



Australian Government
Australian Sports Commission

EASY MED HARD



Criss cross

Players hold a juggling object in each hand. You say the words 'criss cross' and, upon each word, the players must throw one juggling object and then the other.

What you need

- > Two juggling objects per player e.g. scarves, plastic shopping bags (spider throw), bean bags, juggling balls or juggling rings (cascade throw).



Scoring

- > See how many times players can 'criss cross' before they drop an object.
- > See how many seconds they can juggle for.

What to do

- > Players spread out in the playing area.
- > Players hold a juggling object in each hand at hip height.
- > Say the words 'criss cross' and, upon each word, players throw one juggling object and then the other using the spider technique.
- > Add the words 'apple sauce' to the rhyme. Upon each of these words, players catch each falling object: 'throw, throw, catch, catch', 'criss, cross, apple, sauce', and repeat.
- > Introduce the cascade throw and use the same rhyme.

Spider throw:

- > Hold the scarf with the face of the palm downwards and the fingers downwards like the legs of a spider.
- > To throw, bring the right hand from hip height quickly across the body above the left shoulder, extending it fully.
- > Release the scarf when the arm is fully extended. Then repeat with the left hand.
- > Catch the scarf with the opposite hand, at hip height, keeping the 'spider' hand position.

Cascade throw:

- > Start with one ball only.
- > Hold hands at hip height and throw the ball no higher than the height of the forehead.
- > Throw the ball from one hand to the other, making an upside down 'v' through the air
- > Hands should remain at hip height and shoulders relaxed.
- > When using two balls, release the second ball when the first ball is at the peak of the 'v'.



LESSON LINK:

Criss cross allows players to get a sense of the rhyme, rhythm and technique required to juggle properly.

SESSION PLANS

Mixed combos > Start Out WC 09 + Get Into It MV 12 + Get Into It MV 14B

Criss cross

Skills > Hand-eye coordination · Cooperation

change it...

Coaching

- > Encourage players to throw slow and high, and to extend the throwing arm fully before releasing the object.
- > The aim is to practise throwing the object in time to the rhyme. This will give a sense of rhythm that is needed to aid throwing and catching correctly.

Game rules

- > Players leave their juggling objects on the ground and concentrate on getting the throwing technique correct, until they establish the pattern.
- > Players 'criss cross' in pairs. Pairs face each other and start with two juggling objects each. They throw their juggling object from their right hand to their partner's right hand and then follow with their left hand and the pattern continues in this way. Pairs throw at the same time.



Safety

- > Check there is enough space between each pair.
- > Juggling objects should never be left lying on the floor, as they are a slipping hazard.

ASK THE PLAYERS

- > What's the best way to throw the juggling object?
- > What's the best way to catch the juggling object?
- > How can you keep the rhythm going?
- > What other rhymes could you make up?