

FIVE BALLS

THE HOLISTIC,
FEEL-GOOD WAY!

WORKSHOP HANDOUT
BY THOM!
THOMWALL@GMAIL.COM
3

INTRO

A LOT OF PEOPLE GO ABOUT LEARNING FIVE BALLS AS THOUGH IT WERE ITS OWN TRICK, WITH ITS ~~OWN~~ ^{OWN} SET OF UNIQUE REQUISITE SKILLS. AS SUCH, THEY ONLY PRACTICE THE FIVE BALL CASCADE - NO THREE OR FOUR BALL PATTERNS. THIS METHOD TAKES A LONG TIME TO WORK ITSELF OUT AND GENERALLY RESULTS IN A LOW, FAST, AND STRESSFUL PATTERN THAT RELIES TOO MUCH ON HANDSPEED.

FIVE BALL JUGGLING IS THE END RESULT OF THE MASTERY OF SEVERAL SKILLS THAT ARE NOT UNIQUE TO THE FIVE BALL CASCADE. WORKING ON CERTAIN THREE AND FOUR BALL TRICKS WILL GREATLY INCREASE YOUR JUGGLING ABILITIES, MAKING IT EASIER TO LEARN FIVE BALLS... AND YOU'LL GET TO LEARN SOME TRICKS YOU OTHERWISE MIGHT NOT HAVE TRIED!

PERIPHERAL LEARNING, OBLIQUE LEARNING, IMPLICIT LEARNING... CALL IT WHAT YOU WANT - IT WORKS

3

- 3b FLASHES - 55500
- 3b LONG DWELL - 522
- 531
- 3b SHOWER IN BOTH DIREX - 51
- ↑ SOME FOLKS SWEAR BY THIS - I'M NOT ENTIRELY CONVINCED. NOT BAD TO WORK ON, EITHER WAY...

4

- 5551 [★] & 55514 [★]
- 7531 + 75314
- 7441 + 74414
- 561 - 561 IS AN EXCITED-STATE SITESWAP, EXCITED BY A 5. THIS PATTERN IS EXTREMELY GOOD FOR WORKING ON TIMING AND RELATIVE HEIGHTS AS IT WILL ONLY WORK WITH PERFECTLY CORRESPONDING $S_5 + S_6$.

5

- (FOR WHEN YOU'RE STARTING TO GET SOLID...)
- TENNIS!
 - 5b ENDURO!!!

GENERAL TIPS

- THESE DRILLS ALL FOCUS ON FIVE BEAT THROWS AND THEIR RELATIONSHIP WITH THROWS OF OTHER HEIGHTS. ONCE YOU'VE LEARNED TO RUN A FEW (OR ALL!) OF THESE PATTERNS, YOU'LL HAVE DISCOVERED THE 'NATIVE' HEIGHT OF YOUR 5b THROW.
- IF YOU'RE HAVING A HARD TIME PLACING THROWS WHEN YOU'RE WORKING ON 5b QUALIFIES AND BEYOND, FOCUS ON YOUR CORNERS. IF YOU'RE FEELING RUSHED WHEN WORKING ON 5b FLASHES, FOCUS ON PEAKING THE FIRST THREE THROWS (LIKE A 3b FLASH), THEN CHUCKING THE NEXT TWO. THIS IS A GOOD WAY TO SLOW DOWN (!!!) AND RESIST THE TEMPTATION TO SIMPLY CHUCK ALL FIVE BALLS.
- RELAX YOUR SHOULDERS!!!
- KEEP YOUR PATTERNS TALL AND S L O W.

FIVE BALLS

THE HOLISTIC,
FEEL-GOOD WAY!

WORKSHOP HANDOUT
BY THOM!
THOMWALL@GMAIL.COM
3

INTRO

A LOT OF PEOPLE GO ABOUT LEARNING FIVE BALLS AS THOUGH IT WERE ITS OWN TRICK, WITH ITS ~~OWN~~ ^{OWN} SET OF UNIQUE REQUISITE SKILLS. AS SUCH, THEY ONLY PRACTICE THE FIVE BALL CASCADE - NO THREE OR FOUR BALL PATTERNS. THIS METHOD TAKES A LONG TIME TO WORK ITSELF OUT AND GENERALLY RESULTS IN A LOW, FAST, AND STRESSFUL PATTERN THAT RELIES TOO MUCH ON HANDSPEED.

FIVE BALL JUGGLING IS THE END RESULT OF THE MASTERY OF SEVERAL SKILLS THAT ARE NOT UNIQUE TO THE FIVE BALL CASCADE. WORKING ON CERTAIN THREE AND FOUR BALL TRICKS WILL GREATLY INCREASE YOUR JUGGLING ABILITIES, MAKING IT EASIER TO LEARN FIVE BALLS... AND YOU'LL GET TO LEARN SOME TRICKS YOU OTHERWISE MIGHT NOT HAVE TRIED!

PERIPHERAL LEARNING, OBLIQUE LEARNING, IMPLICIT LEARNING... CALL IT WHAT YOU WANT - IT WORKS

3

- 3b FLASHES - 55500
- 3b LONG DWELL - 522
- 531
- 3b SHOWER IN BOTH DIREX - 51
- ↑ SOME FOLKS SWEAR BY THIS - I'M NOT ENTIRELY CONVINCED. NOT BAD TO WORK ON, EITHER WAY...

4

- 5551 [★] & 55514 [★]
- 7531 + 75314
- 7441 + 74414
- 561 - 561 IS AN EXCITED-STATE SITESWAP, EXCITED BY A 5. THIS PATTERN IS EXTREMELY GOOD FOR WORKING ON TIMING AND RELATIVE HEIGHTS AS IT WILL ONLY WORK WITH PERFECTLY CORRESPONDING $S_5 + S_6$.

5

- (FOR WHEN YOU'RE STARTING TO GET SOLID...)
- TENNIS!
 - 5b ENDURO!!!

GENERAL TIPS

- THESE DRILLS ALL FOCUS ON FIVE BEAT THROWS AND THEIR RELATIONSHIP WITH THROWS OF OTHER HEIGHTS. ONCE YOU'VE LEARNED TO RUN A FEW (OR ALL!) OF THESE PATTERNS, YOU'LL HAVE DISCOVERED THE 'NATIVE' HEIGHT OF YOUR 5b THROW.
- IF YOU'RE HAVING A HARD TIME PLACING THROWS WHEN YOU'RE WORKING ON 5b QUALIFIES AND BEYOND, FOCUS ON YOUR CORNERS. IF YOU'RE FEELING RUSHED WHEN WORKING ON 5b FLASHES, FOCUS ON PEAKING THE FIRST THREE THROWS (LIKE A 3b FLASH), THEN CHUCKING THE NEXT TWO. THIS IS A GOOD WAY TO SLOW DOWN (!!!) AND RESIST THE TEMPTATION TO SIMPLY CHUCK ALL FIVE BALLS.
- RELAX YOUR SHOULDERS!!!
- KEEP YOUR PATTERNS TALL AND S L O W.