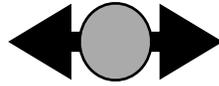


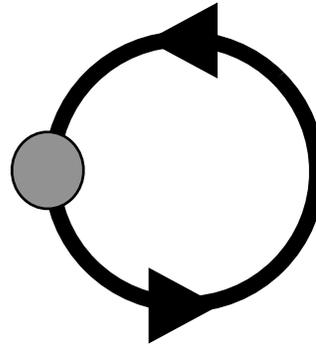
Juggling Warm-Up Tricks

One Ball

1. Hand Passes
-10 times



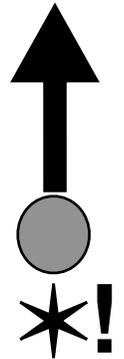
2. Around the Body
-10 times, each direction



3. Toss and Clap
-10 times

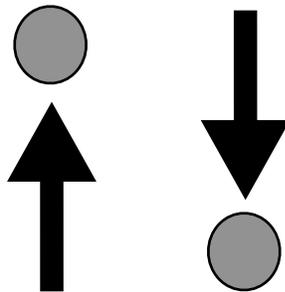


4. Knee Bounce
-10 times

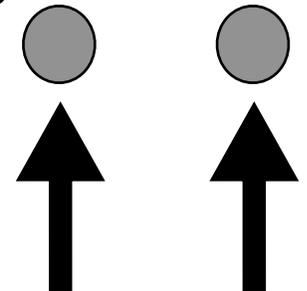


2 Balls

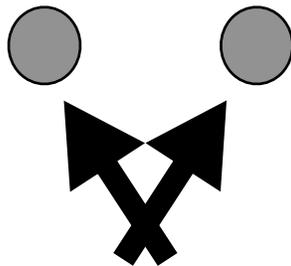
1. Tick-Tock
10 times slow
10 times fast



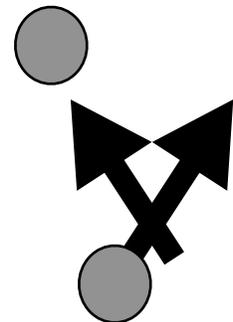
2. Toss in Pairs
10 times



3. Crossing Pairs
10 times



4. Crossing Tick-Tock
10 times



Juggling Warm-Up Directions

These exercises are designed to help loosen up and become familiar with catching juggling beanbags. Start each juggling session with these exercises. Can you get through all of the steps without a drop? Drops are a sign of progress- it's a part of learning so don't give up! When you do drop just start where you left off in your counting instead of going back to 1.

As a teacher, these are especially helpful for teaching younger (under 12) or challenged students by creating a more gradual learning curve. Below are descriptions of each trick so you can demonstrate them correctly. After they know each step they can use a printout of the diagrams on the first page as a guide each day. Use the Practice Chart to record their warm-up sessions each day. Are your students learning a new language? Have them practice their alphabet or counting while they count their throws out loud!

One Ball Exercises

1. Hand Passes

Throw the beanbag straight across from one hand to the other.

Go back and forth counting out loud up to 10.

This helps you get used to closing your fingers around the beanbag as it hits your hand.

2. Around the Body

Pass the beanbag in circles around your body by alternating passes behind your back and in front of you. Count ten passes (making 5 circles around the body) then reverse the direction for ten passes in the opposite direction (both clockwise and counterclockwise).

This helps loosen up the shoulders.

3. Toss and Clap

Toss the beanbag up (about forehead high), clap your hands once then catch the beanbag again.

Repeat this ten times.

Students may always catch with the same hand or even use both at first and that is fine if they are succeeding. The preferred method is to switch hands as you catch each time, so if you toss with your left, then catch in your right.

This helps you learn how much time you have between your throw and catch.

4. Knee Bounce

Toss the beanbag up, bounce it off of your knee, then catch it again.

(if your student can't use a knee, try an elbow or wrist bounce instead).

Count ten knee bounces.

With two hands and two knees to choose from there are lots of different ways to succeed. When you have control you should be able to repeat this sequence: right hand toss-left knee bounce-left hand catch, left hand toss-right knee bounce-right hand catch.

This sequence helps coordinate arms with legs.

Two Ball Exercises

Using the proper juggling stance will help you control your throws and make catching easier during the two ball exercises. Stand with your feet about shoulder width and don't lock your knees. Your elbows should stay at your sides with your forearms parallel to the floor so your elbows form a right angle (your arms are in the shape of the capital letter 'L').

As you toss the beanbags, keep your elbows at your sides and your palms up. You will bend at your elbows to bring the beanbags down first and then up to let go (like the movement for lifting weights).

Each of the throws go about forehead high. If your throws are accurate you will be able to catch them without moving your elbows away from your sides. Keep in mind that the direction the balls go depend on where your palms are facing when you let go. All of the catches should be made with your arms in the 'L' position -don't reach up to catch them too soon, wait for them to come down.

1. Tick-Tock

In the juggling stance, hold a beanbag in each hand. Toss straight up with one hand (about forehead high) and catch it in that hand again. Then toss the same way with the opposite hand. Count ten catches (five for each hand) This is the slow version.

Next Toss straight up with one hand, but before you catch it throw straight up with the opposite hand. Continue tossing and catching so that you always release a beanbag before you catch the next.

Count ten catches (five for each hand) This is the fast version.

Starting slow and then fast helps build accuracy first, then speed.

2. Toss in Pairs

Toss both beanbags straight up at the same time, then catch them again.

Try to throw them both at the same height so you can catch them at the same time.

Repeat this 10 times

This helps you learn to use both hands equally

3. Crossing Pairs

Toss both beanbags across at the same time, then catch them in the opposite hands at the same time.

You will need to toss one beanbag a little higher so they don't bump in the middle (don't throw one in front and one behind)

Repeat this 10 times

4. Crossing Tick-Tock

Toss one beanbag across to the other hand, then while it is still in the air toss the second one across to the first hand. You will need to be good at the fast Tick-Tock to get the timing right.

Repeat this 10 times (20 catches total)

When you have done it 10 times in a row without a drop, practice by making the first throw with the opposite hand. Then alternate your starting hand each time.

This is actually step three of the standard juggling lesson, the Toss-Toss-Catch-Catch.

You will notice that there are no 'hand passes' in the two ball exercises. The '2 ball circle' pattern leads to bad habits and should be avoided.

Learn more! at ScienceofJuggling.com