

David Vistocco
Lab D Verbal Transcript
Sport Stacking

To the class

- Okay class lets get started over here, my name is Mr Vistocco and today were doing a little Sport Stacking. When I say go I want everyone to partner up and you will see various 6 stacks across the room so when I say go what I want you and your partner to do is run to the stack and each pick up a cup and run to the center of the gym where I am and set the cup down then run back to the stack. Your partner is going to be right behind you doing the same thing. Next time you go your going to pick up the cup but your going to be doing a different loco motor pattern, run, hop, skip, jump etc. Your partner will do the same thing until your stack is built. So when your stack is fully built I need you to get into a downward facing dog yoga position.
- So how many different loco motor movements are you doing? Good two. Alright everyone partner up and find a stack lost and found is over here.
- Devon its okay you can just use two hands, alright go.
- Okay everyone get into downward facing dog. Into cobra.
- Now has anyone every stacked before? Who hasn't stacked before?
- Well leslie now you have just made a 6 stack
- Okay class back into downward facing dog.
- Go into chair pose.
- Can anyone tell me one important component to speed stacking?
- (eric) speed
- Yes eric, speed but also bilateral movement that is why I had you and your patner each grab a cup representing an arm.
- Can anyone tell me any benefits from bilateral movement?
- Hand eye coordination and it also works both sides of your brain.
- Does anyone know that there are fitness components to stacking? I know it doesn't seem like it your only stacking.
- If you stack for 20 minutes it is the same as walking for 20 minutes.
- Now we know a little bit about stacking it helps us with bilateral movement, coordination and brain size so we can leave these stacks here and go up to the tables and have two people on each table and start stacking.
- So the rules for today, first be respectful, these are brand new cups be respectful of the cups, be respectful of your classmates and me.
- Next one be safe, I know were just standing here stacking but be safe.
- Next have fun this is a fun activity have some fun with it
- Uh, also when someone is talking can I have you guys just set the cups down in front of you so you are not touching them so we can communicate better and move on.
- So now the 3 stacks. Just lift a cup up with your right hand and set it down then lift up a cup with your left hand and stack it on top. Just work on bilateral movement stacking the cups on top of each other.

- Alright good I think everyone has the hang of that
- From the 3 stack is the 6 stack is what you made with your partners.
- So now were going to make a 6 stack with your partners on youtube. Actually it is not working but you see a picture of it right there so can I have everyone grab 6 cups.
- Alright computer froze but were going to be working on the 6 stack. All the video showed from speedstacks.com was just a former world champion stacking and how to stack.
- So some main things you want to focus on is first you want to feel the cups and find the top 3 cups with your right hand like the laces of a football. Is anyone in here left handed?
- Okay Emily you will just have to do the opposite of what I say like always.
- Ok so all the rightys just pick up 3 cups right your right hand and hold them up like this. Now separate the cups and slide the bottom 2 cups out like the laces out like you are holding a football. Everyone show me their separation.
- Now you want to pick up two cups with your left hand and leave the cup in the middle. You also want to separate the two cups with your left hand.
- Then what you do is just build up the stack with down right, down left, stack right, stack left until the stack is built.
- Then when you break it down you want to take your right hand on the top cup and make a V and bring them down then to the middle
- So can I have everyone try that right now make sure you have good three cup separation and just stack, stack, stack.
- Yes its just like the laces of the football people throw differently people can stack differently.
- To Justin – Good job way to separate with your fingers.
- There you go Mike.
- Alright now many of you when your stacking build it up but your cup moves around a little bit and it is called a fumble.
- What do you want to do with a fumble? You want to get on it and fix it like in football, I know this is relating a lot to football but it just shows how sports can go together.
- So when your stacking and your cup is moving just make sure you make it stationary before you move on.
- But lets keep stacking your doing great, if it is too easy for you try stacking with your eyes closed.
- Before you break the cups down you need to pause and have a period of time where your not touching the cups then you can break it down.
- Do you have a question Dan? – No the cup needs to be stationary at the top before you can break it down.
- Okay who thinks they are doing very good with the stack? Anyone feel very confident? Steph you feel confident?
- Okay this is s stack mat and it allows you to time your stacking speed. We can rotate everyone can try this.
- This is just a timer I can hand one out to whoever wants to try it.

- So what the stack mat is your putting both your hands on the mat until the lights go green then you lift up your hands and make the stack then put your hands back down and it gives you your time.
- Wait for your light to turn green.
- Anyone else want a speed mat?
- Emily you want one? Someone can come use my mat up here too.
- This will also show improvement you guys can push yourselves to get faster.
- Anyone have a good time.
- Devon just go 2.6 great job Devon.
- Break down left to right.
- Okay class can everyone freeze for a second. Can everyone look here at Emily.
- Emily is doing both things we learned in class today, she is doing the 3 6 3.
- So what you do, show us Emily. She makes a 3 stack, makes a 6 stack then 3 stack. Then she breaks them all down. Its used in competition.
- So if you feel comfortable with the 6 stack just try this out.
- Does anyone want to try the 3 6 3?
- Also we have these little stacks here does anyone want to try these?
- These little stacks help your finger dexterity and fine motor skills.
- Yep you go from right to left then left to right. (to eric)
- Can anyone stack with their eyes closed?
- Eric you want to give it a shot?
- Make sure you grab the 3 cups in the separation. Grab these leave that there then separate these (to eric)
- Good try Steph.
- Does anyone want to try the 3 6 3 on the small stacks?
- Dan how did you like the small stacks? Harder?
- Yeah the finger stacks are much harder.
- Good Emily way to lift and separate.
- Good job Justin.
- Kim and mike you guys want to try the stack mat?
- Alright can we have everyone freeze for a second.
- Can everyone once again just grab 6 cups
- Devon you can come be my partner.
- I know we progressed on to the 3 6 3 but were going to work on what we did a little earlier and work with a partner.
- I know your in high school and going through a lot of relationships right now this will help us all remember that you all build up the stack together and break down the stack together but in the end the stack is still there.
- Make sure the building up and breaking down are under control just like in a relationship the break up is usually a mess everything is going everywhere.
- Stacking can teach us a life lesson that when you a breaking down make sure you are under control because in the end your stack is still standing and your ready to move on to the next stack.
- So now what you and your partner are going to do is what we did before but were not running this time. Your just going to each represents an arm. What

your going to do is each pick up what your designated to pick up. Just stack, stack, stack. Then break it down.

- You and your partner can also use the stack mat to time this.
- Does everyone have a partner?
- To kim – You will represent the left
- To devon – You will represent the right arm to build up.
- Eric make sure you separate with your fingers still I know its only two cups but separation is key.
- Alright everyone give that one more try then look up here.
- You guys got it pretty good?
- Alright first off lets do a little review
- Who can tell me what bilateral movement is? Dan you know?
- Right just doing two things at once using both sides of your brain both sides of your body.
- Does anyone know what sports use bilateral movement?
- Football, basketball, baseball, good job. Yes Eric even speed stacking.
- Now who can tell me the most important part of the 6 stack what makes the 6 stack so successful?
- Right grabbing 3 and separating and grabbing two just like the lasecs of the football, also speed too.
- Now next class we already got into this because you did a great job but we'll continue to work on the 3 6 3
- I cant show you the video on the world record stack but it is 1.96 seconds. That's pretty fast.
- Since you went so fast this class we'll move on to more complex stacks like the 10 2 and the 6 6 stack. So great job today class we will see you next time.