

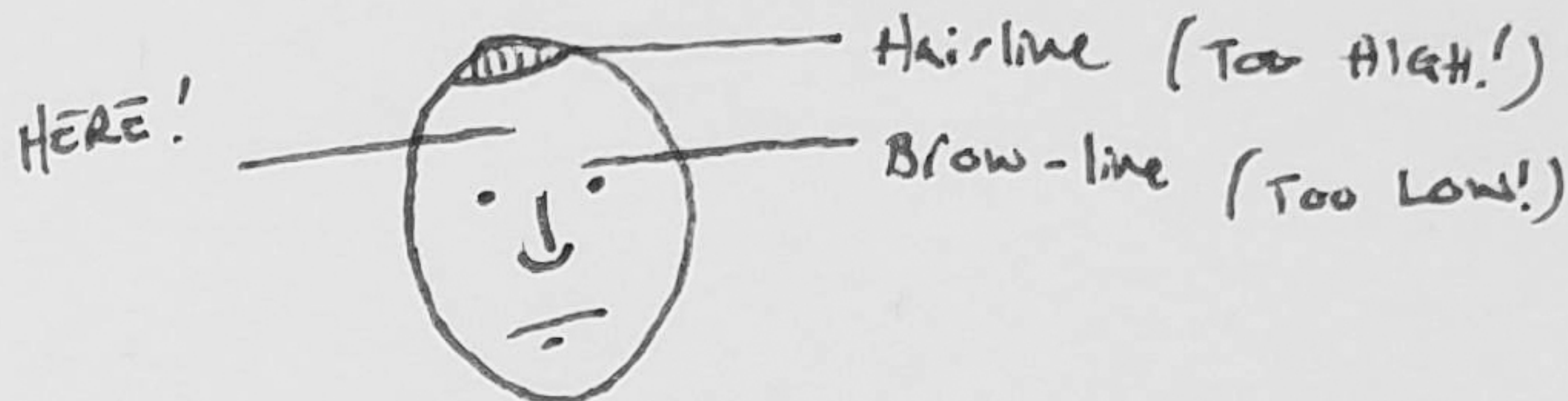
LET'S BOUNCE A BALL ON OUR HEADS!

PREREQS

- HEAD
- BALL
 - ↳ ROUND (NO LUMPS!)
 - EVEN (NO HEAVY SPOTS!)
 - NOT TOO LIGHT (~200g)
 - ↳ (NOT TOO HEAVY, EITHER! <300g)
- BALANCE A CLUB AND JUGGLE
 - ↳ ON FOREHEAD.

WHERE TO BOUNCE?

- SAME SPOT AS YOU BALANCE A CLUB

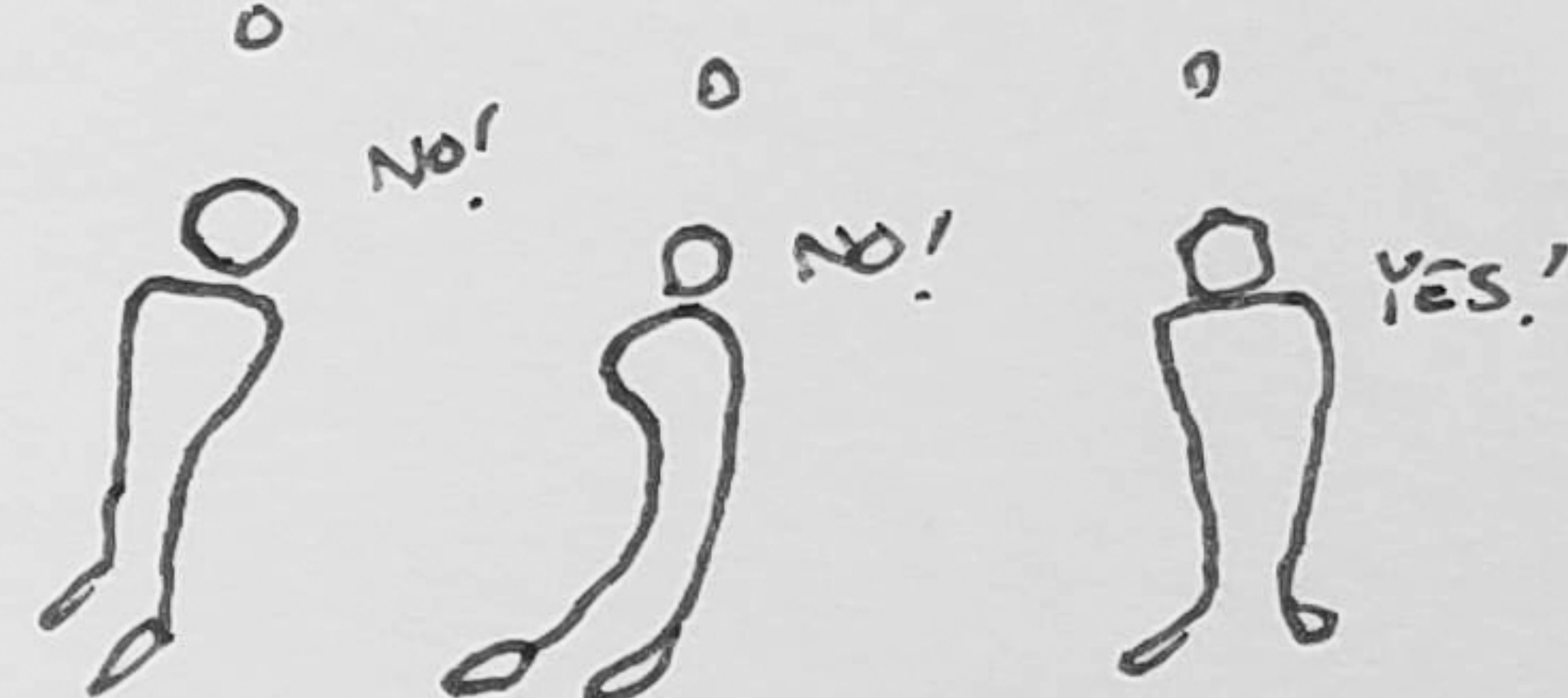


HOW TO BOUNCE?

- THE BOUNCING ACTION COMES FROM YOUR KNEES AND ANKLES.

- CORRECTIONS COME FROM SMALL SHIFTS IN THE ANGLE OF THE HEAD AND NECK.

- DO NOT BEND! TORSO IS RIGID, PELVIS IS TUCKED!



KEEP A NICE, VERTICAL SPINE.

"HOW DO I KNOW I'M DOING A GOOD JOB?!"

↳ THE BALL DOESN'T LIE. WHEN YOU CORRECT, IT WILL SPIN SLIGHTLY. IF IT'S NOT ROTATING, YOU'RE MAKING LOTS OF VERY CLEAN HITS.

BOUNCING DRILLS

PYRAMID PROGRESSION

- 1 x 15
- 2 x 10
- 5 x 5
- 10 x 3
- 25 x 1

A DRILL THAT GATTO SWEARS BY. TRY NOT TO MOVE YOUR FEET.

- BOUNCE + SIT DOWN IN A CHAIR
↳ SCOTT SORENSSEN LIKES THIS ONE.

- BOUNCE + PIVOT IN A CIRCLE
↳ ... 360° ONE WAY, THEN ANOTHER. I LIKE THIS ONE.

- BOUNCE AT "NORMAL" HEIGHT, PUNCH ONE VERY HIGH, AND RETURN TO BOUNCE AT NORMAL HEIGHT BY ABSORBING WITH THE KNEES. (GATTO.)

- RUN ACROSS THE ROOM WHILE BOUNCING. START SLOW, PICK UP SPEED. (LEWIS KENNEDY.)

MANY PEOPLE START WITH A CHILD'S PLAY-GROUND BALL, THEN UPGRADE TO A GYMNASTICS BALL, LIKE A SASAKI M20-C.

★ HOW HIGH TO BOUNCE?

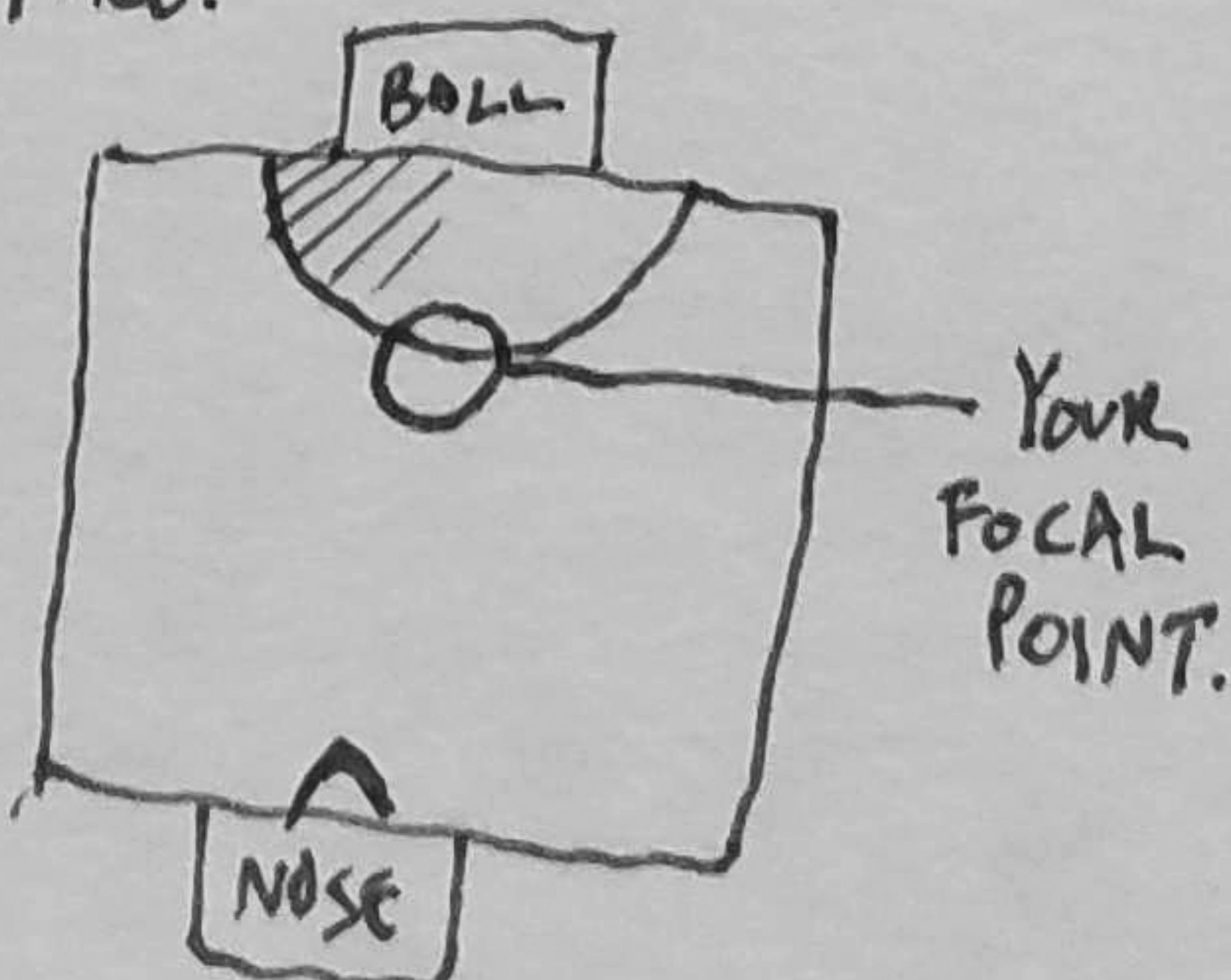
- THE BALL SHOULD TRAVEL 4-8 INCHES VERTICALLY.

★ HOW TO INFLATE?

- THE BALL SHOULD HAVE SOME GIVE TO IT. YOU ARE EXERTING FORCE ON THE BALL TO MAKE IT BOUNCE, IT'S NOT SIMPLY BOUNCING ON THE SURFACE OF YOUR SKULL.

SPOTTING

- WATCH THE FAR SURFACE OF THE BALL - AS MUCH THE BALL AS THE NEGATIVE SPACE.



THIS PROBABLY SOUNDS SILLY AND NEEDLESSLY DIFFICULT AT FIRST. HOWEVER IT'S SUPER IMPORTANT DOWN THE ROAD, WHEN YOU BEGIN WORKING ON BOUNCING AND JUGGLING!

QUESTIONS? COMMENTS?

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