Juggling Study Guide

Juggling is an activity that almost anyone can do. It is a physically and mentally relaxing form of recreation. There are many advantages to learning how to juggle. For example, juggling provides a series of challenges, it is completely portable, it can be done alone, with a partner or in groups, it builds self-confidence, and people go, “WOW!” cause it looks so complicated.

Juggling improves self-esteem, self-discipline, concentration, coordination, commitment, cooperation and cardiovascular wellness. It also helps you learn how to break down complicated skills into simpler tasks, analyze your own abilities, make self corrections & advance at your own rate. It helps your eye-hand coordination for other activities like; softball, football, volleyball, basketball, and others. It also helps rebounding skills and tracking objects in activities like; racquetball, tennis, basketball rebounding, catching fly balls, and reading.

What NOT to Juggle - Edible Objects, Breakable Objects, Sharp Objects, Flaming Objects. * No Chain Saws*

Some Items you may Juggle – Scarves, bean bags, rings, clubs, devil sticks, diablo, cigar boxes, hats, plates for spinning, ball spinning and other SAFE objects.

3 Rules for Juggling – Breaking these rules is considered “EXTREMELY RUDE”
1. DON’T criticize others abilities, e.g. “Ha, Ha, you dropped that!”.
2. DON’T compare skills of jugglers, e.g. “I’m better than you!”.
3. DON’T interfere with someone else’s pattern, e.g. calling his/her name.

To Be a TRUE Juggler:
1. Jugglers are very supportive of each other.
2. Dropping is a sign of PROGRESS; it shows that there is growth going on. If someone picks on you, then you know they are not a TRUE JUGGLER. **GET THE SPIRIT!**
3. You MUST support each other or you will be too self-conscious to practice.
4. Have a heart and a funny bone.

Basic Points:
1. Think through what you are trying to do.
2. Follow Logical Progression. If you get sloppy, go back to the previous step.
3. Feel the pattern (Rhythm). Use Music.
4. Be able to Juggle in a phone booth
   “HOME” position – hands in Tray Position, Palms up like tray
   “WALL PLANE” Path of ball 1 ft. in front of you.
5. Work Subordinate Hand – don’t rely on only the dominant hand.
6. Finish Cleanly
7. Juggle With Friend whenever possible – This helps avoid bad habits.
8. Keep a Record of Progress. (Set Goals)
9. Self Confidence & Persistence are more important then coordination.
10. A Touch is as good as a catch.
CASCADE
The first move is called a “CASCADE”. It is the rest position to a juggler. Start with one ball. Throw it from hand to hand in a “figure 8” pattern using scooping underhand throws. Catch it toward the outside & carry it back to the midline to throw again.

This pattern should extend about a foot above your shoulder on each side. Keep your hands down. Don’t reach higher than your chest to throw or catch. When you can make 10 successful throws you are to throw two balls.

Exchanging two balls – Hold one ball in each hand, throw one in this pattern to the other hand, say “one” in a loud voice. When ball one peaks, say two and throw the ball from the other hand. When you can exchange two balls 10 times without a drop try 3 balls.

3 Ball Cascade - Hold two balls in your dominant hand and one in your subordinate hand. Throw the first ball from your dominant hand and say “one”. When ball one peaks, throw ball two from your subordinate hand and say “two”. When ball two peaks throw ball three from your dominant hand and say “three”. Continue throwing each time the previous ball peaks and continue counting.

TWO BALLS IN ONE HAND
A. Timing is the same as for the cascade. Every time a ball reaches a peak you throw the other ball. This is also called in Columns & can be done with two hands

Hand moves back & forth

B. You can throw each ball in a circle either toward the inside or the outside.

These are called inside or outside circles. The ball is caught & thrown from one hand.

Beginning Instruction: Remember the keys are consistency and repetition. Never be afraid to make the next throw, keep trying till you get it.

1. SCARVES
   Make-up brief routine using cascade, two balls in one hand, columns & an original move, e.g. blow-up, kick-up, behind back, under leg, pirouette etc.

2. BEAN BAGS
   w/ 1 - Check height, distance from body, no spin(catch)
   w/ 2 - Check height, distance from body, no spin(catch)
   w/ 3 - Check height, floor pattern, distance (Don’t catch - yet)