Introduction, opening comments
* Live stacking demonstration
  OR video clips

Instruction
* 3-stack (on floor; both hands; light, soft touch; 3-3, 3-3-3; first race; introduce “fumbles”)
* 6-stack (3-2-1 or “expert method; spread cups; hold loose; “pinky” on bottom cup; start with hand holding 3 cups; alternate like pistons or hammers; right-left-right; 1-2-3-4-5; keep base of cups together; downstack–gravity, slide, don’t slam!)
* 3-6-3 stack (put it all together!; use everything previously learned; review fumbles; practice; group race; demonstrate 2-2-2 method on 6-stack)

Activities
(Refer to On the Move with Speed Stacks Activity Guide)
* Floor and table relays 3-3-3, 3-6-3
* Stackers and Blasters pg 4
* Switchback pg 12
* Sharks and Swimmers Tag pg 12
* March Madness “Elite 8” pg 13
* Cooperative/partner stacking
  --Doubles Stacking pg 21
  --Sit up Stacking pg 10
  --Push-up stacking pg 10

Where do I go from here?
Closing comments

Really good reasons why you are learning sport stacking:
* To help students master the 3-3-3, 3-6-3 and cycle stacks (all good for developing motor skills, patterning, sequencing, focus and concentration);
* To promote eye-hand coordination and ambidexterity, important skills in most any sport;
* To give students the opportunity to use both sides of their body and brain to improve bilateral proficiency;
* To encourage students to set goals through establishing personal records and reinforce perseverance and practice as the way to improve those records;
* To reinforce the value of teamwork and the importance of never giving up;
* To have a lot of fun!