

Practice Plan

DATE _____ TIME _____ LOCATION _____

FOCUS OF THE DAY _____

TIME	SEGMENT	DRILLS & DETAILS	MIN
	Warm-up & stretch		
	Jumps		
	Standing tumbling		
	Running tumbling		
	Stunts		
	Pyramid		
	Routine / sections		
	Cheers & chants		
	Conditioning		
	Cool-down & recap		

TODAY'S GOALS

1

2

3

4

5

6

ABSENT / INJURED

NEXT PRACTICE

TEAM

TRYOUTS

SKILLS

CALENDAR

PRACTICE

ROUTINE

COMPS

GAMES

ADMIN

NOTES

TEAM

TRYOUTS

SKILLS

CALENDAR

PRACTICE

ROUTINE

COMPS

GAMES

ADMIN

NOTES

UNFOLDFACTORY

YOUR WHOLE SEASON IN ONE BINDER

Cheer Coach Planner

92 pages in 10 tabbed sections: rosters, tryout score sheets, skill and stunt trackers, 20 practice plans, 8-count sheets, formation charts, competition and game day planners, budget and parent log. Print it or use it on a tablet.



See the planner on Etsy

50% off until October 26

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