

## High School Stunt Sample Progressions List

There are so many skills available in high school cheer that it would be impossible to create an exhaustive list. In addition, skill progressions aren't perfectly linear. There are several skills that can be moved forward or backward in the progression depending on your program. For example, you can start twisting from prep level before learning how to extend, or you can wait until you perfect extensions before starting to twist. In either case, the key is learning the twisting skill itself on the ground, then in the prep, then from a double based extension, then from the liberty. The key is that any skill should only be attempted after the lower-height and simpler version of that skill has been demonstrated with proficiency. New balance skills may also be attempted alongside a solid elevator prep bracer initially before attempting alone.

Step Up Drill

Side Thigh Stand

Double Base Thigh Stand

Side Thigh Stand Variations – Heel Stretch, L-Stand

Double Base Shoulder Stand (Walk-up, Pick Up From Post)

Pick Up Elevator

Elevator Prep – Step Down, Bump Down

Double Base Thigh Handstand

Cradle Drills

Elevator Prep – Cradle Dismount

Elevator Prep - Press Extension

Prep Level Lib

Ground-up Prep, Double Take Dismount

Elevator Extension

Twisting Drills

Elevator Prep – Full Twist to Cradle

Prep Level Inversion

Ground-up Extension

Ground-up Liberty

Elevator Extension – Full Twist to Cradle

Inversion Release to Load, Prep

Liberty Variations – Heel Stretch, Arabesque, etc. (start on ground, then prep, then braced)

Hand-to-Hand Inversion

Basket Toss Timer

Back Handspring Up to Load, Prep

Inversion Release to Extension

Back Handspring Up Extension

Note that many of these skills can be moved, as long as the lead-up version of the skill and component building blocks are in place.