

Are YOU Game Ready?

Write out your entire Game Plan below

Pre-Game:

List your pre-game activities: _____

First Half:

Time-out ideas with SIGNS (list 3 & 1 could be the Band's)

1- _____ 2- _____
3- _____

(1st Quarter) - 12 minutes

National Anthem - _____

Kick-Off - _____

Sidelines to use (list 3 offense, 3 defense, 3 general)

(O) _____	(D) _____
(O) _____	(G) _____
(O) _____	(G) _____
(D) _____	(G) _____
(D) _____	

What will you do for First Downs? _____

What will you do for Touch Downs? _____

What will you do for Field Goals? _____

(2nd Quarter) - 12 minutes

Sidelines to use (list 3 offense, 3 defense, 3 general – could use some from 1st Quarter)

(O) _____	(D) _____
(O) _____	(G) _____
(O) _____	(G) _____
(D) _____	(G) _____
(D) _____	

Half Time:

List your Half Time: _____

Second Half:

Time-out ideas with SIGNS (list 3 & 1 could be the Band's)

1- _____ 3- _____
2- _____

(3rd Quarter) - 12 minutes

Kick-Off - _____

Any Spirit Items to throw out to the crowd? _____

Sidelines to use (list 3 offense, 3 defense, 3 general – can repeat from other quarters)

(O) _____	(D) _____
(O) _____	(G) _____
(O) _____	(G) _____
(D) _____	(G) _____
(D) _____	

(4th Quarter) - 12 minutes

4th Quarter tradition - _____

Sidelines to use (list 3 offense, 3 defense, 3 general – can repeat from other quarters)

*Might need MORE SIGN Stuff during 4th quarter!

(O) _____	(D) _____
(O) _____	(G) _____
(O) _____	(G) _____
(D) _____	(G) _____
(D) _____	

High School Football for CHEERLEADERS

Pre-Game:

- Cheerleaders are Ambassadors to the school – should be first people seen as spectators enter for the game (could sell programs, raffle tickets, hand out spirit items like shaker poms, thunder sticks, etc... but working the gates, tailgate areas, alumni sections and the crowd pre-game)
 - Entrance to stadium – The band, Dance team & Cheer team should all coordinate how they enter the stadium Pre-Game (ex. Band leads in playing school fight song or something appropriate to create “crowd response”, the dance team files in right behind the band doing something choreographed while walking followed by the cheerleaders with poms)
 - Football team “run-on” – The cheerleaders should have something set “on the field” that happens when team runs out (ex. Painted banner team runs through, a Velcro break-away type large banner teams runs through, large flags that are run down the field, forming 2 lines, maybe doing stunts, etc.... while team runs in the middle, etc...)
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First Half: (*Note: each football team can have 3 timeouts per half so have 3 possible things planned to do for these)

(1st Quarter) - 12 minutes

- National Anthem – set exactly where and how the cheer team will stand during this time
- “Coin-Flip” / Kick-Off -
- Avg # of sidelines to do per quarter – 1 every other play
- SIGNS – “MUST USE to effectively “work the crowd” – have at least 1-2 things prepared each quarter using signs (Note: best times to use signs are on time outs or field measurements – find out when the band will play during timeouts)

(2nd Quarter) - 12 minutes (*Note: End Zones for scoring are now switched!)

- Avg # of sidelines to do per quarter – 1 every other play
 - SIGNS – “MUST USE to effectively “work the crowd” – have at least 1-2 things prepared each quarter using signs (Note: best times to use signs are on time outs or field measurements - find out when the band will play during timeouts)
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Half Time:

- Welcome & Greet opposing team cheerleaders
 - BAND performs
 - Possible half-time games played with fans using local sponsors for prizes (ex. Kicking field goals for prizes)
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Second Half: (*Note: each football team can have 3 timeouts per half so have 3 possible things planned to do for these)

(3rd Quarter) - 12 minutes (Note: End Zones for scoring are now switched again!)

- Kick-off (Note: Whoever kicked in first half will now receive in second half)
- Good time to throw free spirit items to the crowd to get them fired up for second half (ex. Mini footballs, t-shirts, cups, etc...)
- Avg # of sidelines to do per quarter – 1 every other play
- SIGNS – “MUST USE to effectively “work the crowd” – have at least 1-2 things prepared each quarter using signs (Note: best times to use signs are on time outs or field measurements - find out when the band will play during timeouts)

(4th Quarter) - 12 minutes (Note: End Zones for scoring are now switched again!)

- Start this quarter with a “traditional” something (football team may raise their helmets or hold up 4 fingers, so cheer team should have something set as well – something crowd can do too.)
- Avg # of sidelines should INCREASE in 4th quarter – 1 just about every play
- SIGNS – “MUST USE to effectively “work the crowd” – have at least 1-2 things prepared each quarter using signs (Note: best times to use signs are on time outs or field measurements - find out when the band will play during timeouts)

Have standard/traditional things set for the following that you ALWAYS do: (crowd will learn to expect this and join in.)

- National Anthem
- Kick-Off
- First Down
- Touchdown
- Field Goal
- 4th quarter start

Traditions for Football & Basketball Season

How Do We Introduce These Sidelines/Band Chants?

1. Hand outs from coaches outlining what they do for these events along with band chants, touchdown, kickoff, etc.

Kick-Off

Kick-Off is one of the first places to create, improve, or reintroduce what you would like for your fans to do during this phase of the game.

How Do You Introduce It?

1. Practice it! Go to the field and go through a “mock” kick-off.
2. Consider every option! Kick-off will occur at the beginning of the game, after every score (both teams), and at the beginning of the 2nd half. Will any one of these situations require anything different? If so, address it and practice it.
3. TEACH the band! Take time out of your practice schedule to visit the band during their practice time and teach them. They are instrumental to your success.
4. Teach this to your cheerleading parents. Go to a Booster Club meeting and teach this to your booster club.
5. Introduce it at all of your pep rallies. Talk about it, show it, have a “mock” kick-off with your team if you have to!

Sidelines/Band Chants

Every school has certain sidelines and band chants that are familiar, and that are easy for the crowd to follow. Work with the band on band chants that they like, and that are quick and easy, and that you are able to incorporate some words to. (For example, eat`em up, GO PATS GO!)

How Do You Introduce It?

1. Teach the band!
2. Teach the JV and Freshmen cheerleaders and make sure they are doing the same sidelines/band chants (even if it's to taped music) at their games.
3. Introduce at pep rallies.

Touchdowns

Touchdowns are a great place to install a tradition if one does not exist. If one does exist, then you need to reintroduce it.

1. Find out if one exists! Ask your booster club president. Ask alumni “folks” in your community.
2. If you find out that there isn't a tradition, then find out what the band does when your team scores.
3. Do they play the fight song immediately after scoring the 6 points?

How Do You Introduce What Your Tradition Will Be?

1. Practice! If you don't perform your tradition comfortably and full-out then your crowd will never follow what you do.
2. Consider every option! Are there any times/circumstances during a game that would confuse your touchdown tradition? (The only place could be field goals. Some schools use the same tradition during a field goal as they do during a touchdown.)
3. Teach the band!
4. Teach the JV and Freshmen cheerleaders and make sure they are doing the same thing at their games.
5. Hand out the words to the fight song/victory song before the game. Place the words to these two songs in your program.
6. Ask the announcer to help by "guiding" the fans as to what they need to do. (For example, "Fans please stand and join the cheerleaders and the band in the Patriots' victory march" ...)
7. Introduce the fight song/victory song at pep rallies.

EXPECT at least two seasons for this to catch on.

Opening Line-Up (Basketball)

- Easy place to get the crowd to join in on a "catchy" clap with you. Once the announcer has finished with the opposing team's starting 5, then you start your clap (X, X, XX-X). You get the crowd doing the clap and then if you synchronize stunts for your starting 5 players you can go ahead and do that, or if you just form spirit lines you can continue your clap in your spirit lines. Either way, you can continue the clap in your stunts since they should be EASY stunts that you can successfully perform while leading the crowd (chairs, shoulder stands, shoulder straddles, extensions).

Timeouts (Basketball/Football)

- Develop a "general" philosophy on point spread. For example, if the game is within 10 points, ONLY DO "Green and Gold" timeouts (something very traditional) and move into the crowd. Leave a "core" group on the floor to begin the sidelines and then those in the crowd follow. For all other situations, the timeout depends upon the game and what is going on. If it's a "blow out" do a lot of FUN timeouts "YMCA, Dr. Who, etc."
- Need to address the entire timeout. The timeout begins with the whistle, and ends with the whistle. It's smart to go with the whistles and go with your team. For example, whistle blows, official motions that it is a full timeout. Teams head to bench and cheer team takes the floor with the band playing. Remain on the floor until the whistle blows calling the teams back onto the floor UNLESS our team leaves the timeout early and returns to the floor then we head back to our sideline at that time.