

# Sport Stacking

with **Speed Stacks®**

**Promotes hand-eye coordination, ambidexterity, quickness and concentration.**

**See It,  
Believe It,  
Teach It!**

**Stack by stack  
outline  
of Speed Stacks  
hands-on workshop**

## **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!



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