

Skill Card #8-How to Fix Fumbles

Equipment:

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

Object of the Lesson:

- Learn about how to fix fumbles in the 3-3-3, 3-6-3 and Cycle.

What to Do:

1. Watch and follow along with the video on How to Fix Fumbles.
2. Practice the 3-3-3, the 3-6-3 and the Cycle and fix any fumbles that happen

Check your Understanding:

1. When you are learning to fix fumbles, pause and look closely at what happened.
2. Make sure you fixed the fumble before you move on when you're upstacking. If you moved on, downstack and back up to the point that needs fixing and then move forward again.
3. Remember that if you're already downstacking, you just have to finish the downstacks.



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Practice Card #6-The 5-5-5

Equipment:

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

Practice goal:

- Improve stamina in sport stacking
- Practice a procedure used in competitions

What to Do:

1. Complete five 3-3-3's, then five 3-6-3's and then five Cycles.
2. Repeat for 15 minutes.
3. Optional: timing your stacks
4. Remember to always fix your fumbles and follow the rules of sport stacking.

Check your Understanding:

1. This process of completing 5 of each stack in a row is the same procedure used in sport stacking competitions during the first round of competition called "prelims."
2. It is a common practice to complete the first 2 of each stack without the timer and then time the next 3.



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Practice Card #7-Comp Training

Equipment:

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

Practice goal:

- Practice a procedure used in competitions

What to Do:

1. Practice the three stacks until you feel “warmed up” and then begin the comp training.
2. Complete 2 warm ups and 3 attempts of the 3-3-3.
3. Complete 2 warm ups and 3 attempts of the 3-6-3.
4. Complete 2 warm ups and 3 attempts of the Cycle.
5. There are no “do-overs” in a comp training. You complete each stack once and record the times only for the 3 actual attempts.
6. You can use the following table to keep track of your times.



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Stack	1st Attempt	2nd Attempt	3rd Attempt	Best Time
3-3-3				
3-6-3				
Cycle				



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Activity Card #19-1-2-3-4-5

Equipment:

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

Description:

- Exercises to practice a variety of sport stacking skills

How to Play:

1. Complete 1 Shuffle Stack-Pick up 6 cups in each hand and then alternate putting the cups down one at a time into a column of 12.
2. Complete 2 Rapid Fires-Place all 12 cups on your mat and then gather them into a column as quickly as possible.
3. Turn on your timer. Complete 3-3-3's for 3 minutes and then stop the timer.
4. Turn on your timer. Complete 3-6-3's for 4 minutes and then stop the timer.
5. Turn on your timer. Complete Cycles for 5 minutes and then stop the timer.

Variations:

1. During the continuous stacking, work on slow upstacks and fast downstacks or vice-versa.
2. During the continuous stacking, avoid pausing between any upstack and downstack.



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Activity Card #20-Tower Lunges

Equipment:

- 12 Speed Stacks cups

Description:

- Build towers of cups while doing lunges

How to Play:

1. Hold your column of cups.
2. Complete a lunge and place a cup on the floor.
3. Then lunge forward with the other foot and place another cup on the floor.
4. Continue until you've placed 4 cups on the floor.
5. Turn around, flip a cup over and place it on top of the cup so that you are building a tower.
6. Travel back towards where you started by lunging and placing cups on the towers.
7. When you reach the beginning, turn around and complete one more pass of lunges while placing cups on the towers.



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Variations:

1. Continue lunging and pick up the cups to un-build the towers.
2. Place cups in both hands and build towers on both sides of you as you lunge.
3. Try the same activity while moving backwards.



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Activity Card #21-Long Jump Stacking

Equipment:

- 12 Speed Stacks cups

Description:

- Complete long jumps using cups as markers to show how far you jumped.

How to Play:

1. Hold 3 cups in each hand.
2. Jump as far as you can.
3. Place a cup on the floor from the bottom of each of your stacks of cups.
4. Jump as far as you can again and place the second set of cups on the floor.
5. Jump one more time and place the third set of cups on the floor.
6. Turn around and complete long jumps towards where you started, this time picking up cups after each jump.



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Variations:

1. Hold more cups complete more jumps before turning around.
2. Use another locomotor movement like leaping or hopping or even forward rolls!
3. Race a friend.



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Activity Card #22-Shuttle Run

Equipment:

- 12 Speed Stacks cups

Description:

- Run back and forth picking up cups.

How To Play:

1. Place cups a few feet apart on two sides of a playing area.
2. Run back and forth picking up cups as you reach them.
3. Once you have gathered all the cups, bring them back to the start and complete a 3-6-3.



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Variations:

1. Place the cups farther apart for more exercise.
2. Place two 3 stacks at each end of your running space. Run back and forth, upstacking each 3-stack as you reach them and then, once they are all upstacked, run back to each one and downstack them. Try this with 6-stacks or 10-stacks if you have enough cups.
3. Use a timer. Complete multiple times to see if you can beat your best time.



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Activity Card #23-Jump n' Stack

Equipment:

- 12 Speed Stacks cups
- Jump rope

Description:

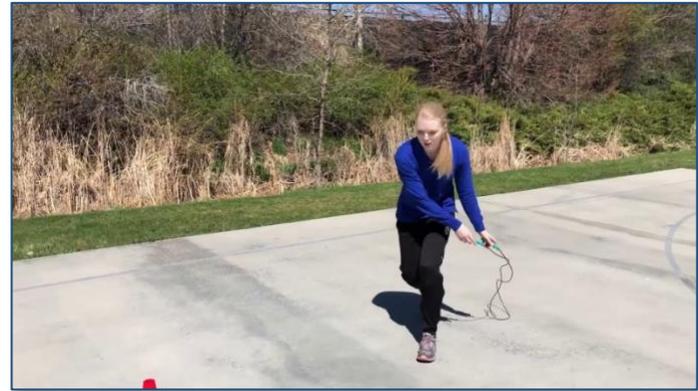
- Combine jumping rope and sport stacking for a great cardiovascular workout!

How to Play:

1. Set up your cups in a 3-3-3.
2. Jump rope 5 times and then complete a 3-3-3.
3. Jump rope another 5 times and complete a 3-6-3.
4. Jump rope another 5 times and complete a Cycle.

Variations:

1. Choose different numbers for repetitions of jumping and sport stacking.
2. For younger players, place the rope on the ground and jump back and forth over it.
3. Do different jump rope skills between stacking (backwards, one foot, etc.).



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Activity Card #24-Bottle Flipping Stacking

Equipment:

- 12 Speed Stacks cups
- StackMat (Mat and Timer)
- Plastic bottle with lid filled half way with water

Description:

- Combine sport stacking and bottle flipping for a fun challenge!

How to Play:

1. Choose the 3-3-3 or 3-6-3 for your stack.
2. Upstack your cups.
3. Flip the bottle until it lands on its base.
4. Then, downstack the pattern.

Variations:

1. Use a timer to see how long it takes you to upstack, bottle flip and downstack.
2. For the Cycle, flip the bottle after the upstack of each part (3-6-3, 6-6, 1-10-1).



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