



See It, Believe It, Teach It!

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

Sport Stacking with Speed Stacks 101: The Basics!

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

- ❖ **3-stack** (on floor; both hands, light soft touch: 3, 3-3, 3-3-3; first race; introduce “fumbles”; race demo team; floor/group partner race; PIG (p 19))
- ❖ **Activity Options:** *Demo Table Activities (p 6-7), Stackers & Blasters (p 4), Switch Back with Speed Stacks (p 12), Flexibility (p 8), 1 on 1 Challenge, Follow the Leader, Around the Table, Hound & Rabbit, Down-Under Agility Stacking (p 14), Rapid Fire (p 16)*
- ❖ **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; down stack—use gravity, slide down, avoid slamming!)
- ❖ **Individual Practice (6 stack & 6-6)**
- ❖ **3-6-3 Stack** (put it all together!; use everything previously learned; review fumbles; second race)
- ❖ **Floor Relays 3-3-3 or 3-6-3 with variations**
- ❖ **Activity Options:** *Curl-Up Stacking (p 11), Push-Up Stacking (p 10), 3-6-3 Doubles, Leader of the Stack (p 5), Inside Out, Indy 500 (p 5), March Madness ‘Elite 8’ (p 13)*

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

WRAP UP!

DEMO TEAM ROUTINE or ESPN CLOSING

Pick up DVD & 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