

# Analysis on the Training Path of Team Cohesion of Cheerleading Teams in Colleges and Universities

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**Abstract:** After years of development, college education has undergone significant changes. Most of the training content is to enable students to grow better, enrich the teaching content, strengthen the individual team spirit and competitiveness, which is of great significance for college students to enter the society in the future. Nowadays, cheerleading is an important part of many universities' major competitions. By cultivating students' team cohesion, students can have better results in the team. This paper analyzes the development history of cheerleading and focuses on the cultivation strategy of cheerleading cohesion.

Cheerleading is a sport that has been developed in recent years. It is still in the early stage in our country, but it is favored by Chinese people. Now most universities have cheerleading operations as their main large-scale competitions. By cultivating cohesion, students' sense of teamwork is improved. Cheerleading is a kind of sports and fitness program, which can not only make you happy, but also shape your physical beauty. Therefore, cheerleading integrates the movements of body cheerleading and bodybuilding cheerleading, which can show the team spirit of youth and vitality. In the training process of colleges and universities, cultivating students' cohesion is the most important, which needs everyone to work together to complete. Therefore, in the teaching stage, we need to encourage students to improve their team consciousness.

**Keywords:** University cheerleading; Cohesion; Team training

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## 1. The development of cheerleading

Cheerleading was a ritual held by early tribes to encourage soldiers to go out to fight or hunt. In the ceremony, people danced to enhance the combat power of the soldiers and let them return to victory. Cheerleading was first in football and other games, in a way of cheering and shouting, time gradually passed, now all over the basketball, football and swimming and other games, become an indispensable scene of a beautiful scene, become a fashion sports, appreciated by the world, widely spread. China's cheerleading originated in 2000, to 2001, bodybuilding cheerleading art body cheerleading association held cheerleading competition in Guangzhou, and got good results. Cheer exercise can not only enhance the physical fitness, but also pay attention to the collective style in the performance and practice stage, which can exercise people's spiritual outlook. Through continuous development, the number of events has gradually increased, and some sports colleges have also opened cheerleading courses. Our country has developed cheerleading formally, but in the process of cultivating the cohesion of cheerleading, there are still some limitations, so it is necessary to formulate solutions.

## 2. Main factors affecting cheerleading

In cheerleading teams, the most important thing is cohesion. From the analysis of personal factors, if the values, personality and hobbies of the players are similar, then the players can reach a consensus in a short time, and can encourage and support each other, which is conducive to improving cohesion. However, if there are big differences between the hobbies and personalities of the players, it is difficult to establish a strong cohesion.

From the analysis of external factors, in a cheerleading team, the goals between members and the team, members and players need to be completely unified, in order to enhance the cohesion of the team. However, only by achieving the consistency of these goals can cheerleading training in colleges and universities be highly recognized by the target team and conducive to cultivating team spirit and consciousness. However, if there is healthy internal competition in the university cheerleading team, at this time, the members of the team can strengthen the team spirit and team cohesion only if they do not care about personal interests and grievances. Good competition within the team is conducive to stimulating the enthusiasm of the team members, so that they can improve the efficiency of cooperation and encourage each other in the competition process. Because in the university cheerleading training, if the team members change, it will have a negative impact, can not improve the team cohesion, hinder the sustainable development of cheerleading.

From the perspective of management factors, if the coach does not respect the cheerleaders, it is difficult to form a good cohesion, therefore, the players and coaches should establish a good relationship between teachers and friends, promote each other and make progress together. The coach must affirm the progress and success of the players, in order to improve the learning efficiency and enthusiasm of the players, and is conducive to cultivating cohesion. The coach can only create a good reward and punishment system to make the members satisfied and improve the quality of training.

### **3. Improve cheerleading team cohesion measures**

#### **3.1 Strengthen cheerleading training**

Cheerleading refers to collective cooperation to show the beauty of sports, athletes need to cooperate with each other, show different difficulties, shout out positive slogans, form a coordinated atmosphere, so that the overall cohesion of the team can be improved. Through uniform movements, athletes can show their athletic ability, positive spirit and self-confidence in the process of completing movements. But cheerleading requires not only group cohesion, but also graceful movements. In the process of movement, athletes are required to achieve a low center of gravity, to maintain a steady movement during the process, so that their bodies can be controlled. Cheerleading is a competitive sport, which requires the athletes to carry out high-intensity training periodically and scientifically. For the training of athletes, the training content mainly includes three steps, the first is to practice a single action, focus on mastering the correct force point of the cheerleading operation, experience the sense of muscle force and tension, strengthen the power type, and make the cheerleading operation aesthetic. Secondly, the basic actions should be combined, and the actions should be converted to each other, so that the action conversion route is correct. By using a cyclic approach to multiple training. Thirdly, after getting familiar with the composition of basic movements, it is necessary to change the direction of practice and add changes such as turning and kicking to increase the difficulty of movements. In the training stage, the use of step-by-step training, to keep scientific, strengthen the training process, to achieve twice the effect with half the effort, and cultivate the cohesion of athletes.

#### **3.2 Clear team goals**

If cheerleading wants to develop cohesion during the training phase, it needs to progress in a common direction. Clear team goals, can work together and progress. Nowadays, cheerleading has been developed to some extent, and the effectiveness of cheerleading can reflect the teaching level of teachers. However, if the team goal of cheerleading is not clear, the team members' learning methods and exercises are only carried out according to their own ideas, although they can complete the competition together from the surface, but in fact, it will not get good results. Therefore, teachers should establish a unified goal. First of all, as a captain, we should communicate with the team personnel in a timely manner, so that everyone has a sense of cohesion, and achieve the goal of seeking common ground while reserving differences. Secondly, in the training phase, everyone can set personal goals, and after the personal goals are achieved, there will be no impact on the team goals. Everyone on the cheerleading team is an individual, so it is important to focus on the team goal. Finally, to try more, cheerleading personnel arrangement and mode, can not only use the traditional old way, to constantly innovate methods, make full use of the body height of the players.

#### **3.3 Construction of incentive and reward system**

In order to improve the cohesion of cheerleading, it is also necessary to create a reward and incentive system. Every member of the team wants to be recognized and achieve good results, both spiritually and materially. Therefore, a differentiated incentive and reward system can be formulated according to the characteristics of the event or the overall performance of the players, so as to constantly encourage everyone to improve themselves. It is necessary to have a sense of cohesion, so that not only can all team members get good results, but also can make individual performance play out, which is conducive to achieving a virtuous circle.

#### **3.4 Attach importance to the interaction between team members**

In the process of cultivating the cohesion of cheerleading, it is a gradual process. From a subjective point of view, everyone's emotions and interpersonal relationships are the key to cultivating cohesion. If only rigid standards are carried out, it will not get good results, and even lead to conflicts between team members. Therefore, in the course of the event, it is necessary to avoid such conflicts, consider the characteristics and content of cheerleading training, so that the team members can effectively communicate with each other and improve cohesion. It can mediate the contradictions existing in the interpersonal relationship of the team members, and try to prevent them from finding problems at a critical period. In the daily training stage, through the process of playing games or discussing cheerleading, so that each team member can express their ideas and be respected, so as to achieve good results. Cooperate with each other, arrange and optimize cheerleading formation in time.

To sum up, to discuss the cultivation and methods of the cohesion of cheerleading in colleges and universities is the key issue in the cur-

rent education work. In daily training, it is necessary to choose diversified training methods, integrate more dynamic influencing factors, analyze the methods to improve cohesion, achieve effective intervention, and promote the overall development of cheerleading.

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