


# The 3-3-3 *Lesson 1*

## Equipment:

1 set of Speed Stacks for every stacker  
1 banquet-style table to lead instruction

## 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

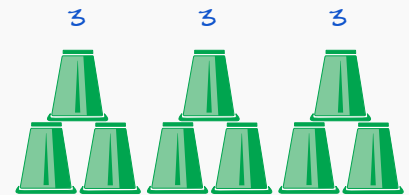
[Online Resource](#)

- 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.

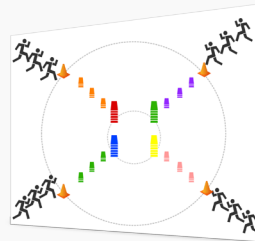


### Simple Stack Tag

High energy game of tag combining sport stacking and movement skills



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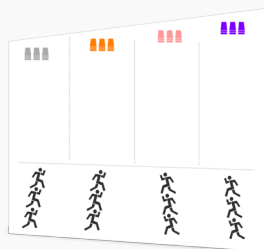


### Triple Up, Triple Down

Team-based activity designed for movement and motor skill activation



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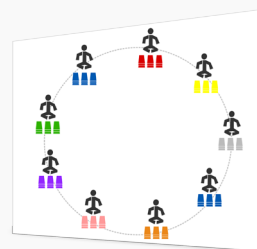


### End Line Floor Relays

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



*page 25*



### 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.