

Abstract

Title: Cheerleading – Methodical material of advanced stunts

Objectives: The objective is to provide comprehensive outline of information about cheerleading and to create listing of recommendations for advanced stunts and practice of advanced stunts.

Methods: Creation of chapter theoretical data was done by analyzing all available sources. The listing of recommendations for practicing advanced stunts was created by comparison of available literature concerning advanced stunts in cheerleading. Further we used the method of observation and then selected particular stunts for methodical material.

Results: Comprehensive review of information about cheerleading. Complete listing of grips, load-ins and dismounts. Didactic recommendations for practice of advanced stunts formed into methodical lists and photo documentation.

Keywords: Cheerleader, methodics, didactics, lifting figures