

Tennis Ball & Can Workshop

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Basic Terms and Definitions:

Mouth—the opening of the tennis can

Divot—the indented portion of the bottom of the can

2-Ball & Can—Tricks involving just two of the three balls that come in the can

3-Ball & Can—Tricks involving all three balls and the can

FUNDAMENTALS

Starts

Most starts will release two out of the three balls from the can. Depending on the technique, both balls will land in one hand while the can (with one ball inside) will land in the other hand. You can vary which hand catches the can by throwing either a cascade underhand toss or a reverse cascade overhand toss of the can. There are also methods that release all three balls from the can (vertical toss, reverse triplex, and drop bounce).

Tricks

Cascade with 2 balls and the Can (ball inside)

Cascade with 3 balls and the Divot used as a hand

Cascade with 3 balls and the Divot (ball sitting on divot as can is tossed from hand to hand)

Mills Mess with 3 Balls and the Divot used as a hand

Fake with Divot

Factory with Divot

Fountain (3 balls and the can)

Mills Mess (3 balls and the can)

6x,2x*

Various Siteswaps (55514, 534, 6334, 5524)

**There is so much unexplored territory when it comes to this prop. I like to think that any trick that can be done with just 3 balls or 4 balls could conceivably be attempted with 3 balls and a can, much in the same way people use mixed props. If the can is just one more object, and we think of it as a club, then there is almost no limit to what can be done. Granted, throwing a flat with a can is tough-impossible, but other than that, the only limits exist in our minds.

NOTES ON PROPS: Some jugglers (myself included) like to weigh down the tennis balls by injecting water (60cc's total). The upside of this is that the balls will sit well on the divot for those tougher tricks, and they will feel more like regular juggling balls instead of being squirrely tennis balls. The downside is that you have now effectively eliminated many, if not all of the bounce variations you could explore if the balls were not filled. Another trick involves taping the can with special tape to weigh it down for club-style tricks (this will also decrease the effect wind has on the can outdoors). Lastly, I always sand or rough-up the divot on my cans in order to increase the friction of the ball and the divot. Every little bit helps for those tough tricks.

ACKNOWLEDGEMENTS

I simply must thank Dan Holzman for first introducing this style of play to me way back in 1999 at the San Francisco Circus School Sunday Night juggling club. He, along with Tim Kelly, developed most of the sequences that I have used and continue to use in my act. David Kha is another innovator with the prop and has put out many great videos on his YouTube channel. Dan Bennett and Scott Slesnick deserve much credit as well for being two of the first performers of full routines with the prop, as well as teaching (in the case of Slesnick) workshops for many years at the IJA Festival. On the international

front, Rene Albert performed a virtually flawless routine at the 2003 EJC in Svendborg and it was there that I first saw him do a 4-ball & can cascade, which blew me away. Ron Beeri of Israel also jammed with us at Renegade that year and also has created a full routine around the prop—his routine is the most artistic and complete in my opinion.

RECOMMENDATIONS

To see many of these and other techniques in action, I suggest you view the following videos:

- Tim Kelly doing many of the original sequences created by him and Dan Holzman. <http://goo.gl/CLwPnr>
- Dan Holzman doing many of the same sequences, with different style. <http://goo.gl/VLkr0f>
- Dan Bennett showing off many of his classic moves. <http://goo.gl/sglhXR>
- David Kha's Practice Video from 2007. More on his channel. . . <http://goo.gl/juude2>
- Scott Slesnick's 1993 Renegade Act <http://goo.gl/qz3DQI>
- Ron Beeri's Original Routine <http://goo.gl/kC5oe8>
- Rene Albert's Act from 2003—Tennisballe—performed again in 2007. <http://goo.gl/LUXoD6>
- Matt Hall's 2011 Update of Latest Techniques <http://goo.gl/LLe34h>

FEEDBACK: Please feel free to offer your comments and critiques about your experience during this workshop at: <https://goo.gl/y4BDr7>