

Measures for Cultivating the Athletes' Teamwork Ability in Cheerleading Training

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ABSTRACT. *In the cheerleading exercise, the good teamwork between the athletes not only can manifest their technical level but also can greatly improve the artistic appeal of their performance. Teamwork is the concentrated reflection of overall consciousness, cooperation spirit and service spirit, and its core is mutual trust, mutual support and mutual coordination between the team members. In the cheerleading exercise, the coach should focus on cultivating the athletes' teamwork ability so as to further realize the common development of athletes' cheerleading exercise technique and cheerleading exercise spirit.*

Keywords: *cheerleading; teamwork; sports training*

1. Teamwork in Cheerleading Exercise

Cheerleading is a collective sports event. In the performance, the athletes not only need to fully manifest their technical level, but also need to maintain good cooperation with the team members. In this way, the unique artistic charm of cheerleading can be presented. For this purpose, in the cheerleading training, the coach should attach importance to the cultivation of athletes' teamwork ability and take it as an important content in athletes' daily training. In the cheerleading exercise, an athlete who has a higher teamwork ability can clearly know her own role positioning in the team; can correctly understand the coach's and cheerleader's intention in the daily training or in the stage performance; can actively give opinions

and suggestions which are valuable for a single member or the whole team; can train with the team members at an open, relaxed and positive mental attitude; can earnestly take the criticisms and suggestions raised by the coach and the team members without any conflict psychology; can affirm the value of each team member in the team; can actively help the team members to solve problems; and can place team glory over individual glory and so on.

2. How to Cultivate the Athletes' teamwork ability in Cheerleading Training

2.1 Enhance the Athletes' Teamwork Consciousness

As consciousness determines behavior, teamwork naturally cannot be realized between the team members in the performance without a stronger teamwork consciousness. In the daily training, there are three methods for the coach to enhance athletes' teamwork consciousness: first, make the athletes foster common ideals like winning the championship in the provincial cheerleading competition in the recent years. Second, strengthen the theoretical education of athletes in cheerleading teamwork and make the athletes have a deep understanding of the important position of teamwork in cheerleading exercise from such aspects as sports safety and performance artistry. Third, periodically organize the athletes watch the stage performance of well-known cheerleading teams at home and abroad to make the athletes earnestly comprehend the teamwork spirit of well-known cheerleading teams at home and abroad. Fourth, cultivate the athletes' professionalism and humility. Good professionalism can enable an athlete to try her best to complete her personal task, and humility can enable an athlete to learn more about the other team members' merits to further improve her own technical level. Professionalism and humility are the need for athletes' teamwork.

2.2 Arrange Athletic Training in Groups

In a team, the athletes' teamwork level varies from physical quality, psychological quality and athletic ability. In the daily training, the coach should consider three issues when grouping the athletes: first, each group should be led by

an athlete who has a strong teamwork ability so as to make her help and mobilize the group members to gradually improve the teamwork ability; second, the groups should be often exchanged so as to make the athletes experience different groups on the basis of similar overall strength; third, each athlete should clearly know her own role positioning in a group and know her responsibilities. Besides improving the teamwork ability of the athletes, grouping also can eliminate the misunderstanding and contradiction between the athletes to improve the team cohesion.

2.3 Make Use of Sports Game to Create a Good Teamwork Situation

In the course of cheerleading training, the athletes always need to train for a thousand times and even a ten thousand times in order to master a technical movement skillfully. For many athletes, the cheerleading training is boring. The daily routine and repetitive training causes a lot of psychological pressure to many athletes, so they are not willing to talk with the team members, feedback the issues to the coach and share with any team member after encountering a setback. These issues hinder the improvement and development of athletes' teamwork ability. Compared to formal training, the sports game creates a relaxed, free and joyful training environment for athletes. In the sports game, the athletes can communicate with each other frankly, so teamwork is naturally completed in the course of the game.

2.4 Attach Importance to the Organization and Coordination Role of Cheerleader in the Team

The cheerleader is the core of the team. In the daily training, the cheerleader plays multiple roles like organizing training, maintaining order, conveying the coach's requirements, solving the team problems and mobilizing the team members' training mood. The coach should bring full play to the coordination and organization role of cheerleader in the team, for which there are four requirements: first, make the cheerleader periodically share her own exercise experience with the other excellent athletes; second, make the cheerleader mobilize the other team members to complete the training tasks or programs arranged by the coach; third, make the cheerleader

lead the team members to study the new cheerleading theme, music, style and movement through cooperation; fourth, make the cheerleader actively communicate with the team members, especially the members who are introverted and have a weak learning ability, learn about the actual difficulty of these team members, help them gradually improve the technique, improve their confidence and encourage them to actively participate in team cooperation, etc.

3. Conclusion

In the cheerleading training, the cultivation of athletes' teamwork ability is favorable for perfecting the virtue teaching function of cheerleading training and also has a positive impact on cultivating the athletes' responsibility consciousness and improving the team cohesion. In the daily training, the coach should enhance the athletes' teamwork consciousness, train the athletes in groups, and create a good teamwork situation by means of sports game to cultivate the athletes' teamwork ability. In addition, the coach should bring full play to the coordination and organization role of cheerleader in the team in the training course. In the cheerleading training, the coach should select the most appropriate cultivation method according to the actual development situation of athletes' teamwork ability.

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