



Performance Cues For Gymnastics, Figure Skating, Cheer And Sports With Choreographed Routines

Part 1.

Performance Cues help athletes focus on what they want to do and how to do it. Choose a skill or trick you want to practice. What cues will you use to remind yourself how to perform this skill. Talk yourself through the skill, then choose what tips you want to focus on.

Example:

Skill: (Tumbling) back handspring

Cue	Reminds the gymnast:
Chest	To keep the chest up on the sit
Shoulders	To push out of the shoulders in the handstand phase
Hollow	To keep the hollow shape on the snap down
Strong	To land in a strong finish position

Skill _____

Cue	Reminds me to:



Part 2:

Mental Choreography

When combining skills in a series or a routine or program, we will reduced Performance Cues and create Mental Choreography.

From the Example above, we had 4 cues for a back handspring, when we put the back handspring in a tumbling pass, we will use 1-2 cues per skill. Always start at the beginning and work completely to the finish.

Start	Round off	Back handspring	Layout	Landing	Finish
Strong	Reach	Head	Hips	Chest	Strong

Create your cues for a skill.

Create your cues for a series or section of your routine or program.

Homework: Create Mental Choreography for every section in your routine or program