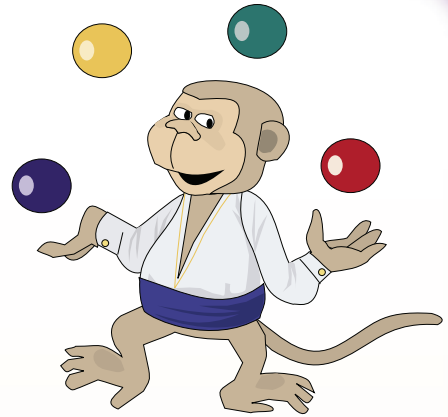
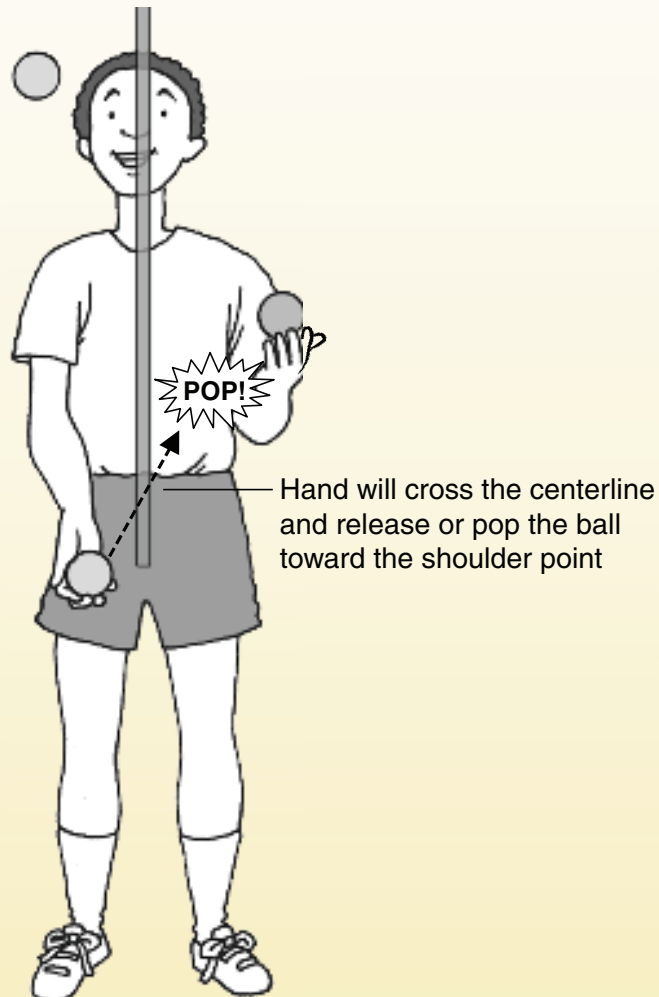


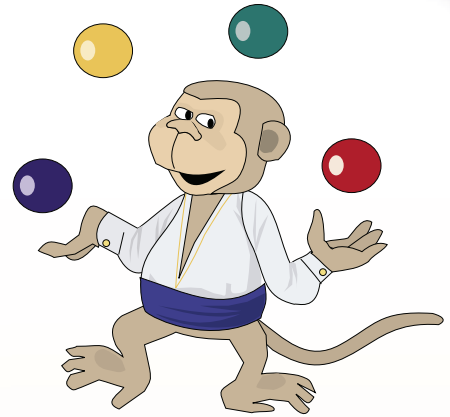
Centerline



The centerline is the imaginary line that divides your body between right and left sides.



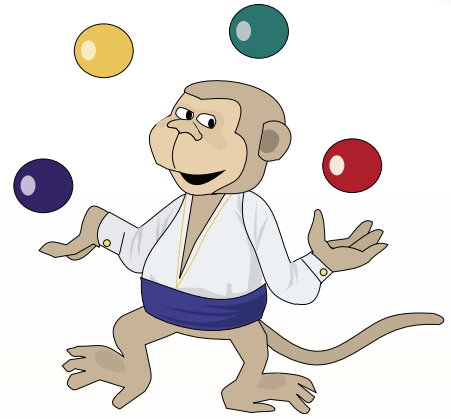
Shoulder Points



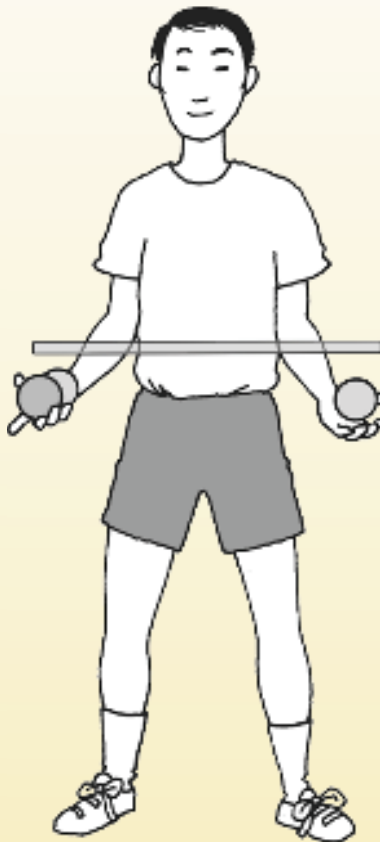
Shoulder points are at the apex of the toss. Aim the ball at these targets, and try to be consistent.



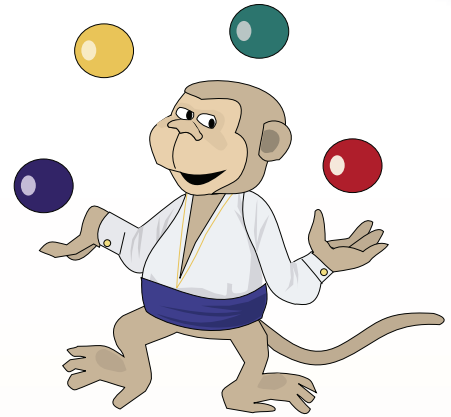
Tray Plane



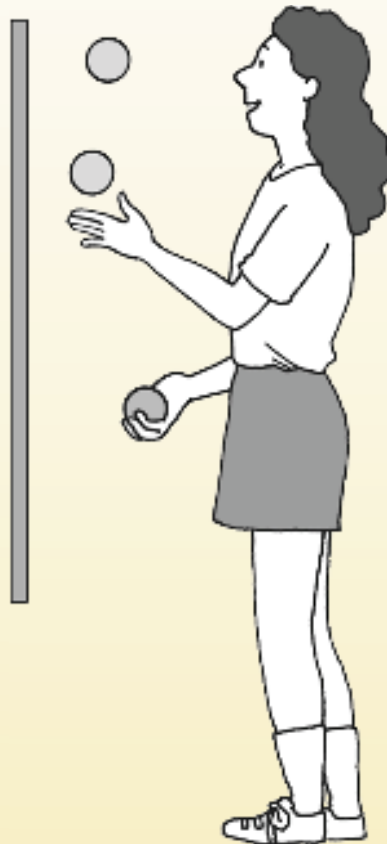
Catch the balls at waist height with elbows near your sides. Do not reach out to catch balls above the tray plane.



Wall Plane



When juggling balls, do not cross the wall plane. The wall prevents you from running to catch the balls and helps you focus on hitting the shoulder points.

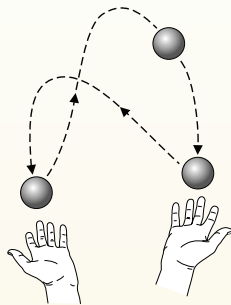


Juggling Basics and Variations



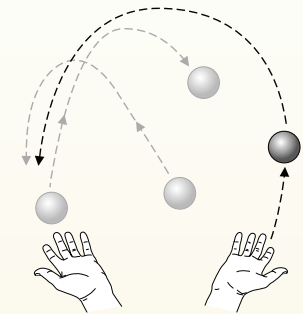
Basic Cascade

The ball crosses within the arc of the toss.



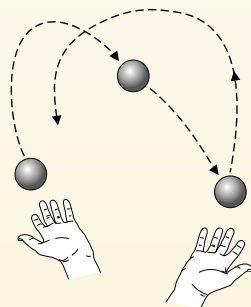
Right Over

The right ball goes out and over the basic cascade. The pattern will result in the fourth toss going over.



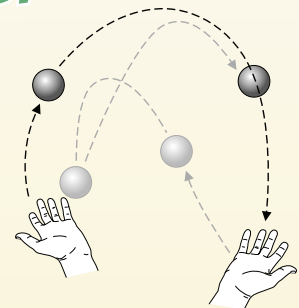
Reverse Cascade

The ball crosses outside the arc of the toss.



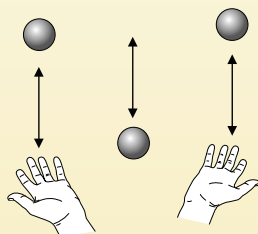
Left Over

The left ball goes out and over the basic cascade. The pattern will result in the fourth toss going over.



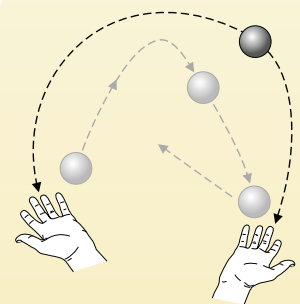
Columns

The inside ball moves in the opposite direction of the outside balls.



Juggler's Tennis

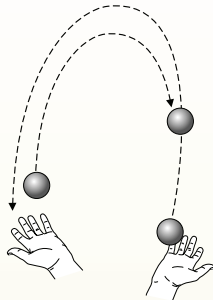
Alternate right over, left over, tossing the same ball over the other two.



Juggling Tricks I

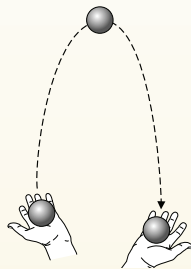
Height Varying

Toss balls higher or lower than shoulder points.



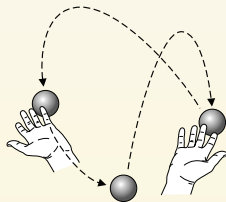
High-Toss Pause

Toss a ball beyond the target point while holding the other two balls.



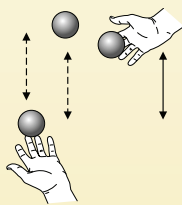
One-Ball Bounce

Bounce a ball on the floor while holding the other two balls.



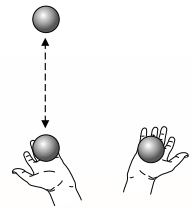
Two Ones With Carry

Alternate tossing two balls in one hand while holding a third ball in the other hand to shadow the movement of one ball in the two-ball toss. (Similar to *Elevators*.)



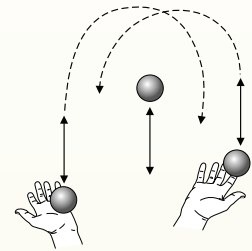
Yo, Yo, Oy, Oy

This trick is the same as Two Ones With Carry, except the ball tracks the top of the tossed ball (yo, yo) or goes under the tossed ball (oy, oy).



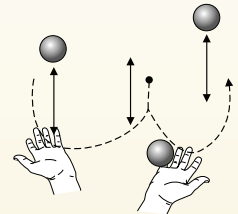
Columns With Crossover

Perform columns but switch outside balls while keeping the third ball in the center position. Alternate hands on the center ball.



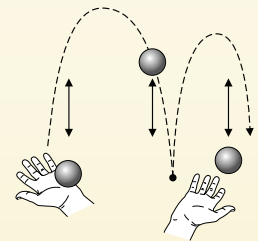
Columns With W

While performing columns, toss the ball underneath the columns from left, to center, to right column position, and reverse.



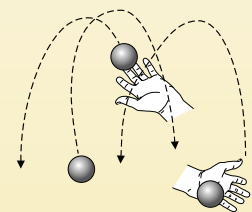
Two Ones With M

This trick is the same as Columns With W, but the toss is over the columns.



Two-Ball Bounce

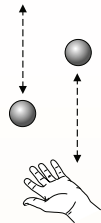
Both outside balls drop to the ground. One is clawed upon return while the other continues above the tray return into juggling. Toss the clawed ball into the juggle.



Juggling Tricks II

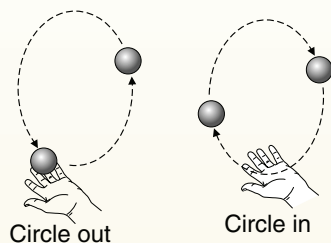
Elevators

Toss two balls in parallel paths alternating up and down with one hand with a third ball going in the opposite direction. One hand juggles two balls while the other hand only has one. Do the left hand and then the right.



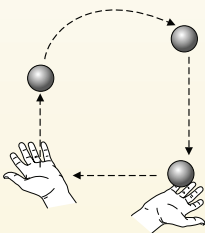
Circles

Toss two balls with one hand in a clockwise (circle out) or counterclockwise (circle in) direction. Toss away from the centerline to circle out. To circle in, toss toward the centerline.



Showers

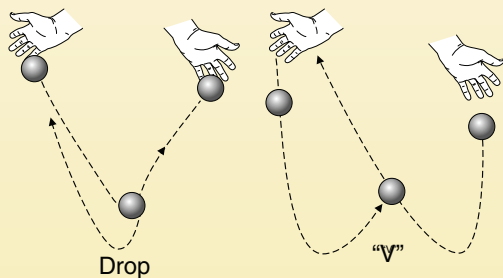
All balls move in a clockwise or counterclockwise direction. Transition to and from a cascade or reverse cascade.



Off the Floor

Bounce balls to the floor and juggle in the bounce.

- Drop: Same strike point.
- V: Balls move outside and under the ball during upbounce, when balls move toward the peak of the bounce.



Off the Wall

Juggle a cascade with one ball tossed into a wall and returned to the juggle. Work until all balls are tossed into the wall.

Two-Ball Bounce With Crossover

Perform the Two-Ball Bounce but upon return, perform a crossover.

Behind the Back

Toss the ball behind your back into a cascade. Tip: Start by holding two balls and tossing the third ball over your back into a cascade.

Bounce Off the Knee

During a juggle, lift your knee and drop one ball onto it. The ball will bounce back into the cascade.

Single and Continuous Claw

During a cascade, one hand grabs the balls with a claw rather than tossing them. Using both hands to claw all tossed balls is called a *continuous claw*.

Under the Leg

Toss one ball under a leg lift into a cascade. Try consecutive tosses under the same leg.

Roll Off the Head

Toss the ball onto the back of your neck. The ball then rolls into a cascade.

Juggling Trick Starts



Start from a partner toss: Hold a ball in each hand. Your partner tosses a ball toward you. Receive the ball by tossing your held ball to begin a cascade.

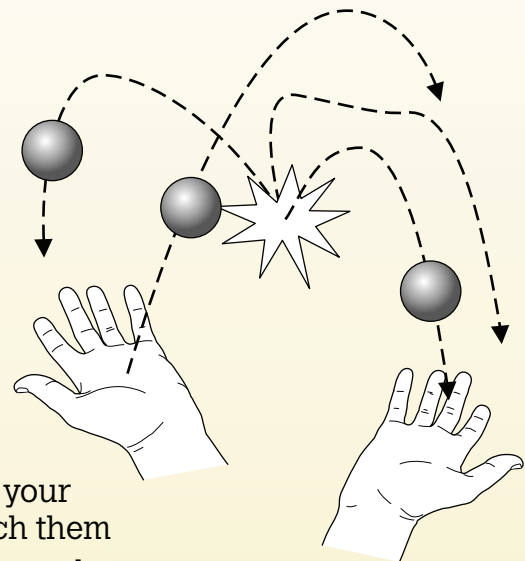
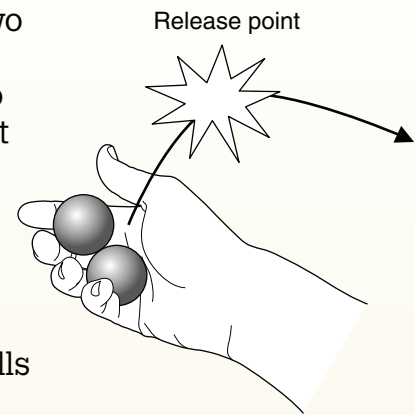
Two-ball start: To initiate a juggle, one hand holds two balls and the other holds one. The hand with two balls initiates the juggle by tossing both balls into the air. The toss is done as the hand is moving out from the centerline. The two balls tend to split in midair. Toss the third ball in the center of the ball split to begin the cascade.

Three-ball start: One hand holds all three balls. Toss the balls into the air in a fan motion, as in the two-ball start. The release point places the balls at varying heights. Catch the balls in sequence to begin a cascade.

Oddball start: The hand with the single ball initiates the juggle. The other two balls must be tossed in quick succession to continue with the cascade.

Three-ball start off the ground: Hold three balls with one hand. The hand releases the balls to the ground. Upon their return, claw two balls and quickly toss them into the cascade. The third ball is caught and enters the juggle.

Three-ball start, behind the back: Hold three balls with one hand and toss them behind your back. As they enter the target window, catch them and immediately place them into a basic cascade.



Increased Difficulty

Juggling objects of different sizes and shapes

Rings

Clubs

Clubs with double spins

One club, two balls

Two balls, one club

Four-ball juggle or four-ball showers

For more tricks, diagrams, and videos, check out www.juggling.org.

Juggling Balls Checklist



Name: _____ Class: _____ Date: _____

Directions

- You have until the end of the unit to complete all the tasks on this checklist.
- You must complete all tasks with balls or beanbags.
- Fellow students can observe and check off numbers 1 through 7.
- The teacher must observe and check off numbers 8 through 13.

Student knows	Date	Verified by
1. Tray plane 1 point		
2. Wall plane 1 point		
3. Centerline 1 point		
4. Shoulder points 1 point		
5. Centerline and up, catch (20 times) 1 point		
6. Right, left, catch, catch (20 times) 1 point		
7. Left, right, catch, catch (20 times) 1 point		
8. Basic cascade (10 times) 1 point		
9. Basic cascade (20 times) 1 point		
10. Reverse cascade (10 times) 1 point		
11. Reverse cascade (20 times) 1 point		
12. Columns (10 times) 1 point		
13. Columns (20 times) 1 point		