



# Jumps

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## Partner Jump



Once your cheerleaders have practiced the "toe touch" jump on the ground and they have a sense of what it will look like when they're in the air, you can have them partner jump so that they can get a better feel of what it should be like.

Have one girl standing behind another and she's going to put her hands on her partners waist. The girl in the front is going to perform the jump as she would on her own. Her partner behind is simply going to guide her and then give her suggestions as to how she can fix her jump.

We're not so much worried about height at this point especially with our littler cheerleaders who might not have that strength yet. We do want to focus on the technique to make sure that as they get older and evolve into more advanced cheerleaders, they have that solid background.