

TEACHER TIPS

Juggling (Scarves, Balls, Rings, or Clubs)

- ✓ If students are walking forward when juggling, it usually means that one hand is throwing the ball forward. Prompt students to focus on having both hands make the same throw. Standing with a wall in front in them can help alleviate this problem.
- ✓ If students tend to get lower and lower as they juggle, it means that one hand isn't throwing the object as high as the other hand. Prompt students to focus on tossing the same height with both hands.
- ✓ If the balls or scarves keep colliding, it means that students are throwing the objects straight up rather than up and across. Prompt students to focus on keeping the 'X' pattern high and across their bodies to avoid collisions.
- ✓ Juggling is all about rhythm. Some people have a tendency to focus on throwing and catching but lose control quickly. It may help to move hips or count 1, 2, 3, 4 to maintain a steady rhythm.

Diabolo

- ✓ Students need to remain standing behind the round portion of the diabolo – if it turns, students must move their bodies to stay behind it.
- ✓ If the diabolo starts to dip down in the **front**, use the “pumping hand” and move it to the back while still pumping to level out the diabolo. Once it's leveled out, bring the pumping hand back so that it's even with the other hand.
- ✓ If the diabolo starts to dip down in the **back**, students need to use the “pumping hand” and move it to the front while still pumping to level out the diabolo. Once it's leveled out, bring hands back to even.
- ✓ If the diabolo wobbles when tossed, it wasn't spinning fast enough. Spin speed is everything when using the diabolo. The faster the spin, the easier it will be to do the tricks and be successful.
- ✓ The throw is one of the harder concepts to master. Many people want to throw the diabolo up with both hands moving up like they have something on a towel and want to throw it up into the air. With the diabolo, jerk your hands out to the sides making the string tight quickly. That motion will launch the diabolo. The harder and faster hands come apart, the higher up the diabolo will go.

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Flower Sticks

- ✓ When performing the tick-tock, the flower stick should “lay down” on the control sticks. Most people have a tendency to hit the stick too fast keeping the flower stick in more of a straight up-and-down position. Gravity will eventually take over and pull it to the ground. Make contact with the flower stick when it is almost horizontal. This is the same way to make a catch.
- ✓ In order to get the best tick-tock, prompt students to hit the flower stick within an inch or two from the ends.
- ✓ When throwing a flower stick up and catching it, students need to “give” with the stick, starting with the stick over the head and ending down by the hips.

Plate Spinning

- ✓ When first starting with the plates, teach the students how to start the plates using alternative methods – starting the plate with just the stick is VERY hard. One way is to teach them to “kiss” the plate to get and keep it moving. This is similar to spinning a basketball on your finger. You tap only one side of the plate and you push it away from yourself.
- ✓ Another alternative spinning option is to put the plate on the stick and then place your hand on top of the plate to spin it. Then you can use the ‘kiss’ method to keep it going.
- ✓ The faster the plate spins, the more successful the tricks will be. Faster spin = success.