

Enrichment @



Speed stacking

Sport stacking (also known as cup stacking or speed stacking) is an individual and team activity played using plastic cups. This is an all inclusive activity; someone of Any age, size or any ability can learn how to speed stack. If willing they can then compete against other stackers or against the clock. Speed stacking has the following benefits.

- You use both sides of the brain and body which helps increase bilateral proficiency.
- You improve hand eye coordination
- You improve ambidexterity
- You improve speed and concentration.



<http://www.youtube.com/watch?v=1FGDxOjGmYs&feature=channel>

<http://uk.speedstacks.com/>

Contact

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