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Important Tips to Improve Cheerleading Stunts by Julia Roger

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Cheerleaders have to perform lot of physical work and dangerous stunt sessions. One needs to be very careful while performing tricky cheerleading tricks. If you are working on a flyer then there needs to be some special set of instructions and safety tips to be followed. We are going to discuss some important tips that must be considered while being the flyer in any cheerleading trick.

Body Position: Flyers have to be very well aware of their position in single base stunts as they have to keep their body in air for a while. Cheerleading stunt stands are really helpful in practice sessions. It is very common among beginners to lose track of their position and leading to confusion and other injuries. There should be a proper communication between flyer and base position holders. Keep in mind that flyer stunts require a lot of practice and communication between the team.

Avoid bending legs: One of the most common mistakes made by flyers is to bend their legs during transition phase of the stunt. Only permitted leg bending is when there need to be some sort of bending in the trick. Some of the most common cheerleading tips require no bending of the legs including arabesques, heel-stretches and even scales require straight legs. The best way to get rid of this problem is to keep their legs straight during the entire stunt.

Avoid relaxing during stunts: It is very important that the flyer should not be relaxed or try to balance their weight. Most of the experienced flyers keep their muscles squeezed during all the stunts to avoid any movement that may cause problem for the base supporting them. Cheerleading stunt stand is best for practicing all these tricks and they can help the flyers to maintain balance throughout the process.

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For more information on a stunt, check out the info available online; these will help you learn to find the a stunts!

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