

# Juggling for Jugglers Workshop Plan

Thanks to **Thom Herzmark** for sharing this workshop plan, suitable for introducing groups of people who can already juggle to the joyous and jubilant world of juggling. Thom started juggling in 2018, and practised intensively during lockdowns, finding juggling to be an excellent form of full body exercise. Thom, who mostly juggles with clubs, delivered this workshop to a group of 11 at the 2024 British Juggling Convention.

## Blurb

Heard about juggling? Wanted to try it? Let's go! This workshop will introduce jugglers to basic juggling principles and cover a range of juggling tricks. We will finish with an optional 5km juggle. Wear comfortable clothes and footwear appropriate for jogging or running. Open to jugglers of all levels.

## Prerequisites

Solid cascade with club or balls. Ability to jog for a few minutes at least. Enthusiasm to combine the two.

## Warm Up

The aim of a short warm up is to raise the heart rate and get people ready to exercise. Even in a small space, try running on the spot, and some dynamic stretches. Add interactivity to the session by inviting people to introduce themselves. Have people tried juggling? What do they hope to get out of the session?

## Juggling 101

To begin, the aim is to juggle on the spot. The ball/club is thrown in time with the opposite knee lifting up. Starting with one ball, demonstrate the rhythm: throw, step, step. Then progress to 3 balls: no need for really high knee lift, it's the timing that is most important. Practice looking ahead through the cascade.

Then, clear a space so that people can juggle from one end of the room to another. Ideally the room is large enough to enable people to stride out a little. No focus on speed. Go at a pace which is comfortable for you.

Experiment with the height of your throws as you juggle. Find a throwing arc that allows your hands and arms to move smoothly and maintain momentum. Try juggling faster: throw lower and slightly ahead of you as you accelerate and extend your stride length. Try juggling on the balls of your feet, with higher, slower throws, and a longer arm motion. Find a rhythm and throw height that feels comfortable.

Finally, to improve awareness and agility, ask people to mix and mingle around the room. Changing direction, juggling sideways, and looking around while juggling. Try juggling backwards and not colliding!

## Juggling Tricks

Once people are comfortable juggling 3 balls/clubs in a cascade, take it up a notch with some tricks to develop timing skills and visual flair! Try these juggling on the spot or on the move, with balls or clubs.

Try throwing one club under the leg as you juggle. You might need to stagger the timing slightly to get this feeling natural. Practise both sides and both legs. Throw every 3rd throw under the leg, or even every throw! Backcrosses or overhead throws are the next challenge. If juggling with clubs, try flats, no beats or doubles!

Using siteswap notation, 522 or 'slow cascade' is a good starter - it's a throw every 3rd step. Then try 423 or 531, keeping the same rhythm of your stride. Give the group some time to practise these tricks and play around with some ideas of their own!

## Social Juggle

Invite the group to join you for a 5km juggle nearby. Bonus points for getting out into nature! Keep the pace social, and chat about where the world of juggling will take them next!

For more juggling, check out: [Jugglers United](#), [Strava Juggling Group](#), [Juggling Results Archive](#)