

JUGGLING WITH A HEADBOUNCE

JUGGLING WITH A BOUNCE IS SIMILAR TO JUGGLING WITH A BALANCE, SAVE FOR ONE IMPORTANT THING: TEMPO. IT'S POSSIBLE TO LEARN THREE OBJECTS WITH A BOUNCE, MATCHING YOUR THROWS AND CATCHES WITH THE RHYTHM OF THE BOUNCE, BUT THIS IS NOT ADVISED. IN FACT, THIS WILL BE A DIFFICULT HABIT TO UN-LEARN WHEN YOU ADVANCE TO PATTERNS AND OBJECTS BEYOND THE THREE-OBJECT CASCADE.

DRILLS

- THROW AND CATCH A BALL, THROWN AS A "4" WHILE MAINTAINING A BOUNCE. TRAIN BOTH SIDES.

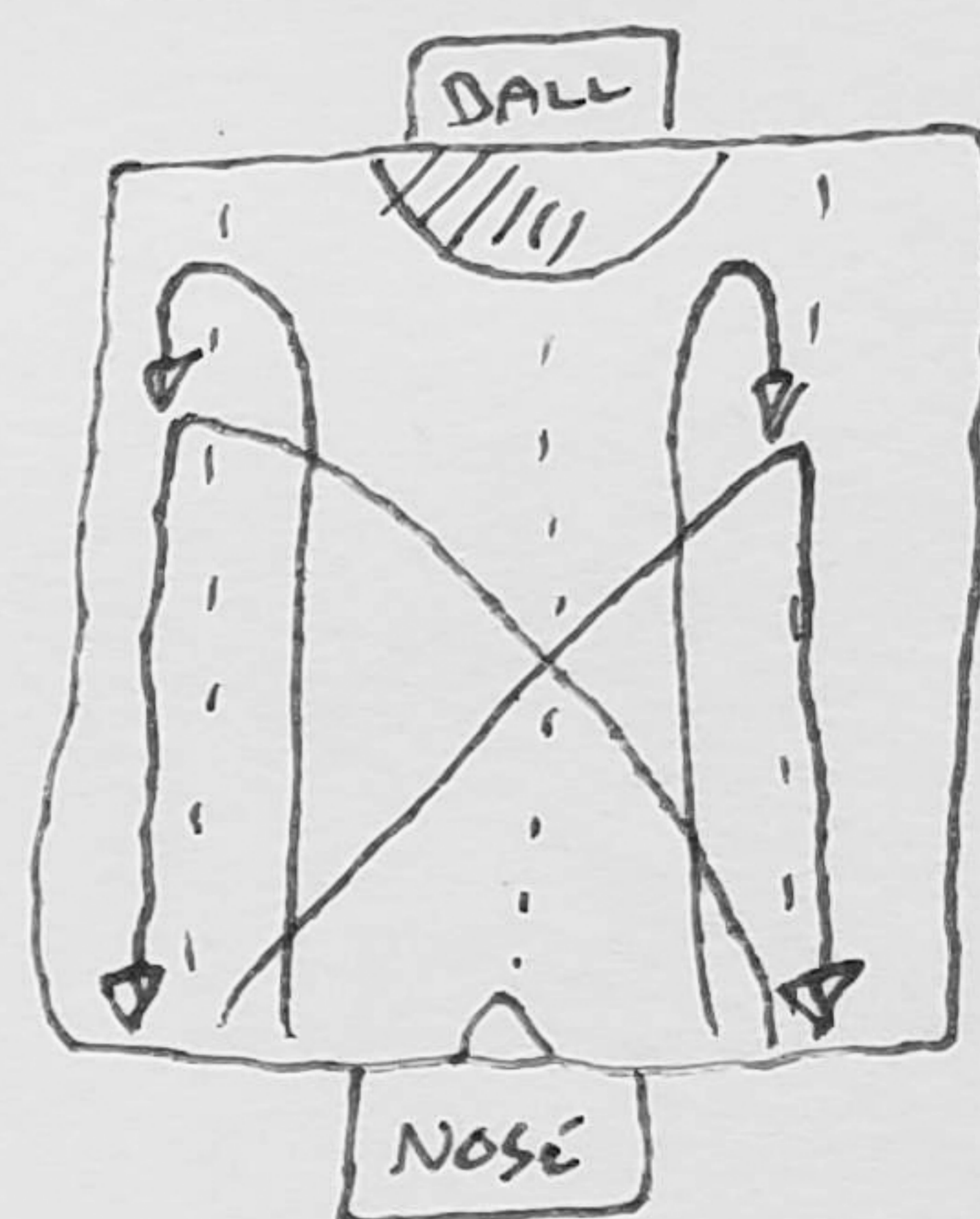
↳ NEXT, HOLD A BALL IN EITHER HAND AND ALTERNATE THROWS, AIM TO DO THIS AT A CONSISTENT TEMPO.

- TALL 3, LOW 3 - GOOD FOR BREAKING RHYTHM.
- 423 - TALL, LOW - SAME REASON.
- 2 OBJECTS A HEADBOUNCE BALL - CASCADE, THROW INTO HEADBOUNCE. THE TOSS IN SHOULD BE THE HEIGHT OF THE TOP OF YOUR BOUNCE. IT'S TEMPTING TO MAKE THE THROW TO THE BOUNCE VERY TALL TO FOCUS ON CATCHING THE TWO OBJECTS. DON'T DO THIS.
- 12345 - A 3 OBJECT PATTERN - BASICALLY COME FROM THE CASCADE TO A SHOWER ON ONE SIDE, THEN SWITCHING SIDES. THIS PATTERN IS A GREAT WAY TO LEARN TO SPLIT THE RHYTHM OF THE THROWS AND THE BOUNCE.

★ REMEMBER - IF YOU MAKE A MISTAKE, DROP THE OBJECT, NOT THE BOUNCE. ALWAYS MAINTAIN THE BOUNCE!

- AFTER ALL OF THIS, IT'S MORE OR LESS THE SAME AS ANY OTHER JUGGLING PROGRESSION. FOCUS ON GOOD FORM, AND WORK FROM FLASH TO QUALIFY AND BEYOND.

THE INTERFACE



- THE OBJECTS TRAVEL IN THE LANES OUTSIDE OF THE PATH OF THE BALL.
- AS THE BALL BOUNCES, THE THROWN OBJECTS WILL BE HIGHER IN YOUR PICTURE PLANE THAN BALL.
- NOTICE HOW HIGH IN THE PICTURE PLANE THESE ARE THROWN. HIGHER IS ALWAYS BETTER. DO NOT RELY ON HANDSPEED.
- A GREAT DRILL TO WORK ON THIS IS BALANCING A BALL ON YOUR FOREHEAD AND JUGGLING WITH GOOD FORM - TALL THROWS, LOW HANDS, NO BENDING. (GAPPO DRILL!)

QUESTIONS? DROP ME A LINE!

THOM@THOMWALL.COM

THOMWALL.COM/WORKSHOPS