



CHEERLEADING

Global Coaching Techniques

Module A



Module A Overview:

- Explore both general and specialized training topics for Cheerleading and Performance Cheer
- Focus on foundational principles for both disciplines

After each video, complete a brief quiz to reinforce the key points covered.
This is the first module in the Online ICU Global Coaching Techniques (GCT) series.

Next Steps:

Once you finish Module A, you're ready to move on to Module B in the Cheerleading or Performance Cheer GCT Course.

Successful completion of both Module A and Module B is required to receive the Global Coaching Techniques certificate and Blue Medallion.

This certificate is valid for four years from the date of completion.

1. GCT Cheer & Performance Cheerleading: Module A – Course Content
2. Global Coaching Techniques Cheerleading: Module A – Exam



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Module B



Module B Overview:

This module offers a comprehensive overview of essential skills and knowledge for athletes, with a focus on safety and foundational techniques.

- B.1: Introduction
 - This section covers an overview of levels, rules, glossary terms, and the roles and responsibilities of participants in the program.
- B.2: Athlete Safety Emphasizing the importance of safety
 - This segment includes instruction on equipment usage, spotting techniques, body awareness, and the principle of perfection before progression. It also features conditioning exercises and drills to enhance athletic performance.
- B.3: Novice Fundamental Skills
 - This part introduces novice athletes to fundamental skills necessary for their development, laying a solid foundation for future progress.
- B.4: Intermediate Fundamental Skills Building on the novice skills
 - This section focuses on intermediate-level techniques, providing athletes with the tools they need to advance their abilities. The module is enriched with video examples and practical instruction to ensure a thorough understanding of each topic.

***Please note that ICU Global Coaching Techniques for Cheerleading & Performance Cheer: Module A is a required prerequisite to this module.**

Successful completion of both Module A and Module B is required to receive the Global Coaching Techniques certificate and Blue Medallion.

This certificate is valid for four years from the date of completion.

1. Global Coaching Techniques Cheerleading: Module B – Course Content
2. Global Coaching Techniques Cheerleading: Module B – Exam