



See It, Believe It, Teach It!

**Sport Stacking *with Speed Stacks*[®]
Presentation Outline**

**Advanced Sport Stacking with Speed Stacks:
The Cycle Stack and More!**

Session Objectives

To Provide Teachers with:

1. **Knowledge** of Sport Stacking and 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, therefore enhancing their personal health and fitness levels.

INTRODUCTION

- ❖ Opening Comments
- ❖ Live stacking demonstration or video clip
- ❖ Benefits of Sport Stacking

INSTRUCTION

- ❖ Quick review of 3-3-3 & 3-6-3 stacks
- ❖ Practice transition 3-6-3 to 6-6
- ❖ 6-6 stack (3-2-1 method)
- ❖ Practice transition 6-6 to 1-10-1
- ❖ Practice 1-10-1 (place single cups; up stack 10 stack (5,4,1 method-right, left, right, center); turn & tap single cups; down stack 10 stack (X pattern) ending in 3-6-3
- ❖ Put it all together
- ❖ Individual practice (Cycle stack)

BATTLE STACK

- ❖ Introduce the Battle Stack
- ❖ Practice the Relay Team Variation

STACKDECK

- ❖ Introduce the StackDeck
- ❖ Practice Fitness Activities

WSSA STACK MEET

- ❖ Introduction to a WSSA Stack Meet

WRAP UP!

DEMO TEAM ROUTINE or ESPN CLOSING

Pick up WSSA Stack Meet Manual & INFORMATION

Sport Stacking Benefits and Outcomes:

- ▶ Mastering 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!



The Leader in Sport Stacking