



Sport Stacking

with **Speed Stacks®**

See It, Believe It, Teach It!

5-DAY LESSON PLAN

Materials Needed:

- **SPEED STACKS SPORT PACK** includes:
 - Speed Stacks sets (recommend 1 set/stacker)
 - StackMat® (Mat and Timer)
 - set of Super Stacks® weighted training cups
 - set of Super Minis
 - set of Minis
 - Mini Mat
 - Stacker Training DVD
 - 5-Day Lesson Plan
 - *On the Move with Speed Stacks* Activity Guide
 - WSSA Stack Meet Manual
- **Tables (Optional)**
- **Tournament Displays (Optional)**

Reasons for Teaching 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!!!**

Day 1 *Begin session with a warm up/fitness activity.*

1. SHOW A SEGMENT OF THE DVD

Kids will get really excited about Speed Stacks and Sport Stacking if they can “see” what the potential is for them. Therefore, we suggest you show them either the “Introductory” section or the “World Championship Highlights” section on the Stacker Training DVD.

2. DEMONSTRATION of 3-3-3 & 3-6-3

Up stacking Down stacking Right to Left Left to Right
(Group instruction with teacher up front using a table, kids on the floor)

3. 3-STACK

On the floor, remind students to use both hands with “light, soft touch”; 3, 3-3 then 3-3-3; do first group race; introduce “fumbles”

4. FINISH with the following activities from the *On the Move with Speed Stacks* Activity Guide

- a. **Continuous Relays 3-3-3**-page 18
- b. **Leader of the Stack**-page 5
- c. **Stackers and Blasters**-page 4
- d. **Floor Relays 3-3-3**-page 17

PROMOTES:

Hand-eye coordination • Ambidexterity • Quickness • Concentration

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Day 2

1. **WARM-UP** with one of the **Warm-Up Activities** from the *On the Move with Speed Stacks Activity Guide-pages 4-5*
2. **QUICK REVIEW** of everything learned on Day 1
Follow the same sequence; Teacher again using a table, kids on floor
3. **KIDS PRACTICE 3-3-3**
Fix fumbles; Help individual students
4. **FIND A FRIEND** and race 3-3-3
Stacker Challenges-page 19
5. **TEACH 6-STACK**
3-2-1 method: Spread cups, hold loosely; “Pinky” under bottom cup; Perform “magic trick” grabbing 3 cups off the 6 without looking; practice; Pick up 3 cups in one hand, 2 cups in the other and leave one cup; Alternate placing cups working from the outside to the middle – right, left, right, left, right or count 1, 2, 3, 4, 5; keep base of cups together; down stack – gravity, slide, don’t slam!
6. **TEACH 3-6-3 STACK**
Put it all together! Use everything previously learned; Review fumbles; Practice; Group race
7. **FINISH with**
 - a. **Cardiovascular Fitness Activities-pages 11-13**
 - b. **Floor Relays (3-6-3)-page 17**

Day 3

1. **WARM-UP** with one of the **Warm-Up Activities** from the *On the Move with Speed Stacks Activity Guide-pages 4-5*
2. **KIDS STACK ON TABLES**
Let them warm up on their own with 3-3-3 and 3-6-3 stacks
3. **GROUP INSTRUCTION ON HOW TO USE A STACKMAT**
4. **INDIVIDUAL TIMING ON STACKMATS**
Throughout your Speed Stacks unit have kids rotate to the StackMat, and time themselves to set their own personal record – **Personal Bests-page 19**
5. **Choose a couple of TABLE ACTIVITIES-pages 6-7**
Continue 3-3-3 and 3-6-3 practice
6. **EMPIRE STATE STACKING-page 22**
7. **TEACH 6-6 STACK**
Teacher up front stacking on table; kids on the floor; group instruction 6-6; demonstrate and practice; move kids back to tables to practice
8. **6-6 STACK ON TABLES**
Individual races in group setting; **Continuous Relays-page 18**
9. **FINISH with**
 - a. **Floor Relay-page 17 or March Madness-page 19**
 - b. **Cardiovascular Fitness-pages 11-13**

HELPS DEVELOP:

Motor skills • Patterning • Sequencing • Focus

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Day 4

1. **FITNESS ACTIVITY** using one of the **Fitness Stacking Activities** from the *On the Move with Speed Stacks Activity Guide*-pages 8-9
2. **WARM-UP** on tables 3-3-3 | 3-6-3 | 6-6
Rotate to StackMats
 - a. **Personal Best**-page 19
 - b. Encourage students to keep track of personal records and try to improve them each time
3. **CYCLE STACK** Group instruction - kids on floor
 - a. Teach the 3-6-3 transition into 6-6; demonstrate and practice
 - b. Review and practice 6-6 transition into the 12 stack
 - c. Teach the placement of the single cups; demonstrate and practice
 - d. Teach 10 stack – emphasize the “up stack” only with 5-4-1 method (“right, left, right, center”); demonstration and practice
 - e. Teach 1-10-1 down stack into 3-6-3; emphasize the single cups turn and tap; demonstrate and practice
 - f. Put it all together; demonstrate and practice
4. **PRACTICE CYCLE STACK** on tables
5. **RUN A SERIES OF RACES** on tables
 - a. Individuals, Partners, Teams of 4; isolate stacks for relays 3-3-3 | 3-6-3 | 6-6 | 1-10-1 | Cycle
 - b. **Freestyle Stacking**-page 22

Day 5

1. **WARM-UP/FITNESS ACTIVITIES** with one of the **Fitness Stacking Activities**-pages 8-9 and/or **Muscular Strength & Endurance Activities**-pages 10-11 from the *On the Move with Speed Stacks Activity Guide*
2. **WARM-UP** on tables 3-3-3 | 3-6-3 | 6-6
3. **REVIEW** and continue working on the **Cycle Stack**
4. Have students time themselves (3-3-3 | 3-6-3 | Cycle stacks) on the StackMat for their **Personal Bests**-page 19
5. **INTRODUCE AND TEACH “DOUBLES”** from the *On the Move with Speed Stacks Activity Guide* page 21
6. Explore additional Activities from the *On the Move with Speed Stacks Activity Guide*
7. Organize a **LADDER TOURNAMENT!**
8. Organize a **WSSA STACK MEET!** (WSSA Stack Meet Manual)

Include sport stacking warm-up, fitness, skill and cooperative activities in your program all year long!

Notes:

Sport Stacking with *Speed Stacks*®

NOTE FROM BOB FOX, FOUNDER OF SPEED STACKS, INC.

“Although this Sport Stacking unit has been designed for five days, it can easily be extended. I would also encourage you to offer a before or after-school Speed Stacks Club. An excellent way to culminate your Sport Stacking unit and/or Speed Stacks Club would be to hold a Sport Stacking competition. Tournament information is available through the World Sport Stacking Association (WSSA). Check it out online at: www.worldsportstackingassociation.org or call 303-962-5667.

Best of luck with this unit and from all of us at Speed Stacks, we thank you for introducing this exciting sport to your students. Please let us know how it is going!”



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Congratulations on teaching your students this exciting sport. If you have any questions or want to learn more, please give us a call, toll free at 1-877-468-2877. Check out our website at www.speedstacks.com.

If you're ready to put on a tournament, check out the World Sport Stacking Association (WSSA) at www.worldsportstackingassociation.org or call 303-962-5667.

We're confident that between Speed Stacks and the WSSA you will have the tools and information you need for a successful Sport Stacking program year after year.