


## Instructor Preparation:

[Watch Online Video](#)

- Watch the 3-3-3 Instructional Video: 
  - Learn how to teach stackers the 3-3-3.
  - Understand the mirror technique for easy class follow along.
- Choose a lesson activity or activities:
  - Watch the activity video.
  - Read the instructions.
- Teach the lesson.

## Objectives


- Learn the 3-3-3 pattern and sport stacking rules. (National PE Standards 1-3)
- Participate in a sport stacking aerobic activity. (National PE Standards 1-5)

## Teach: (10 minutes)

Play the 'Sport Stacking Sizzle' to inspire your stackers. 

### Teach the 3-Stack

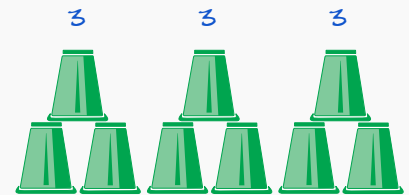
[Online Resource](#)

- One set of three cups in front of stackers, put remaining nine behind. 
- Use the mirror technique for class to follow along with the instructor.
- Use both hands.
- Lead with dominant hand.
- Hands on sides of cups (not tops).
- Light, soft touch... slide, don't slam.



### Teach the 3-3-3

- Have stackers set a downstacked 3-3-3 in front of them.
- Together, upstack each 3 stack then "freeze", go back to where you started, then together, downstack each 3.
- Repeat the 3-3-3 several times, calling out cues and keeping stackers together.
- Have stackers practice. Walk around and check for proper stacking technique. *(Using both hands, start on one side and work to the other, go back to the beginning)*



# Practice: (5-10 minutes)

Use the practice activities below to build confidence and fundamentals among your new stackers. Integrate some simple stacking and flexibility activities to warm up your stackers for the lesson activity. *(pages 35-36)*

## Race the Instructor

- Stackers start with hands resting flat on the ground or table (imaginary touch pads).
- Stackers stack once, you stack two times.
- Stackers raise their hand once the 3-3-3 is completed.
- Focus on form, not speed with this learning activity.
- Acknowledge fumbles and remind stackers to fix their fumbles when they happen.

## Strength & Flexibility Stacking *pages 35-36*



# Fitness Activities: (10-20 minutes)

Lesson activities are meant to offer movement and reinforce sport stacking techniques. Depending on available time, these can be repeated or combined. Use the suggested activities below or choose from the complete activity list on page 18.

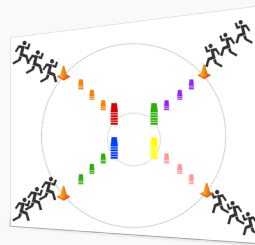


### Simple Stack Tag

High energy game of tag combining sport stacking and movement skills



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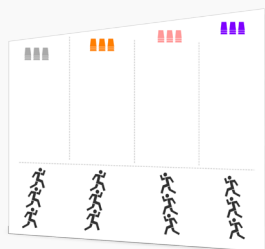


### Triple Up, Triple Down

Team-based activity designed for movement and motor skill activation



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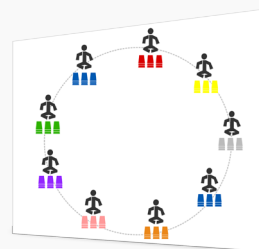


### End Line Floor Relays

High energy collaborative team stacking race that's focused on movement and team cooperation



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### Stack n' Pass

Collaborative stacking game that builds the fundamentals and quickness of sport stacking




*Online Resource*

**Your Choice:** Look ahead to Lesson 5 for detailed instructions on how to integrate the Speed Stacks StackMats (mat and timer) into your sport stacking program. Timing is great for tracking progress, training for a competition, personal challenges and self improvement.

## Instructor Preparation:

[Watch Online Video](#)

- Watch the 3-6-3 Instructional Video: 
  - Learn how to teach your stackers the 3-6-3.
  - Understand the mirror technique for easy class follow along.
- Choose a warm-up review activity and fitness activities:
  - Watch the activity video.
  - Read the instructions.
- Teach the lesson.

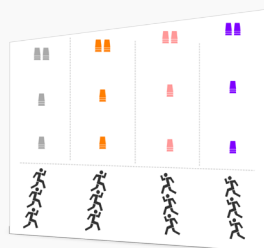
## Objectives

- Learn the 6 stack, 3-6-3 pattern, team relays, and how to fix fumbles. (National PE Standards 1 & 3)
- Demonstrate the 3-6-3 in fitness activities. (National PE Standards 1-5)

## Warm Up / 3-3-3 review: (10 minutes)

Start with a fitness activity. This will prepare your stackers for the lesson by warming them up and getting them focused.

**Doubles option:** have stackers pair up and stack as doubles. The stacker on the right uses only their right hand, stacker on the left uses only their left hand; they stack together following all standard rules of the pattern.



### Straight Line Floor Relay

High energy collaborative team stacking race that's focused on movement, team cooperation, and motor skills



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### Stackers and Blasters

Fun movement activity that focuses on exercise and fundamental stacking skills



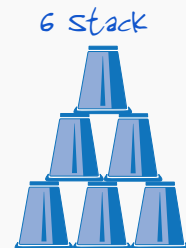
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# Teach: (15 minutes)

## The 6-Stack

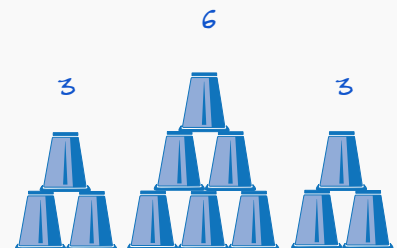
- Demonstrate a 6-stack to your stackers.
- With three cups, practice dropping one cup at a time into the palm of your non-dominant hand.
- Practice picking three cups up with dominant hand; two with the other; leave one (upstack using the 3-2-1 method).
- Downstack in two moves- slide out and down, then pop on center cup.
- Have stackers practice just the 6-Stack.



## Teach the 3-6-3

- All cups in a downstacked 3-6-3.
- Stackers point with both hands to the side to start on. ✓
- Use the mirror technique.
- Upstack the 3-6-3 together then “freeze”, go back to where you started, then downstack together.
- Repeat several times.
- Have stackers practice for a few minutes; walk around and check for proper stacking technique.
- Review fumbles and how to fix properly.

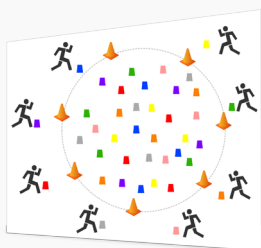
Online Teaching Tip



**Your Choice:** To integrate timing, turn to Lesson 5. Lesson 5 provides hands-on experience with the Speed Stacks StackMat (mat and timer), which is used to time each stacker. Time and record stackers now, wait until Lesson 5, or do both and measure stacker skill improvement. ✓

# Fitness Activities: (15 minutes)

Activities are designed to offer movement, integrate new skills, and reinforce sport stacking techniques. Depending on available time, these can be repeated or combined. Use the suggested activities below or choose from the complete activity list. (page 18)

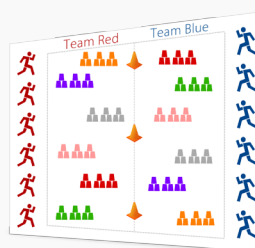


### Fetch 12

Simple activity to warm up stackers and review stacking patterns



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### SwitchBack

Team based activity that incorporates running and stacking guaranteed to get the heart racing




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**STACK @ HOME** - This is the perfect time to hand out GO brochures and remind your stackers that they can save 25% on their favorite sport stacking gear. Stackers and parents should know that your school wins with FREE equipment on every order stackers make. Please communicate with your parents and let them know about the GO and their deadline for order submission. If you haven't set up your GO, you still have time. Go to [SpeedStacks.com/go](http://SpeedStacks.com/go) to get started!

The Cycle is the premiere stack and arguably the most fun of all the patterns. To simplify teaching your stackers, we've broken the Cycle lesson into two parts. In this lesson you'll learn the 6-6 and the two transitions. In Part 2 you'll learn the 1-10-1 and how to put it all together!

## Instructor Preparation:

- Watch the Cycle Instructional Video: 
  - Know how to stack the Cycle.
  - 3-6-3 to 6-6 to 1-10-1 to 3-6-3.
  - Understand the mirror technique for easy class follow along.
- Choose a lesson activity or activities:
  - Watch the activity video.
  - Read the instructions.
- Teach the lesson.


## Objectives

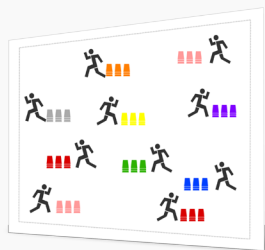
Stackers will:

- Participate in vigorous sport stacking fitness activities demonstrating proper stacking techniques (National PE Standards 1, 3 & 5)
- Practice positive sportsmanship with peers in a competitive activity (National PE Standards 4 & 5)

## Warm Up / Review: (5 minutes)

Prepare your stackers to learn Part 1 of the Cycle with a fitness activity.

**3-6-3 Relay option:** Introduce the 3-6-3 Relay by dividing your class into teams of four stackers. Each team will complete the 3-6-3 pattern at tables in relay form. 

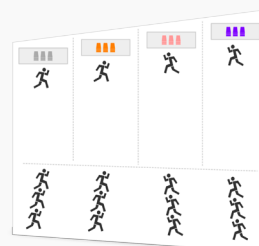


### Simple Stack Tag

High energy game of tag combining sport stacking and movement skills



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### 4-Person Competition Relay

A competitive activity with running, stacking, and team cooperation

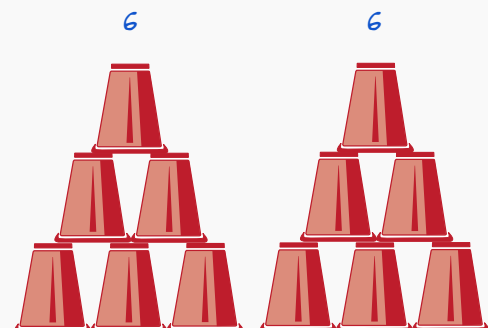


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## Teach: (10 minutes)

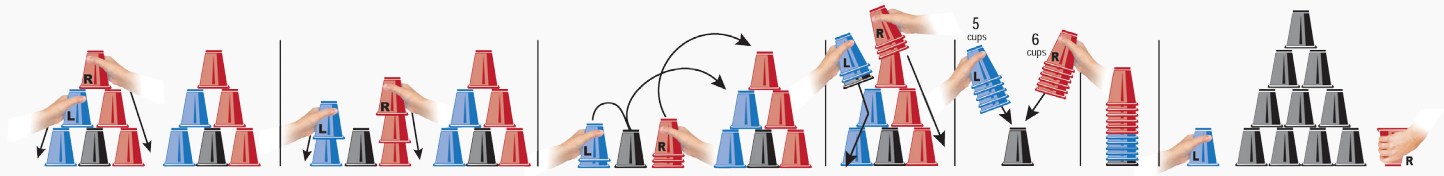
### The 6-6

- Demonstrate and review the 6-6 using the 3-2-1 method.
- Stackers practice upstacking and downstacking the 6-6.
- Walk around and check for proper stacking technique.
- Demonstrate and practice together as a class.
- Play a fitness activity using the 6-6.



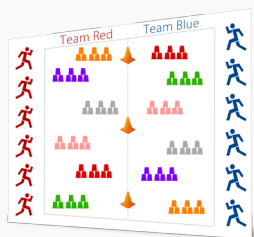
# The Two Transitions

- 3-6-3 to 6-6:
  - All upstack a 3-6-3.
  - Back to the beginning and downstack a 3-6-3. Stop.
  - Using one hand, downstack this last three and bring it over to the first 3-Stack.
  - Using the 3-2-1 method, upstack the first 6-Stack, then the second 6-Stack.
  - Repeat several times. Call out cues and keep everyone together.
- 6-6 to 12 cup column:
  - Downstack the first 6-Stack keeping three cups in each hand.
  - Use the cups in your hands to downstack the second 6-Stack.
  - Two moves - slide out and pop on center, ending in one column of 12 cups.
  - Repeat with the second transition several times.
- Now combine ALL of the above (3-6-3 to 6-6 to column of 12 with the two transitions).
- Practice several times.



# Fitness Activities: (approx time: 10 minutes)

Activities are designed to offer movement, integrate new skills, and reinforce sport stacking techniques. Depending on available time, these can be repeated or combined. Use the suggested activities below or choose from the complete activity list. (page 18)



**Switchback**  
Team-based activity that incorporates running and stacking. Guaranteed to get the heart racing



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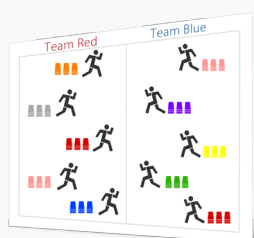


**Partner Fitness Challenge**

Fitness activity that gets bodies moving and brains working



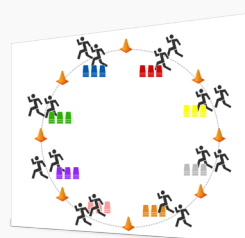
page 34



**Stack Bowling**  
High intensity, individual fitness stacking game that's fun and easy to play



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**Indy 500**

Race around the track for partner fitness fun



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## Instructor Preparation:

- Watch the Cycle Instructional Video. 
- Know how to stack the second half of the Cycle.
- 1-10-1 to 3-6-3.
- Understand the mirror technique for easy class follow along.
- Choose an activity or activities.
- Watch the activity video.
- Put it all together (3-6-3 to 6-6 to 1-10-1 to 3-6-3).

## Objectives

Stackers will:

- Learn the 1-10-1 and transition to the 3-6-3 (National PE Standards 1-2)
- Demonstrate stacking the complete Cycle Stack from start to finish (National PE Standards 1 & 5)
- Participate in a sport stacking fitness activity (National PE Standards 3-5)

## Warm up: (5 minutes)

Review the 3-6-3 to 6-6 and the two transitions with Stackers and Blasters.



### Rock, Paper, Scissors

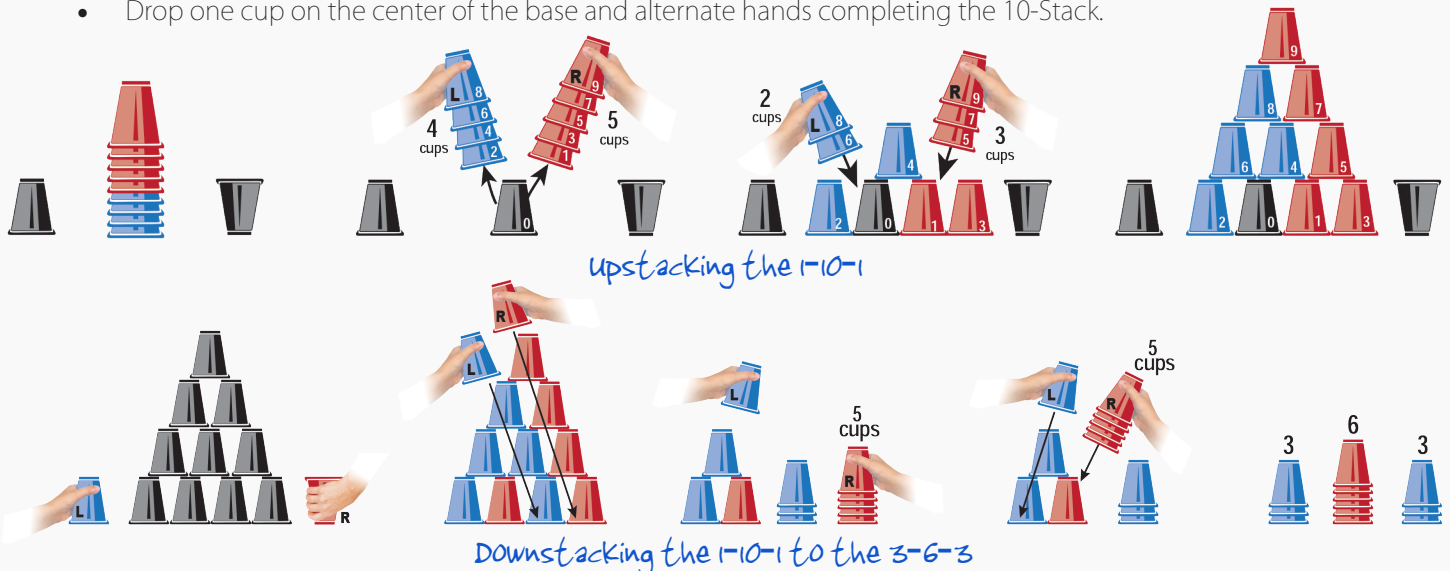
Classic fun and fitness in this simple sport stacking activity



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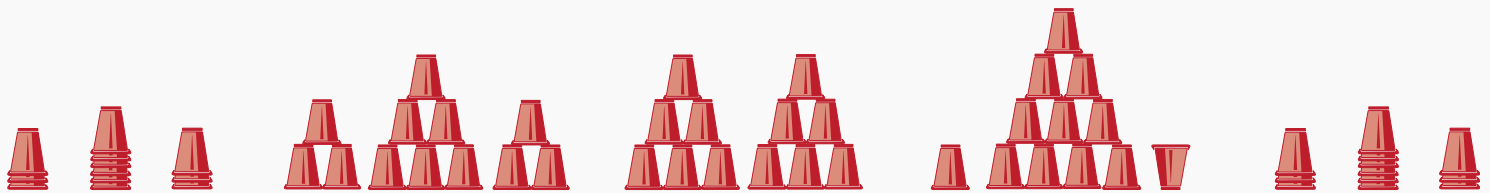
## Teach: (10 minutes)

- **Upstacking the 1-10-1**
  - Demonstrate the 1-10-1 (column of 12 to 1-10-1 to downstacked 3-6-3).
  - Begin with a 12-cup column. Pick up the top two cups, one in each hand.
  - Turn one cup (180°) palm out and place both cups down. Practice several times.
  - Upstack using the 5-4-1 method. Dominant hand takes five cups, non-dominant hand takes four cups, one cup is left behind.
  - Dominant hand leads by placing one cup next to the remaining cup, non-dominant hand follows by placing one cup on the other side. Form a base of 4 cups this way.
  - Drop one cup on the center of the base and alternate hands completing the 10-Stack.



• **Downstacking the 1-10-1**

- Demonstrate the downstack showing the 'X' formation.
- Pick up the two single cups with the same hand positions used to set them down and raise above the 10-Stack.
- Slide the cups in your hand down diagonally, leading with your dominant hand, following with your non-dominant hand.
- Your dominant hand keeps five cups and your non-dominant hand keeps one cup (releasing three).
- Your non-dominant hand now leads and slides the cup in your hand down over the remaining two outer cups. Your dominant hand follows and places five cups over the remaining center cup, ending in a downstacked 3-6-3.



Put it all together!

## Table Stacking

Round up standard banquet tables or go to the cafeteria. They've learned the basics of stacking, now it's time they perfect their skills on table tops.

- Set tables in rows (2-4 stackers per table).
- Walk around and watch for proper technique.
- Introduce the StackMat and rotate stackers for individual timing opportunities.



### Around the Table

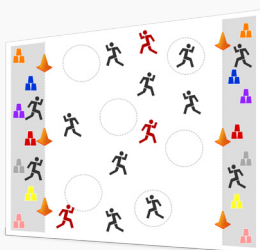
Warm up your stackers' hands and minds while stacking around the table



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## Fitness Activities: (approx time: 15 minutes)

Activities are designed to offer movement, integrate new skills, and reinforce sport stacking techniques. Depending on available time, these can be repeated or combined. Use the suggested activities below or choose from the complete activity list. (page 18)

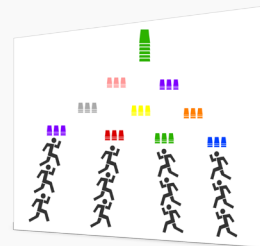


### Survivor

Don't get caught in this movement and skill-based movement activity



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### March Madness Final 4

Strategy and fitness activity that adds a competitive element to stacking



page 24



Now is a good time to remind your stackers about your school GO. Remind them and their parents about your GO deadline so they can complete their order selections. Remember, by promoting your GO, more stackers can be active at home and your program can earn more equipment (10% of the total order). Your stackers save 25% and your program benefits! Everyone wins! Make sure you are monitoring your GO progress online and please call Speed Stacks directly at 1-877-468-2877 with any questions.



Timing is great for tracking progress, training for competition, developing personal challenges, and encouraging self-improvement. Use stacker times to seed competition (page 16) or enter stacker times into our online portal for interactive graphs, personal comparison, goal setting and printable certificates / record lists.

## Instructor Preparation:

- Print class time sheets (*page 37*) (1 time sheet = 30 students).
- Set up activity stations for stackers.
- Choose an event (3-3-3, 3-6-3, Cycle, Doubles, Timed Relay) (see online resource for Doubles and Timed 3-6-3 Relay) ✓

## Pattern review: (10 minutes)

Review and practice the pattern as a group.

## Review Fitness and Timing Stations

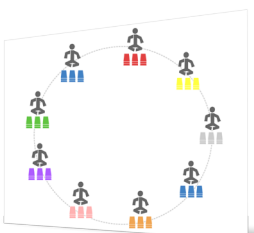
- Divide stackers into activity groups.
- Stackers will rotate through all stations.
- Explain / demonstrate each station.

## Fitness Stations:

Divide your stackers into equal groups (4-8 stackers per group) and choose which activities below to offer based on the total number of groups in your class. Explain each activity station to your stackers and educate them on the Timing Station flow. Feel free to offer non-stacking activities in the circuit to add variety (jump rope, basketball, scooters, soccer balls, etc.).

## Objectives

- Demonstrate use of a StackMat by timing oneself. (National PE Standards 2 & 3)
- Compete using all three sport stacking patterns correctly. (National PE Standards 1-3)
- Establish and improve personal achievements. (National PE Standards 4 & 5)

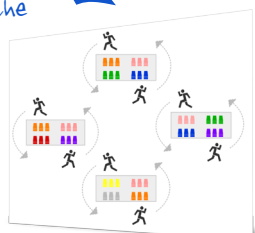


**Stack n' Pass**

Stacking and passing to your neighbor helps build teamwork and stacking skills

✓ *Online Resource*

*Rotate at the switch signal*

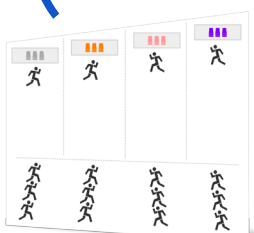


**Hound n' Rabbit**

Activate your stackers' hands and minds with this fun activity

▶ *page 29*

*Rotate at the switch signal*




**Continuous Table Relays**

Running, stacking, and team cooperation is the name of this activity

▶ *page 31*

*Rotate at the switch signal*



**Jumbo Cup Relay Activity**

Get the whole body moving with oversized fun!

✓ *Online Resource*

*Rotate at the switch signal*

# Time Station:

## Time Your Stackers

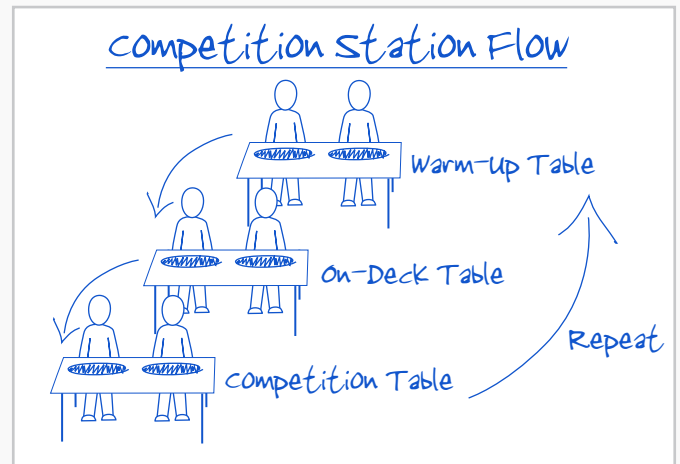
- Introduce timing rotation.
- Stackers rotate from warm-up table to on-deck table to timing table back to warm-up table until all stackers are timed.
- Stackers get three attempts and best time is recorded.
- Record times on time sheet or into the Speed Stacks online system.



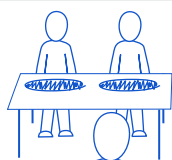
use a Tournament Display so your stackers can see each other's times! (optional)

## Use Times For:

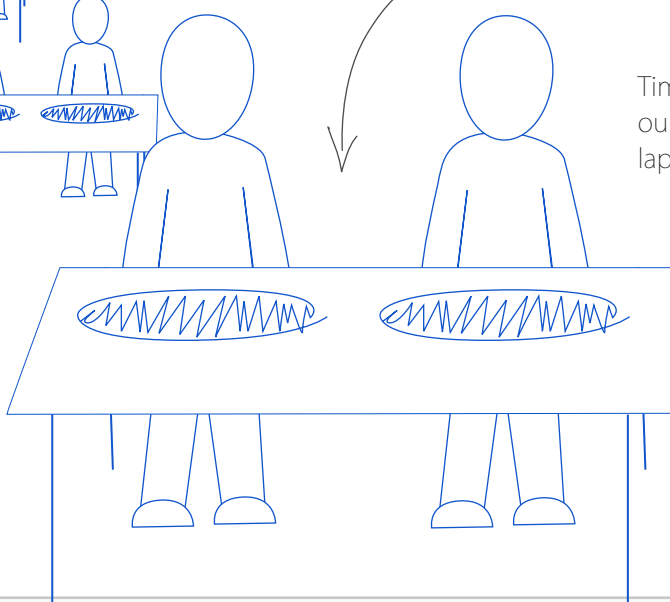
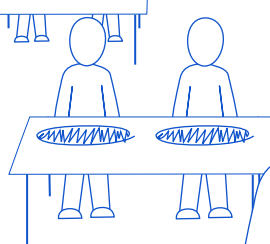
- Coaching individuals on technique
- Measuring personal improvement
- Goal setting
- Seeding competition
- Class / school records



Rotate at the switch signal



Competition Table with 2 StackMats (mat and timer)



Time Sheet (p. 37) (You can also use our online time sheet with a tablet, laptop or even your phone)



Rotate at the switch signal

A simple and fun introduction to team-based sport stacking competition that won't isolate slower stackers.

## Instructor Preparation:

- Determine the number of stackers per group.
- Set up tables (with StackMats optional).
- Choose one of the competitive events (3-3-3, 3-6-3, or Cycle).

## Objectives

- Demonstrate sport stacking techniques in a competitive setting. (National PE Standards 1, 3 & 5)
- Demonstrate positive sportsmanship in a competitive setting. (National PE Standards 4 & 5)

## The Lesson:

### Step 1 (Overview)

- Review how to use StackMat (optional).
- Divide your class into equal teams (eight stackers per team), 4 tables.
- Set up tables (two stackers per table, groups of eight is ideal).
- Each group will then "Stack Out", one group at a time, as described below.

### Step 2 (Stack Out Rules)

Anyone not at the tables becomes a spectator and cheers on the competing stackers.

1. All stackers in the competing round take their place at the tables to warm up before the Stack Out begins.
2. On the 'go' signal, they will stack a specified event (your choice). The slowest two stackers become their group's cheer section (in the event of a "photo finish" ✓ only the stackers in question will compete again against each other).
3. Think of each group as a team... the first round is designed to determine the fastest two stackers on each team. Slower stackers who have been stacked out now become the team supporters and cheer on their team in the following rounds.
4. Repeat the above steps with all groups until you have the top two stackers from each team.
5. Combine the qualifiers into one large finals group (or into groups that fit on the tables) and run the Stack Out as described above until you have the top two stackers.
6. The top two stackers will compete against each other in the best two out of three (use the middle two tables, one stacker per table).
  - Recommended: Use StackMats to prevent photo finishes. Use Tournament Display Pros if available.

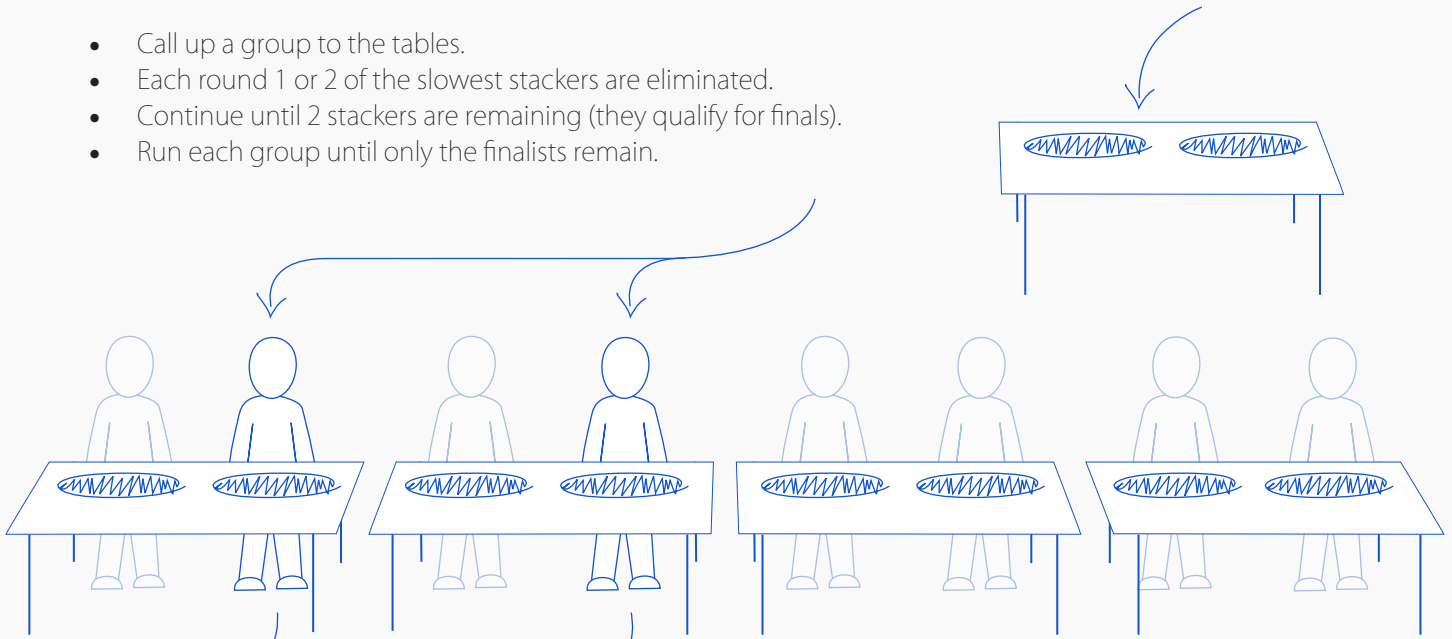
## Additional Options

- Visit [SpeedStacks.com/teach](http://SpeedStacks.com/teach) for several other competition options for your stackers including brackets, Stack Meets, WSSA recognized or WSSA sanctioned tournaments.
- Offer stacker challenges such as ladder competition and S-T-A-C-K. ✓ (see online resources)

## Stack Out Prelims

- Call up a group to the tables.
- Each round 1 or 2 of the slowest stackers are eliminated.
- Continue until 2 stackers are remaining (they qualify for finals).
- Run each group until only the finalists remain.

stack out tables, 2 stackmats per table



## Stack Out Finals

- Top 2 from each group advance to the finals.
- Run the Stack Out as usual combining all qualifiers from each round.
- Once you are down to the top 2 stackers, run the best 2 of 3 to determine the Stack Out winner.

