

Shuffle Stack and Rapid Fire

Drills to increase speed.

EQUIPMENT

- One set of Speed Stacks per student

HOW TO PLAY

Shuffle Stack: Put all the cups in a column. Pick up 6 cups in each hand. Alternating hands, pile the cups back into a single column. Optional: use 6 cups each of 2 different colors (we must have a better explanation of shuffle stacks in the archives!)

Rapid Fire: Lay out the cups in two rows of 5 with one cup each at the end of the bottom row. Pick up the two extra cups and then use those cups to help gather the rest of the cups back into a column.

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