

Workout – Juggling in English

Kategorie: Koordination

Benötigtes Material: 3 balls

Übungsdauer: if you want to do this

Übungsbeschreibung: Juggling- in Englisch



Part I- One Ball



Source: http://www.jonglieren.at/theoprax/ersteschritte_baelle/, 21.11.2019

Find a set of three balls which are about the same weight as an orange. Weight is important. If they are too light they will bounce out of your hands before you are able to catch them. Think of how the weight of a baseball makes your hand snap shut automatically. Ideally you should have three different colors.

1. Most Importantly, find balls which DON'T BOUNCE! (or you'll do a lot of chasing)
2. Start by tossing one ball back and forth from your left hand to your right hand, and right to left.
3. The throws should be;
 - a. Around eye level
 - b. About shoulder width apart..
 - c. The same height from both the left hand and right hand.
 - d. Smooth and rhythmic
 - e. Moving up and down, & left and right. NOT forward and back.
 - f. Notice how the ball gets carried slightly towards your mid line just before each
 - g. throw.
4. Think about swinging your hand towards your belly button with each throw.
5. Once you're feeling comfortable doing this step, there is one more thing you should do.
6. DON'T WATCH THE BALL.
7. Keeping your eye on the ball makes it easier *if* there is only one ball. If you want to add a second ball you have to learn to do Part I using nothing but your peripheral vision. It's easier than it sounds.

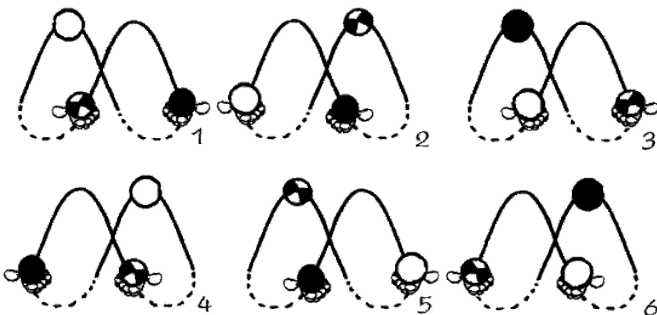
Source: <https://funnyjuggler.com/juggling/index.php?LessonID=9&Flash=&FltProp=All&SkillLevel=0>, 21.11.2019

Part II - Two Balls

1. If you're right handed, start with the Blue ball in your Left hand.
2. This is the most important step to learn to juggle three balls. If you can do this, you can juggle three. Make sure you're doing it correctly, then practice lots before moving on.
3. Hold one ball in each hand.
4. Toss the Blue ball from your weaker hand towards your dominant hand, just like in Part I (make sure it's about eye level).
5. When the Blue ball reaches its highest point, toss the Red ball so that it passes underneath (that is, to the inside of) the Blue ball.
6. Toss number two MUST be the same height as toss Number one.
7. Catch the Blue ball one in your dominant hand (i.e.: the hand that just threw the Red ball)
8. Catch the Red ball in your weaker hand (i.e.: the hand which the first toss came from).
9. Stop - unless you add a third ball it is impossible to continue from this point with out a pause here, so don't bother trying.
10. While you're working on this, the best way to test if you're doing it right is to listen to the rhythm of the throws and catches. The timing between throws 1 & 2 should be the same as timing between catches 1 & 2.
11. If the timing between catches is shorter, then you need to make the 2nd toss a little bit higher. (Remember Both tosses must be the same height)

Source: <https://funnyjuggler.com/juggling/index.php?LessonID=10&Flash=&FltProp=All&SkillLevel=0>, 21.11.2019

Part III - Three Balls



Source: http://www.jonglieren.at/theoprax/ersteschritte_baelle/, 21.11.2019

1. Start by just trying to get three good throws. Notice that as the Orange ball comes down, The Juggler could throw the Blue ball under it, for a fourth throw.
2. Then see if you can keep it going, for four, or five, or more throws

3. This is where it all comes together. Suddenly you will understand how everything works. You will be juggling three balls soon. You already know all the steps you need. It's time to put it all together.
4. First you will try making the third throw.
5. Hold two balls in your dominant hand, and one in your weaker hand.
6. Toss the Blue ball from the hand which has two balls, towards the hand with one ball, just like in Part I (make sure it's about eye level).
7. When the first ball reaches its highest point, toss the second ball (Red) so that it passes underneath (that is, to the inside of) the Blue ball. This should all look familiar, if you got the hang of part II.
8. Catch the Blue ball in the hand which just made toss #2 with the Red Ball
9. Now you should have one ball in each hand, and a Red ball in the air which is headed towards the hand which is still holding the Orange ball. At this point things should again look familiar.
10. Once Ball #2 (red) reaches its peak, toss Ball #3, the Orange ball, underneath ball #2 .
11. Catch The Red Ball.
12. Catch the Orange Ball.
13. After you've done this a few times, you will realize that you could make a fourth throw (With the Blue Ball) just before you catch the Orange ball. If you succeed in making a fourth throw, you could also make a fifth throw...
14. From here all it takes is a lot of practice. Fortunately the practicing is the fun part. If you stop having fun, then it's time for a break. You'll learn faster by practicing as often as possible, but never for a long time at once.
15. Start by just trying to get 3 good throws into the air. Even if you don't catch any of them.
16. Remember that Juggling is all about making good throws, not good catches. If you find that you have a choice between making a throw, or a catch, Go for the THROW!

Source: <https://funnyjuggler.com/juggling/index.php?LessonID=11&Flash=&FltProp=All&SkillLevel=0>, 21.11.2019

Source: <https://www.amazon.com/Learn-Juggle-Stewart-Ashman/dp/1435148436>, 21.11.2019

