

# SWITCH BACK

*What goes up, must come down in this team effort of sprinting and stacking.*

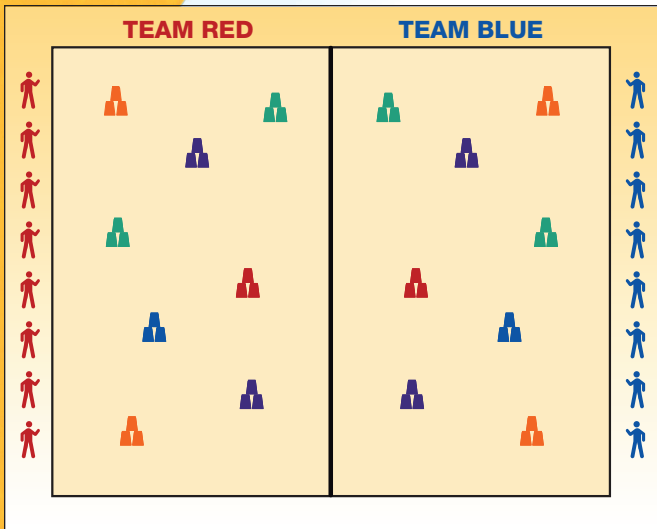


Figure A

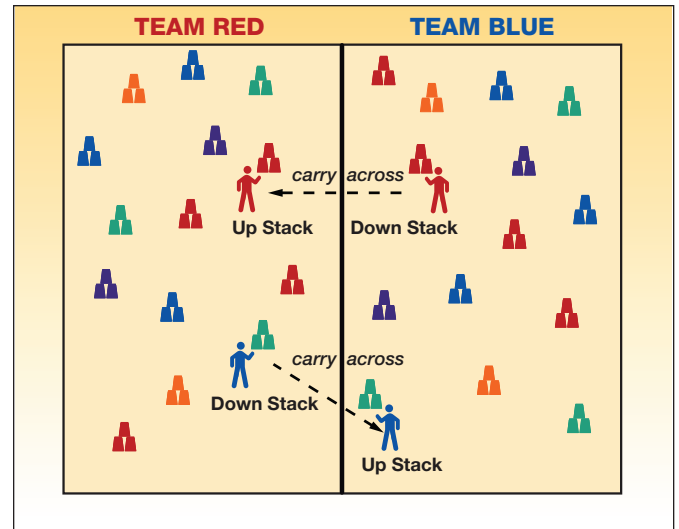


Figure B

**EQUIPMENT:** One set of Speed Stacks for each student.

**SET-UP:** Divide stackers into 2 teams. Designate each team to one half of the activity area. All stackers will up stack a designated stack (3-3-3, 3-6-3) in their half of the activity area before the activity begins. All stackers will then go to their respective baseline (**Figure A**).


**PROCEDURE:** On the "Go" signal, (using music is preferred) team members run to the opposing team's side, down stack a set of cups, take this set of cups and sprint back to their original side and up stack the set. Stackers continue running back to the other team's side to down stack, collect the cups and bring them back to their side to up stack. Stackers may not touch a set of cups that another stacker is up stacking. Stackers may not wait next to a stacker who is up stacking. See which team has the most cup sets in an up stacked position (without a fumble) on their side at the "Stop" signal.

**VARIATIONS:** Add different locomotor skills; try "Doubles" stacking or vary the stacking pattern.

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 = One set of 12 cups