

Skill Card #3-The 3-6-3

Equipment:

- 12 Speed Stacks cups

Object of the Lesson:

- Learn the competitive stack called the 3-6-3.

What to Do:

1. Watch and follow along with the video to learn the 3-6-3.
2. Remember to use two hands for every upstack and downstack.
3. Remember to always upstack and downstack in the same direction.



Check your Understanding:

1. Are you a lefty or a righty? Which direction for stacking feels more comfortable?
2. Practice picking up 3 cups in one hand and 2 cups in your other hand without picking up the whole column of cups.
3. Practice the 3-6-3 slowly at first. You'll get faster as you become more comfortable.



Skills Card #4-Rules (Part 2)

Equipment:

- 12 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 then the 3-6-3 and focus on the rules.
3. Practice using the timer and pay attention to the location of your hands when you stop the timer.
4. Don't start over if you fumble. Practice fixing your fumbles and following the rules.



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Check your Understanding:

1. Are you upstacking and downstacking in the same direction?
2. Are you only using your hands to start and stop the timer?
3. Are you fixing your fumbles properly?



Practice Card #1-Non-Stop Stacking

Equipment:

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

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:

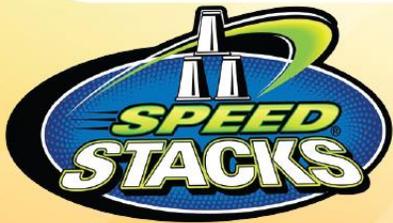
- Learn more about your own stacking skills.

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 Warm Ups 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 #6-Around the World

Equipment:

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

Description:

- A stacking activity to get both hands and feet moving around a table.

How to Play:

1. Place your cups in columns of 3 on the different edges of a table.
2. Move around the table and upstack each set of cups as you pass them until you get back to the beginning set.
3. Continue around the table and downstack each set of cups.

Variations:

1. Use different stacks (6 stacks).
2. Travel in different directions.
3. Use the timer. Start the timer when you begin moving around the table and stop it after all the sets of cups have been upstacked and downstacked.



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Activity Card #7-Push-Up Stacking

Equipment:

- 9-12 Speed Stacks Cups
- StackMat (Mat and Timer)

Description:

- Complete planks and push-ups while practicing sport stacking

How to Play:

1. Arrange your cups on the floor in a 3-3-3.
2. Hold a plank and alternate hands upstacking and then downstacking the 3-3-3.
3. Repeat and do a push-up between each upstack and downstack.

Variations:

1. Try using different configurations of cups like a 3-3-3-3 or a 6-6.
2. Use a timer to see how long it takes you to complete a 3-3-3 while holding a plank.



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Activity Card #8-Crab-Walk Stacking

Equipment:

- 12 Speed Stacks cups

Description:

- Crab-walk around the room and upstack and downstack cups.

How To Play:

1. Set up 3 columns of 3 cups each along the floor in a straight line.
2. Do a crab walk and stop at each set up cups.
3. Use both hands to upstack each 3-stack.
4. Crab walk back to the beginning through the pyramids of cups.
5. Begin again and downstack each 3-stack back into a column of 3.



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Variations:

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



Activity Card #9-Sit-Up Stacking

Equipment:

- 9-12 Speed Stacks cups

Description:

- Complete sit ups while practicing sport stacking.

How to Play:

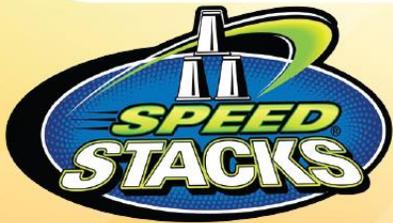
1. Arrange your cups on the floor around your legs in columns of 3.
2. Lay down on the floor and sit up.
3. Each time you sit up, upstack a column of 3.
4. Repeat until all the columns are upstacked.
5. Continue sit ups and now downstack each 3-stack.

Variations:

1. Try using different configurations of cups like a 3-6-3 or a 6-6.



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Activity Card #10-Chalk Walk

Equipment:

- 12 Speed Stacks cups
- Sidewalk chalk

Description:

- Use chalk to create different locomotor challenges in between stacking pyramids.

How To Play:

1. Use sidewalk chalk to show a variety of movements.
2. Place columns of 3 cups in between different sections of the chalk walk.
3. As you complete each movement section, upstack a 3 stack and then continue through the chalk walk to the next set of cups.

Variations:

1. Vary skills and the length of the chalk walk based on age and skill level.
2. Use different stacks (3, 6, or 10-stacks) throughout your chalk walk.



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Activity Card #11-Dice Stacking

Equipment:

- 12 Speed Stacks cups
- Dice

Description:

Complete cardio exercises and sport stacking patterns.

How to Play:

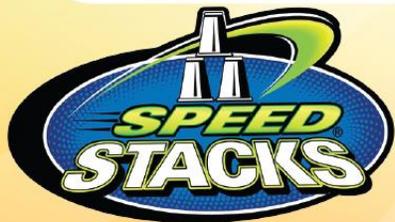
1. Decide which stack you are going to complete when you roll the dice.
2. Roll the dice to decide how many of each stack to complete and also how many of each exercise.
3. Use the following chart to determine number of repetitions and the type of exercise.
1 = Burpees 2 = Sit Ups 3 = Jumping Jacks 4 = Squats 5 = Lunges 6 = Push Ups
4. For example, if you choose the 3-6-3 and roll a 4, you'd complete 4 3-6-3's and 4 squats.

Variation:

1. This activity can be done with more than one person.
2. Make up your own list of exercises!



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Activity Card #12-Raise the Bar

Equipment:

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

Description:

A sport stacking game to challenge your speed and consistency

How To Play:

1. Decide which stack you are going to use to play this game.
2. Every player starts at 5 points.
3. Complete your stack and use the timer.
4. Each time you stack, if you are faster than the first time, you gain a point. If you are slower, you lose a point. If you scratch (break a rule of sport stacking), you automatically lose a point.
5. Game ends if you reach 10 points and win or 0 points to lose.



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Variation:

1. This game can be played between 2 or more people using any stack.

