

Skill Card #9-StackFaster 3-3-3 and 3-6-3

Equipment:

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

Object of the Lesson:

- Learn techniques to increase speed for the 3-3-3 and 3-6-3.

What to Do:

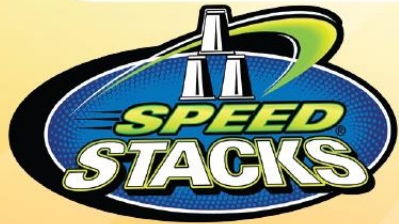
1. Watch and follow along with the StackFaster 3-3-3 and 3-6-3 video.
2. Practice the 3-3-3 and then the 3-6-3 and focus on your own technique.



[youtube](#)

Check your Understanding:

1. Where are your columns of cups when you begin stacking? Is this the best placement for you and your style?
2. Are you hesitating between upstacks and downstacks? Try to make each transition smooth and quick.
3. Do you understand the rules of sport stacking and whether your style follows the rules? You can read the Official WSSA Rule Book at www.thewssa.com/about/rules/



Skill Card #10-StackFaster The Cycle

Equipment:

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

Object of the Lesson:

- Learn techniques to increase speed for the Cycle.

What to Do:

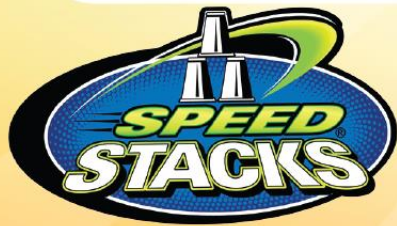
1. Watch and follow along with the StackFaster Cycle video.
2. Practice the Cycle and focus on your own technique.



[youtube](#)

Check your Understanding:

1. Focus on your upstacks. Are you placing cups or letting them drop into place?
2. How well do you know the Cycle? As the steps become more automatic for you, you'll naturally get faster.
3. Do you understand the rules of sport stacking and whether your style follows the rules? You can read the Official WSSA Rule Book www.thewssa.com/about/rules/



Practice Card #8-Finals Practice

Equipment:

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

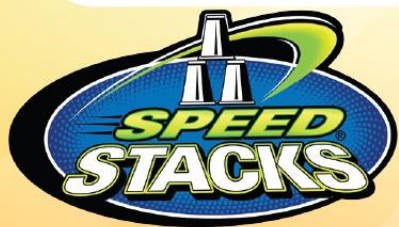
Practice goal:

- Practice a procedure used in competitions

What to Do:

1. In the Finals round of a competition, stackers focus on one stack at a time.
2. Practice the 3-3-3 for 5 minutes. Then complete the 3-3-3 row of the table, taking two warm ups and 3 attempts.
3. Practice the 3-6-3 for 10 minutes. Then complete the 3-6-3 row of the table, taking two warm ups and then three attempts.
4. Practice the Cycle for 15 minutes. Then complete the Cycle row of the table, taking two warm ups and then three attempts.
5. You can use the following table to keep track of your times.

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



Practice Card #9-Consistency Training

Equipment:

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

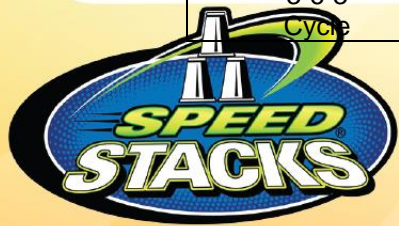
Practice goal:

- Improve consistency with the 3-3-3, 3-6-3 and Cycle

What to Do:

1. Consistency is the ability to get similar times repeatedly for a stack.
2. Complete 3 Comp Trainings (see Practice Card #7), except, in this exercise, for the first one you only get one attempt and, for the second one, you only get 2 attempts.
3. Try to get similar times for each stack on every attempt for that stack.
4. You can use a chart like this one to keep track of your times.

Stack	First Attempt	Second Attempt	Third Attempt	Best Times
3-3-3 3-6-3 Cycle	Round 1:	X	X	
3-3-3 3-6-3 Cycle	Round 2:	Round 2:	X	
3-3-3 3-6-3 Cycle	Round 3:	Round 3:	Round 3:	



Activity Card #25-Individual Fox and Hound

Equipment:

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

Description:

- Race the clock to upstack and downstack around a table.

How To Play:

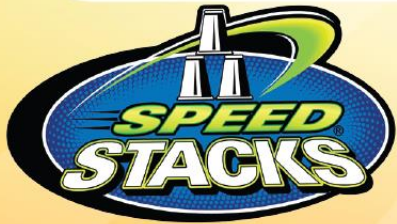
1. Place a 6 stack on your mat and another one on the opposite side of the table.
2. Start the timer and upstack the 6-stack on the mat.
3. Run to the other side of the table and upstack that 6-stack.
4. Continue around the table and downstack each 6-stack when you get to it.
5. Stop the timer when all the cups have been upstacked and downstacked once.



[youtube](#)

Variations:

1. Start the timer and see how many times you can make it around the table upstacking and downstacking in 30 seconds or one minute.
2. Have 2 players start on opposite sides of the table. On the Go signal, they race around the table upstacking and downstacking cups as they get to them fast enough to then catch up to and tag the other player.



Activity Card #26-One Handed Stacking

Equipment:

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

Description:

- Practice stacking with one hand to build coordination in both your dominant and non-dominant hand.

How to Play:

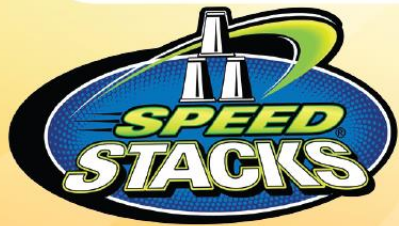
1. Choose a stack and set up your cups.
2. Place both hands on the timer but just lift one hand off to use for stacking.
3. Complete the upstack and downstack of the pattern with one hand at a time and then stop the timer.

Variations:

1. This activity can be done with the 3-3-3, 3-6-3 or Cycle.
2. Try completing this activity using different numbers of repetitions for each hand or with just one hand at a time.



[youtube](#)



Activity Card #27-Obstacle Course

Equipment:

- 12 Speed Stacks cups
- StackMat (Mat and Timer)
- Variety of equipment for obstacles

Description:

- Create an obstacle course that involves sport stacking with other movement challenges.

How To Play:

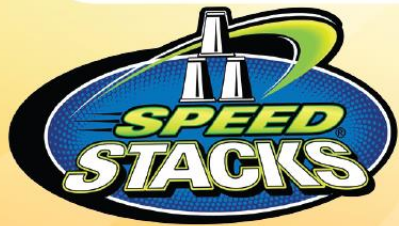
1. Set up an obstacle course with stations for sport stacking mixed in with many other movement activities.

Variations:

1. Vary skills and the length of the obstacle course based on age or ability.
2. Re-arrange or replace stacks and movement activities with other options. You can put 3-stacks in the course the first time and 6-stacks the next time.
3. Use a timer to race family members or friends.



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Activity Card #28-Tic Tac Stack

Equipment:

- 12 Speed Stacks cups
- StackMat (Mat and Timer)
- Dice
- Paper and pencil

Players:

- 2

Description:

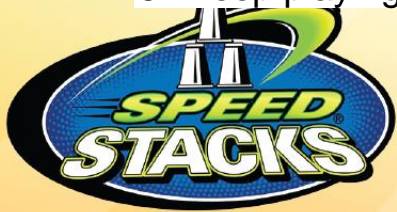
- Play tic-tac-toe by sport stacking and racing a partner.

How to Play:

1. Decide which player is X's and which player is O's.
2. Roll the dice to see which stack you'll be using to race.
1 = 3-3-3-3 2 = 3-3-3 3 = 3-6-3 4 = 6-6 5 = 1-10-1 6 = Cycle
3. If you have 2 sets of cups and StackMats, race at the same time. If not, take turns stacking.
4. The faster stacker gets to put their mark on the tic-tac-toe board.
5. Keep playing until someone wins tic-tac-toe.



[youtube](#)



Activity Card #29-StackMatch

Equipment:

- 12 Speed Stacks cups
- StackMat (Mat and Timer)
- Camera (can be on a smartphone)
- Computer with internet access (or smartphone)
- YouTube account (all gmail accounts have a YouTube account)
- Paper and marker



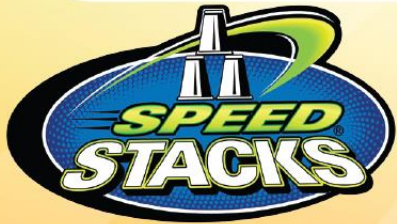
[youtube](#)

Description:

- StackMatch is a free, daily online sport stacking competition platform

How To Play:

1. Go to online.thewssa.com and create an account if you don't already have one.
2. Click on "Help" to watch the video and learn how to play. It's important to follow the directions to make sure your submissions are approved by the judges.
3. Record yourself completing the 3-3-3, 3-6-3 and Cycle and save your best times.
4. Follow the directions to upload your best times for that day's matches.
5. Judge 3 other stackers to finish up your competition.
6. Check back the next day to see how you did. For every match, stackers earn points that determine their monthly and all time rankings on StackMatch.



Activity Card #30-Additional Resources

Thank you for being part of the OPEN@HOME Sport Stacking Summer Camp with Speed Stacks. Please see the following resources to stay involved in sport stacking.

To learn more skills, games and activities:
Speed Stacks www.speedstacks.com

To learn more about competitive sport stacking:
World Sport Stacking Association www.thewssa.com

YouTube
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[The WSSA](#)

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