

5 Ball Cascade Tutorial

Learning to juggle a 5 ball cascade is a worthy goal. It looks and feels amazing! An accomplished numbers juggler once shared a technique he uses when learning the next number which I will share with you now. His technique is to learn patterns with fewer objects that approximate the pattern he wants to learn. By learning a pattern using this technique, he (you!) is able to learn a bunch of other patterns while developing the skills necessary for the pattern he really wants to learn.

Work on the following patterns in order but don't work on them one at a time. Start working on several, continually integrating harder and harder patterns, always focusing on perfect throws and solid timing. Use the [animator](#) or [emulator](#) on our website to see what these look like. Before you know it, you'll be running 5 balls!

Note: The biggest problem most people have when learning siteswap patterns is timing. This is almost always a result of throwing high throws too low and/or low throws too high.

3 Ball Patterns

522 (high/slow 3 ball cascade)

5520 & 55203

52512 (baby snake)

52530

55500 (3 ball flash, both directions)

5511

50505 (snake)

4 Ball Patterns

552

5551

55550 (4 ball flash)

5 Ball Cascade

Work on perfect 5 ball flashes. Throw all 5 balls in succession and catch them. Focus on perfect throws that land in rhythm. Once you are consistently getting flashes, try to keep the pattern

going. Keep focusing on perfect throws. If you don't feel like you're getting anywhere, go back to an easier pattern like 5550 with 4 balls.