

Skill Card #1-The 3-3-3

Equipment:

- 9 Speed Stacks cups
- StackMat (Mat and Timer)

Object of the Lesson:

- Learn the first competitive stack called the 3-3-3

What to Do:

1. Watch and follow along with the video to learn the 3-3-3.
2. Remember to use two hands for every upstack and downstack.
3. Remember to always upstack and downstack in the same direction.



[youtube](#)

Check your Understanding:

1. Are you a lefty or a righty? Which direction for stacking feels more comfortable?
2. Are you grabbing cups from the sides instead of the tops?
3. Make sure you are not slamming the cups but trying to use a lighter touch.



Skills Card #2-Rules (Part 1)

Equipment:

- 9 Speed Stacks cups
- StackMat (Mat and Timer)

The Object of the Lesson:

- Understand the rules of sport stacking

What to Do:

1. Watch the video.
2. Practice the 3-3-3 and focus on the rules.



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Check your Understanding:

1. Are you upstacking and downstacking in the same direction?
2. Are you using two hands to upstack and downstack every stack?
3. Do you understand that the ONLY stack you can handle with one hand is the downstack of the last 3?



Practice Card #1-Non-Stop Stacking

Equipment:

- 9 or 12 Speed Stacks cups
- StackMat (Mat and Timer)

Practice Goal:

- Complete stacks repeatedly for an extended period of time to build muscle memory and improve speed and technique.

What to Do:

1. Choose a stack (3-3-3, 3-6-3 or Cycle).
2. Choose an amount of time from 3-5 minutes.
3. Start your timer and leave it running while you stack. The timer will only be used to keep track of how long you have been stacking.
4. Repeat your chosen stack over and over. You may need to shift your cups back to the left or right during the practice if you start to stack off of your mat.

Check your Understanding:

1. Practice moving smoothly from one stack to the next without hesitating in between.
2. Make sure you're not slamming cups. A light touch is a better way to gain speed.



Practice Card #2-Break It Down

Equipment:

- 9 or 12 Speed Stacks cups
- StackMat (mat and timer)

Practice Goal:

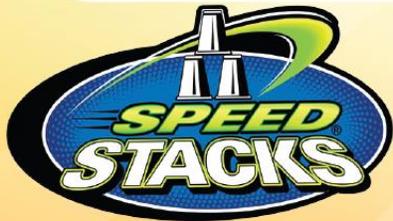
- Learn more about your own stacking skills.

What to Do:

1. Choose a stack (3-3-3, 3-6-3, 6-6 or 1-10-1 or the Cycle).
2. Complete 5 stacks using the timer.
3. Now time only the upstacks. NOTE: If you choose the Cycle, work on a specific part (3-6-3, 6-6- or 1-10-1). Repeat 5 times.
4. This time, upstack your cups without using the timer and then time your downstacks. Repeat 5 times.
5. Now complete 5 full stacks using the timer.

Check your Understanding

1. Which is faster, upstacking or downstacking?
2. Do you notice a stack that you need work on to build your speed or consistency?



Practice Card #3 – 2 Warmups and 3 Attempts

Equipment:

- 9 or 12 Speed Stacks cups
- StackMat (Mat and Timer)

Practice Goal:

- Practice the format used for competitions.
- Use warm ups to prepare for consistent performance in sport stacking.

What to Do:

1. In a competition, stackers take two warm ups and then complete three attempts of each stack.
2. Choose a stack (3-3-3, 3-6-3 or Cycle).
3. Complete 2 warm ups of the stack without the timer.
4. Complete 3 attempts of the same stack using the timer for each attempt.

Check your Understanding:

1. How do warm ups without the timer help you?
2. How do your times for each attempt compare with each other? How can you use that information to improve your consistency and performance?



Activity Card #1-Rapid Fire

Equipment:

- 12 Speed Stacks cups
- StackMat (Mat and Timer)

Description:

- A speed drill where you pick up all the cups and put them into a column of 12 as fast as you can.



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How to Play:

1. Spread out your 12 cups on the mat.
2. Place your hands on the timer.
3. Lift your hands off the timer and gather up cups until they form a column.
4. Stop the timer.

Variations:

1. Try different configurations of cups to start.



Activity Card #2-Stretch and Stack

Equipment:

- 12 Speed Stacks cups

Description:

- Stretch and practice sport stacking

How to Play:

- Choose a stretch.
- Place columns of 3 or 6 cups by your legs or feet.
- Stretch and upstack. Then, stretch and downstack.

Variations:

1. Use 3-3-3, 3-6-3 or Cycle.
2. Try a variety of stretching positions.



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Activity Card #3-4-Wheel Drive Stacking

Equipment:

- 12 Speed Stacks cups

Description:

- Do a bear walk and practice sport stacking patterns.

How: to Play:

1. Set up 4 columns of 3 cups each along the floor in a straight line.
2. Do a bear walk and stop at each set up cups.
3. Use both hands to upstack each 3-stack.
4. Turn around and do a bear walk back to each stack and downstack.



[youtube](#)

Variations:

1. Use different kinds of stacks.
2. Try a variety of movements on all fours. This is called quadrupedal movement.



Activity Card #4-Hide and Stack

Equipment:

- 6 or more Speed Stacks cups
- Optional: StackMat (Mat and Timer)

Players:

- 2 or more

Description:

- One player hides cups and the other player goes to find them.

How to Play:

1. One player hides their eyes.
2. The other player takes 6 or more cups and hides them in a defined area.
3. The first player searches and finds all the cups that have been hidden.
4. Complete a sport stacking pattern or structure when you've found all the cups.
5. Take turns hiding and finding cups.



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Activity Card #5: Stack Bowling

Equipment:

- 12 Speed Stacks cups
- Pen/Pencil to keep score

Description:

- Build different formations of cups and roll a ball to knock them down.

How to Play:

1. Set up the cups in the following formations for each frame:

Frame 1: 3-Stack	Frame 2: 6-stack	Frame 3: 3-3-3 (9 cups)	Frame 4: 6-6 (12 cups)	Frame 5: 1-10-1 (12 cups)

2. Roll two balls and try to knock down all the cups. Score 1 point per cup hit.
3. Keep track of your score. A perfect score in Stack Bowling is 42!

Variations:

1. Create new structures for frames 6-10 and keep bowling!



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