break down the weeks into teaching practices, workshop practices, and cleaning/game ready practices according to your calendar. By giving yourself a clear timeline, it will keep you on track to ensure you are ready for your first game.

It is important prior to your first game to hold team meetings in which you teach the game structure, go through the Rulebook, and go through scoring. It is essential for your athletes to understand the game itself and to know what the officials will be looking for and what is considered a deduction. You want to make sure you practice correctly and create good habits at the very start of your season.

Quarter 1: Partner Stunts

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

Quarter 2: Pyramids & Tosses

- Master the pyramid in sections 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 & Tumbling

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

Quarter 4: Team Routine

- Drill transitions between routines!
- Devote practice time to running these routines and building the stamina and endurance 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 coaches and athletes to fully grasp the game of STUNT. But one thing is guaranteed...once you play, you will be hooked!

- Plan to arrive at the game site around an hour before the game begins. This will give athletes ample time to get dressed, warm-up, and be fully ready for the game. You and your athletes do not want to feel rushed on game day.
- Do a mock "game" multiple times during your normal practice time the week prior to your game. Go through different situations such as a music malfunction, injury, and overtime so that athletes are prepared.
- Make sure that you have read and reviewed the STUNT Rulebook and that you understand the rules. Have your Rulebook with you and have items that might come up highlighted or tagged.
- Have your 8-count sheets binder with you and assign a player or team manager to have them out and flip to them during the game for reference.

- Assign a parent or team manager to videotape the game so that you can review the routines. This will be essential in learning for your team after every game.

Can't wait to see you this season!

