

Skill Card #5-The Cycle Part 1

Equipment:

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

Object of the Lesson:

- Learn the Cycle stack through the upstack of the 1-10-1

What to Do:

1. Watch and follow along with the video to learn and practice the first parts of the Cycle.
2. Remember to always upstack and downstack starting on the same side of the mat.

Check your Understanding:

1. Pay close attention to your transitions.
2. Are you downstacking the last 3 in the 3-6-3 with one hand?
3. Are you downstacking the second 6 using cups from when you downstacked the first 6?



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Skill Card #6-Focus on the 1-10-1

Equipment:

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

Object of the Lesson:

- Develop your style for upstacking and downstacking the 1-10-1

What to Do:

1. Watch and follow along with the video to understand more about the upstack and downstack of the 1-10-1.



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Check your Understanding:

1. Are your thumbs high enough on the top cups when you pick up the 5 and 4 so that your other fingers can release the cups as you upstack?
2. Have you developed a consistent style for upstacking and downstacking the 1-10-1?



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Skill Card #7-The Cycle Part 2

Equipment:

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

Object of the Lesson

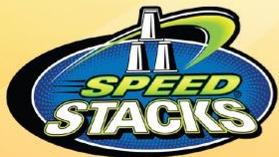
- Finish learning the Cycle stack and practice with the timer.

What to Do:

1. Watch and follow along with the video to practice the downstack of the 1-10-1 and then complete a full Cycle.
2. Practice Cycles without the timer.
3. When you are ready, practice Cycles with the timer.

Check your Understanding:

1. Does your Cycle go through all the parts: 3-6-3, then 6-6 and then 1-10-1?
2. Does your Cycle begin and end in a downstacked 3-6-3?



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Practice Card #4-Slow, Medium, Fast

Equipment:

- 9 or 12 Speed Stacks cups
- StackMat (Mat and Timer)
- Optional: paper and pencil/pen

Practice goal:

- Improve skill, consistency and speed

How to Play:

1. Choose a stack.
2. Complete 5 stacks at your slow speed.
3. Complete 5 stacks at your medium speed.
4. Complete 5 stacks at your fast speed.
5. Remember to always fix your fumbles and follow the rules of sport stacking.
6. Optional: Create a chart with the headings “Slow, Medium, Fast” and record your times.

Check your Understanding:

1. Do you fumble more at one speed? If so, spend more time working at that speed.
2. Are there parts of a stack where you are slower? Work on increasing speed on your slower upstacks and/or downstacks.



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Practice Card #5-Grabbing Cups

Equipment:

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

Practice Goal:

- Practice picking up the correct number of cups without counting for the 6-stack and 10-stack.

How to Play:

6-stack

1. Place a column of 6 cups on the mat.
2. Pick up 3 cups without counting the cups beforehand. Did you get 3? If not, try again. Continue practicing until you consistently pick up 3 cups.
3. Make sure your thumb is half way up the top cup and that your other fingers are gently holding the rest of the cups on their bottom rims.
4. Now, after you pick up the first 3 cups, use your other hand to pick up 2 cups also making sure that your thumb is half way up the top cup and your other fingers are holding the other cups at their bottom rims.



10-stack

1. Place a column of 10 cups on the mat.
2. Pick up 5 cups without counting the cups beforehand. Did you get 5? If not, try again. Continue practicing until you consistently pick up 5 cups.
3. Make sure your thumb is half way up the top cup and that your other fingers are gently holding the rest of the cups on their bottom rims.
4. Now, after you pick up the first 5 cups, use your other hand to pick up 4 cups also making sure that your thumb is half way up the cup and your other fingers are holding the other cups on their bottom rims.



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Activity Card #13-Roll and Stack

Equipment:

- 12 Speed Stacks cups
- Dice

Description:

- Roll the dice to determine how many stacks to do.

How to Play:

1. Choose a stack.
2. Roll the dice and then complete that number of the stack that you chose.

Variations:

1. This activity can be done with any of the competitive or freestyle stacks.
2. This can also be a competitive game where 2 or more people race to complete the designated number of stacks.



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Activity Card #14-Assorted Fitness Stacking

Equipment:

- 12 Speed Stacks cups

Description:

- Complete sport stacking patterns while also completing a variety of fitness activities

How To Play:

1. Choose a stack, a number of repetitions and a variety of fitness movements.
2. Complete your stack the designated number of times and then, in between each set of stacks, complete the same number of repetitions of each exercise.

Variations:

1. This activity can be done with the 3-3-3, 3-6-3 or Cycle and any exercises.



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Activity Card #15-New York Minute

Equipment:

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

Description:

A sport stacking game to challenge your speed.

How to Play:

1. Decide which stack you are going to use to play this game.
2. Start the timer and start stacking.
3. Complete as many stacks as you can (upstack and downstack) before the timer gets to 30 seconds.
4. Stop the timer before it goes over the time limit.
5. Your score is the number of stacks you completed.

Variation:

1. This game can also be played with a 1 minute time limit.
2. Race another player. The one who finishes the most stacks in the fastest time without going over the time limit wins the round.



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Activity Card #16-Dribble Stacking

Equipment:

- 12 Speed Stacks cups
- Basketball (or other ball that bounces)

Description:

- Combine sport stacking and basketball to work on coordination and get exercise.

How to Play:

1. Place your cups in columns of 3 around the playing area.
2. Dribble a basketball to one of the columns and upstack a 3 stack.
3. Continue to all the columns until they're all upstacked.
4. Then dribble back to each column and downstack it.

Variations:

1. Try to keep dribbling while upstacking and downstacking.
2. Try using your non-dominant hand for either the dribbling or the stacking.
3. Use a timer and race the clock.



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Activity Card #17-Soccer Stacking

Equipment:

- 12 Speed Stacks cups
- Soccer ball (or similar)
- Cones (or similar)

Description:

- Combine sport stacking and soccer to work on coordination and get exercise.



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How To Play:

1. Set up cones spread out in a straight line.
2. Set up a set of Speed Stacks cups at the end of the line of cones in a 3-6-3.
3. Start at the other end dribbling a soccer ball in between the cones.
4. When you get to the Speed Stacks, complete a 3-6-3, and then dribble back through the cones.

Variations:

1. Spread the cones farther apart for more dribbling and running practice.
2. Complete different rounds using other stacks (3-3-3, 3-6-3, 6-6, 1-10-1 or Cycle).
3. Focus on dribbling with both your dominant and non-dominant foot.



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Activity Card #18-Head to Head

Equipment:

- 2 sets of Speed Stacks cups
- StackMat (Mat and Timer)

Players:

- 2 or more

Description:

- Choose a stack and race a partner.

How to Play:

1. Players agree on which stack they'll complete.
2. On the "Go" signal, both players complete their stack.
3. The fastest player wins. Remember to fix your fumbles and have proper starts and stops!

Variations:

1. If you only have one set of cups, each player can have 6. Do one 6- stack or a 3-3.
2. If you don't have a StackMat, place an object between you. Both stackers start with their hands on the table. On the "Go" signal, complete your stacking and the first one to finish picks up the object.



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