

Sport Stacking

— with *Speed Stacks*[®]

Presentation Outline

Promotes:
Hand-eye coordination,
Ambidexterity,
Quickness,
Focus,
Concentration and
Movement Motivation!

On The Move with Speed Stacks: Sport Stacking and Fitness Fun!

Session Objectives

To Provide Teachers With:

1. Knowledge of what sport stacking is: How it can fit into an existing curriculum and what the benefits are to students.
2. Skills, confidence and hands-on experience modeling best practice of teaching a successful sport stacking unit.
3. Resources to successfully integrate student stacking skills with various health and fitness activities to enhance their personal health and fitness levels.

Introduction

- ◆ Opening comments
- ◆ Live stacking demonstration or video clips

Instruction

- ◆ **3-stack** (on floor; both hands, light soft touch; 3, 3-3, 3-3-3; first race; introduce "fumbles"; floor/group partner race)
- ◆ **Activities: Flexibility-Butterfly Stretch (p 8), Stackers & Blasters (p 4) or Switch Back (p 12) and PIG (p 19).**
- ◆ **6-stack** (3-2-1 or "expert method; spread cups; hold loose; "pinky" on lip of bottom cup; dominant hand holding 3 cups; non-dominant 2 cups; alternate like pistons (cues: right-left-right or left-right-left or 1-2-3-4-5); keep base of cups together; downstack--use gravity, slide down, avoid slamming!)
- ◆ **Individual Practice (6 stack & 6-6) Rapid Fire (p 16)**
- ◆ **Activities: Curl-Up Stacking (p 11) and Push-Up Stacking (p 10).**
- ◆ **3-6-3 stack** (put it all together!; use everything previously learned; review fumbles: second race)
- ◆ **Demo team demonstrates: "Doubles" stacking, Shuffle, Color Exchange & Table Activities (p 6-7)**
- ◆ **Additional Activities: 3-6-3 Floor Relay (p 17), Leader of the Stack (p 5), Inside Out (p 5), March Madness 'Elite 8' (p 13).**

(For all Activities-refer to the 'On the Move with Speed Stacks' Activity Guide)

Demo Team Routine

Where do I go from here?

- ◆ Sport Pack, Group Orders, Enrichment Programs

Closing comments

- ◆ Info Sheet exchange for Introductory Packet

Outcomes and Benefits of Sport Stacking:

- ◆ Master the basic competition stacks (enhancing patterning, sequencing, focus and concentration)
- ◆ Promotion of hand-eye coordination, ambidexterity, reaction time and agility (important skills in all sports)
- ◆ Focused opportunity to use both hands, both sides of the body and brain to improve bilateral proficiency
- ◆ Encouragement to set goals through establishing personal records and practicing to improve that personal record
- ◆ Experience positive teamwork and sportsmanship
- ◆ Valuing perseverance and persistence
- ◆ Have a lot of fun!



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