

Craig Quatt Workshop

5-step juggling

Method of teaching beginners to juggle

Breaking away from the linear model of teaching and learning to a non-linear one.

Taking away the moments of stopping and keeping the students engaged and continuously learning.

Definition of juggling

A Managed Sequence of Orbital Events

Juggling is non-linear

Concept before components

How to teach

Focus rather on building capacities, not individual tricks

Imagine doing a jigsaw puzzle without the picture, or if you were driving a car and having to stop to learn every time you make a mistake.

5 steps

Lots of exercises within each step

Start with the end

3ball, 2 ball, 1 ball, 2 ball, 3ball

3ball activities

1. Start with cascade on the floor

AIM is to feel the cascade

Find rate at which students can operate - look for students who swap ball to dominant hand.

2. Take it off the floor

"Neck" or telephone juggling

Monkey juggling (under armpits)

Elbow roll juggling

AIM is to feel the cascade on your body – give time for repetition

2balls activities

Ball&ring

- cow jumps over the moon
- cow jumps through ring
- cow in the barn, open&close door

AIM is to introduce sequencing events

- if necessary, slow down the sequence, by catching ball at top of the arc
- when correcting, touch the ball/object rather than the hand of the student; you want them to get the correcting impulse/information from the object, not you

1ball activities

- introduce this immediately after 2ball steps
- standing up, introduce posture, height of toss, eyes up, hands down
- toss and catch hand to hand.
- look for impatient hands, teaching up

2balls activities

- hands take turns

3balls activities

- using 5 ball ultimates to teach the 3ball cascade
- student crosses, teacher tosses tramlines
- another way is to do 3balls cascade in pairs, standing side to side
- learn while experiencing the juggling
- reduce risk of failure