



COACH EVALUATION

BUILDING SKILLS LIST

1

- Dismount - Bump down from Prep
- Dismount - Pop down from Prep
- MBS - Straight Cradle
- MBS - Floor Stunt Liberty
- MBS - Prep
- MBS - Show and Go - to ext.
- MBS - Straddle Sit @ Prep
- MBS - Straddle Sit @ Ext
- MBS - Flat Back
- MBS - Single Leg @ Prep
- MBS - Lib on thigh stand
- MBS - 2 feet on thigh stand
- SBS - assisted shoulder sit and dismount
- SBS - Floor Stunt - Lap stand
- SBS - Purdue to shoulder stand
- SBS - step up to shoulder stand
- SBS - Unassisted Shoulder sit
- SBS - Waist level single leg Stunt

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- Dismount - Cradle from Extension
- MBS - Load to Extension
- MBS - Prep press extension
- MBS - Barrell roll
- MBS - Liberty @ Prep level
- MBS - Leap Frog
- MBS - 1/2 up to Prep
- SBS - Walk hands
- SBS - Walk Extension
- SBS - Hands Cradle
- SBS - Hands pop down
- SBS - Hands Extension
- SBS - Walk Drill
- Toss - Straight Ride

SBS - Single Base Stunt

MBS - Multiple Base Stunt

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- Dismount - Full from Prep
- MBS - inversion to Prep (basket style)
- MBS - Extended Liberty
- MBS - Suspended Roll
- MBS - Suspended Roll with 1 Twist
- MBS - Ball up to Prep
- MBS - Switch up to Lib @ Prep
- MBS - Toss to Prep+
- MBS - Full up to Liberty @ Prep
- MBS - Full up to Prep+
- MBS - 1/2 up to Liberty
- MBS - Prep to Liberty
- SBS - Hands Liberty
- SBS - Purdue to HiH
- SBS - Shoulder stand to HiH
- SBS - Toss Hands Pop down
- SBS - Toss Drill
- Toss - full twisting basket
- Toss - Ball X
- Toss - Pike Basket
- Toss - Pretty Girl Basket
- Toss - Toe Touch Basket

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- Dismount - Full down from Arabesque
- Dismount - Double down from Prep
- Dismount - Waterfall
- MBS - Extended HiH from Prep
- MBS - HiH Press to Ext. HiH
- MBS - HiH @ Prep
- MBS - BHS to HS
- MBS - BHS to Prep
- MBS - BHS to Extension
- MBS - Ball up to Ext
- MBS - Helicopter
- MBS - Low to High
- MBS - Switch up
- MBS - FHS to Prep (facing back)
- MBS - HiH @ Prep pop to Prep
- MBS - Full around from Ext to Ext
- MBS - Full up to Lib from Prep
- MBS - Full up to Liberty from load
- MBS - Full up to Extension
- MBS - 1.5 up Prep
- SBS - Cupie
- SBS - Purdue to Ext. HiH
- SBS - BHS to HS
- SBS - BHS to Block
- SBS - Toss Cupie
- SBS - Toss full up to Hands
- SBS - Toss 1/2 up to Hands
- SBS - Toss Extension
- Toss - Full Twist Toe
- Toss - Double Twist Basket
- Toss - Kick full
- Toss - Tuck Full

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- Dismount - Double Down from Arabesque
- Dismount - Waterfall from Extension
- MBS - Extended HiH pop to Extension
- MBS - High to High
- MBS - FHS to Extension (no twist)
- MBS - Switch 1/2 up to Liberty
- MBS - Full around Lib to Lib
- MBS - 1.5 up to Liberty (MB walk 1/4)
- MBS - 1.5 up to Liberty from Prep (MB walk 1/4)
- SBS - Ext. HiH pop to Block
- SBS - Toss Liberty
- SBS - Toss full up to Block
- SBS - Full around Block to Block
- Toss - Hitch Kick Full
- Toss - Kick Kick Full
- Toss - Kick Tuck Full

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- MBS - Diamadov
- MBS - Rewind to Prep
- MBS - Side Somersault to Extension
- MBS - FHS 1/2 to Extension
- MBS - Switch full up to Liberty
- SBS - Diamadov
- SBS - Rewind Drill
- SBS - Rewind to Block
- SBS - Side Somersault to Block
- SBS - FHS 1/2 to Block
- Toss - Hitch Kick Double
- Toss - Kick Double



- Dismount - Arabian to Cradle
- Dismount - Back Layout 1/2 to Cradle
- Dismount - Back Layout to Prone
- Dismount - Back Tuck open to Prone
- Dismount - Back Tuck to Cradle
- Dismount - Front Tuck to Cradle
- MBS - BHS Full up
- MBS - Rewind Full to Extension
- MBS - Fast Forward to Prep
- MBS - Rewind to Cradle
- MBS - RO Rewind to Extension
- MBS - BHS Rewind to Extension

- MBS - FHS 1.5 up
- SBS - Rewind Full to Block
- SBS - Toss Double up
- SBS - FHS 1.5 up
- Toss - Arabian half
- Toss - Arabian 1.5
- Toss - Arabian
- Toss - Back Layout Double
- Toss - Back Layout Full
- Toss - Pike Open Full
- Toss - Pike Open Double
- Toss - Back Tuck/ Pike/ Layout
- Toss - Back Tuck X - out
- Toss - Back Tuck X - out full
- Toss - Front Full
- Toss - Front Tuck/ Pike/ Layout
- Toss - Kick Triple Basket

Questions about this list or credentialing?
Email coach@bcsportcheer.ca