

SPORT STACKING CAMP

Day 1	Day 2	Day 3	Day 4	Day 5
Skills #1: 3-3-3 #2: Rules Part 1	Skills #3: 3-6-3 #4: Rules Part 2	Skills #5: Cycle Part 1 #6: Rules Part 1 #7: Cycle Part 2	Skills #8: Fixing Fumbles	Skills #9: Stack Faster (3-3-3 & 3-6-3) #10: Stack Faster (Cycle)
Practice #1: Non-Stop Stack #2: Break It Down #3: 2 Warm-Ups & 3 Attempts	Practice #1: Non-Stop Stack #2: Break It Down #3: 2 Warm-Ups & 3 Attempts	Practice #4: Slow, Medium, Fast #5: Grabbing the Right Number of Cups	Practice #6: 5-5-5 #7: Comp Training	Practice #8: Finals Practice #9: Consistency Training
Activities #1: Rapid Fire #2: Stretch & Stack #3: 4-Wheel Drive #4: Hide and Stack #5: Stack Bowling	Activities #6: Around the World #7: Push-Up Stacking #8: Crabwalk Stacking #9: Sit-Up Stacking #10: Chalk Walk #11: Dice Stacking #12: Raise the Bar	Activities #13: Roll & Stack #14: Assorted Fitness #15: New York Minute #16: Dribble Stacking #17: Soccer Stacking #18: Head to Head	Activities #19: 1-2-3-4-5 #20: Tower Lunges #21: Long Jump Stacks #22: Shuttle Run #23: Jump and Stack #24: Bottle Flip Stacks	Activities #25: Ind. Fox & Hound #26: 1-Handed Stacks #27: Obstacle Course #28: Tic Tac Stack #29: Stack Match #30: Add. Resources



OPEN[®] at HOME



SPORT STACKING CAMP

Equipment List

Find all of the equipment you need in the OPEN Power Discount Portal:

www.USGames.com/open

- Speed Stacks Sport Stacking Cups
- Speed Stacks StackMat (mat and timer)
- Sidewalk Chalk
- Dice
- Foam Ball
- Soccer Ball
- Basketball
- Jump Rope
- Plastic bottle half filled with water
- Assorted fitness equipment (obstacle course)
- Pencil/Pen and Paper



OPEN® at **HOME**



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:

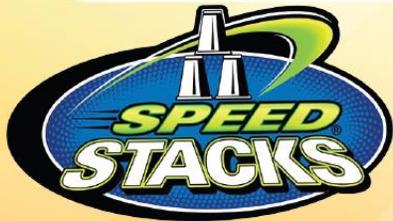
1. Watch and follow along with the video to learn the 3-3-3.
2. Remember to use two hands for every upstack and downstack.
3. Remember to always upstack and downstack in the same direction.



[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.



[youtube](#)

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:

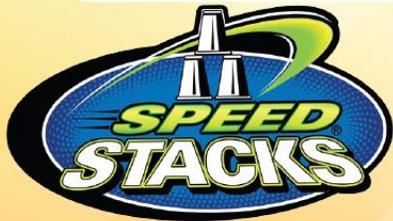
- Learn more about your own stacking skills.

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.



[youtube](#)

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.



[youtube](#)



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:

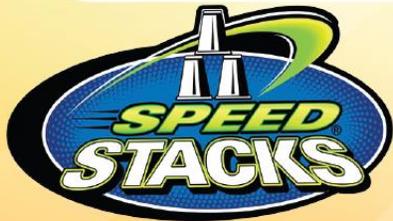
1. Set up 4 columns of 3 cups each along the floor in a straight line.
2. Do a bear walk and stop at each set up cups.
3. Use both hands to upstack each 3-stack.
4. Turn around and do a bear walk back to each stack and downstack.



[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.



[youtube](#)



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!



[youtube](#)



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.



[youtube](#)

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:

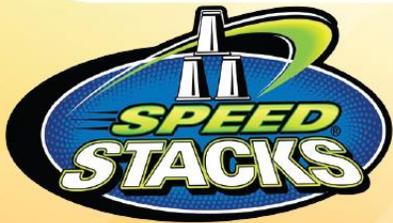
- Learn more about your own stacking skills.

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:

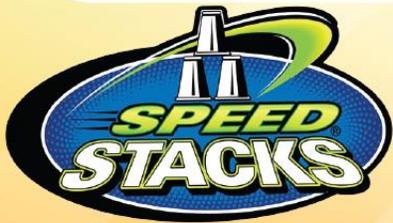
- Practice the format used for competitions.
- Use warm ups to prepare for consistent performance in sport stacking.

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.



[youtube](#)



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.



[youtube](#)



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:

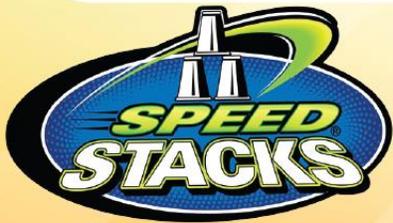
1. Set up 3 columns of 3 cups each along the floor in a straight line.
2. Do a crab walk and stop at each set up cups.
3. Use both hands to upstack each 3-stack.
4. Crab walk back to the beginning through the pyramids of cups.
5. Begin again and downstack each 3-stack back into a column of 3.



[youtube](#)

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:

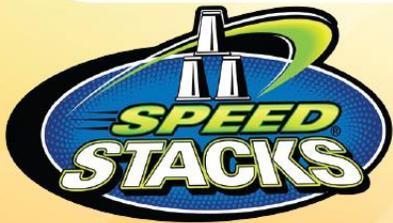
1. Arrange your cups on the floor around your legs in columns of 3.
2. Lay down on the floor and sit up.
3. Each time you sit up, upstack a column of 3.
4. Repeat until all the columns are upstacked.
5. Continue sit ups and now downstack each 3-stack.

Variations:

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



[youtube](#)



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.



[youtube](#)



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!



[youtube](#)



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:

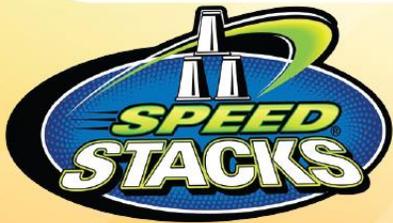
1. Decide which stack you are going to use to play this game.
2. Every player starts at 5 points.
3. Complete your stack and use the timer.
4. Each time you stack, if you are faster than the first time, you gain a point. If you are slower, you lose a point. If you scratch (break a rule of sport stacking),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



[youtube](#)

Variation:

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



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?



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)

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?



OPEN @ Home
SUMMER CAMP



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?



OPEN @ Home
SUMMER CAMP



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.



OPEN @ Home
SUMMER CAMP



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.



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)

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.



OPEN @ Home
SUMMER CAMP



Activity Card #18-Head to Head

Equipment:

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

Players:

- 2 or more

Description:

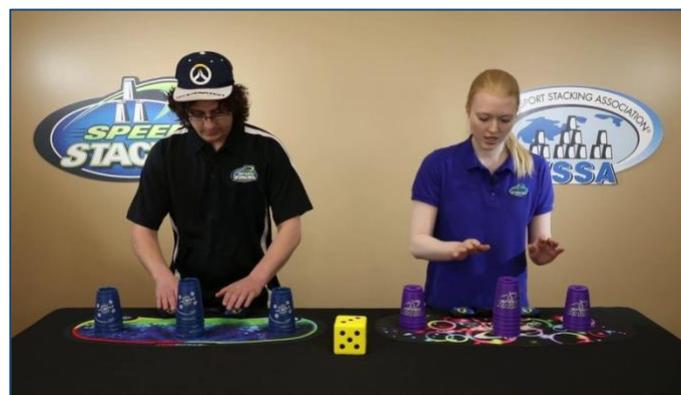
- Choose a stack and race a partner.

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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)

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



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)

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.



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)

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.



OPEN @ Home
SUMMER CAMP



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.



[youtube](#)

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.



OPEN @ Home
SUMMER CAMP



Activity Card #23-Jump n' Stack

Equipment:

- 12 Speed Stacks cups
- Jump rope

Description:

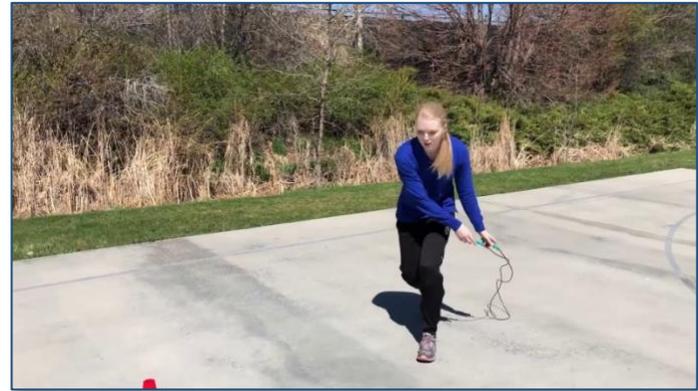
- Combine jumping rope and sport stacking for a great cardiovascular workout!

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.).



[youtube](#)



OPEN @ Home
SUMMER CAMP



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).



[youtube](#)



OPEN @ Home
SUMMER CAMP



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:

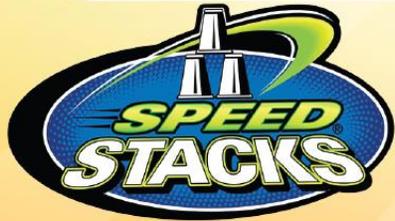
1. Watch and follow along with the StackFaster 3-3-3 and 3-6-3 video.
2. Practice the 3-3-3 and then the 3-6-3 and focus on your own technique.



[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:

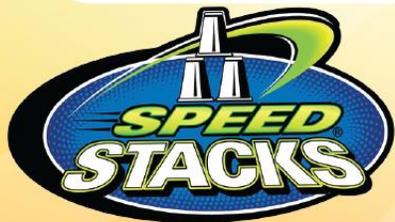
1. Place a 6 stack on your mat and another one on the opposite side of the table.
2. Start the timer and upstack the 6-stack on the mat.
3. Run to the other side of the table and upstack that 6-stack.
4. Continue around the table and downstack each 6-stack when you get to it.
5. Stop the timer when all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



[youtube](#)



Activity Card #28-Tic Tac Stack

Equipment:

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

Players:

- 2

Description:

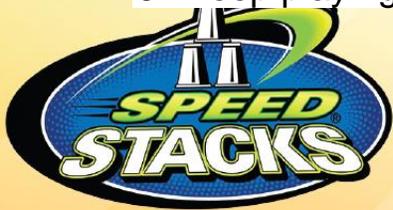
- Play tic-tac-toe by sport stacking and racing a partner.

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
[Speed Stacks](#)
[The WSSA](#)

Twitter
[@SpeedStacksInc](#)

Instagram
[speedstacksinc](#)

Facebook
[@SpeedStacksInc](#)



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
[Speed Stacks](#)
[The WSSA](#)

Twitter
[@SpeedStacksInc](#)

Instagram
[speedstacksinc](#)

Facebook
[@SpeedStacksInc](#)

