

Sport Stacking

with **Speed Stacks**®

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

On The Move ***With Speed Stacks;*** ***Sport Stacking and*** ***Fitness Fun!***

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”)
- ◆ **Activities-Partner Race, Flexibility-Butterfly Stretch (p 8), Stackers & Blasters (p 4) and Switch Back (p12)**
- ◆ **6-stack** (3-2-1 or “expert method; spread cups; hold loose; “pinky” on (rim lip) bottom cup; dominate hand holding 3 cups; non dominate 2 cups; alternate like pistons or hammers; right-left-right; 1-2-3-4-5; keep base of cups together; downstack--gravity, slide down, avoid slamming!)
- ◆ **Individual Practice (6 stack)**
- ◆ **Activities-Figure 4 & V-stretch (p 8) & Curl-Up Stacking and Push-Up Stacking (p 10) and Rapid Fire (p 16).**
- ◆ **3-6-3 stack** (put it all together!; use everything previously learned; review fumbles)
- ◆ **Demo team demonstrates: “Doubles” & Table Activities (p 6-7)**
- ◆ **Activities-March Madness ‘Elite 8’ (p 13), Inside Out or Leader of the Stack (p 5) and 3-6-3 Floor Relay (p 17)**

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

Where do I go from here?

- ◆ Sport Pack Info

Closing comments

- ◆ Info Sheet Review

STACK BY STACK

Outline of Presentation
Speed Stacks
hands-on workshop

Presenter: Roger Washburn

Benefits and Learning Rationale of sport stacking:

- ◆ Master the 3-3-3 and 3-6-3 stacks (good basics for developing patterning, sequencing, focus and concentration)
- ◆ Sport stacking promotes hand eye coordination, ambidexterity and quickness, (important skills in most any 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
- ◆ Learn and incorporate movement activities to reinforce proper stacking skills and enhance personal health & fitness
- ◆ Experience positive teamwork valuing sportsmanship, never give up and always trying attitudes
- ◆ Have a lot of fun!



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