



Flop 'til you drop

Then Flop Some More!

There is no better teacher
than mindful practice.

Start by doing the simplest things.
Improve. Then grow from there.

Remember you can't do anything
until you can.

Key



Trick Cards

Orange balls = easy tricks
Purple balls = harder tricks



Challenge Cards

Play with variables for increased difficulty.



Game Cards

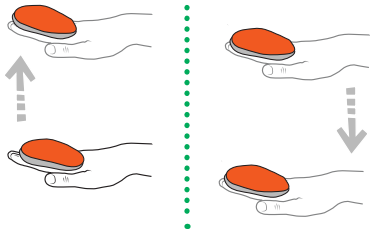
Flopping is more fun with friends.



Trick
Card

Flop

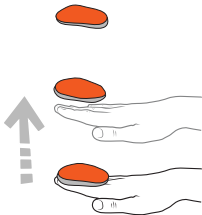
1



Lift flop up without losing contact.
Flop ball feels weightless at peak
and feels heaviest at bottom.

Flat

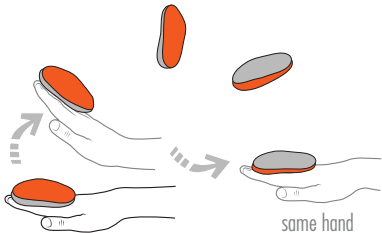
2



Toss flop straight up & down.
No flip. Start low then add height.
Give equal push on whole flop.

Back Flip

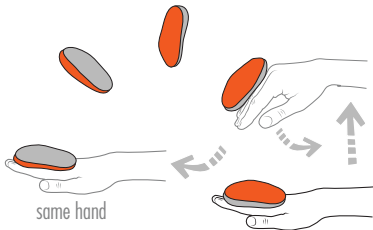
3



Tilt fingers up during toss.
Flop rotates toward you 180°.
Top color changes.

Front Flip

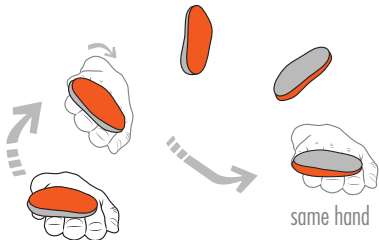
4



Bend fingers down during toss.
Flop rotates away from you 180°.
Top color changes.

In Flip

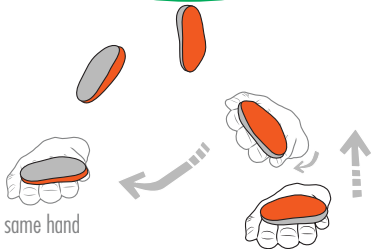
5



Tilt thumb side of hand down during toss. Flop rotates inward 180°. Top color changes.

Out Flip

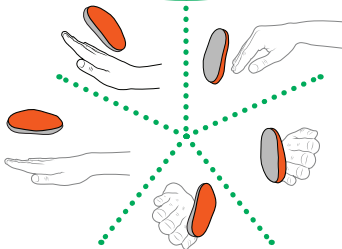
6



Tilt thumb side of hand up during toss.
Flop rotates outward 180°.
Top color changes.

Flop Cycle

7

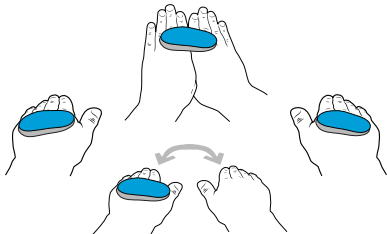


Cycle through the first 5 tricks.
Back flip, front flip, out flip,
in flip, and flat.



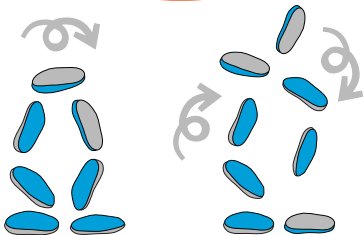
**Challenge
Card**

Hands



Do tricks in left hand, right hand, or both hands like a paddle. Try all the tricks between hands as swaps.

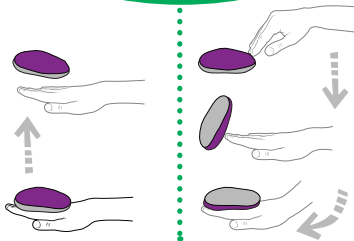
Rotations



Happy accidents are great.
Intention is better.
Try for a full flip and trip flip.

Tap Flip

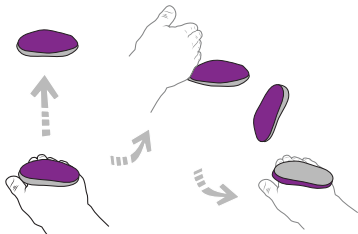
8



Toss flop straight up. Tap the top side of flop with curled fingers. Straighten fingers. Flop flips back onto hand.

Chop Flip

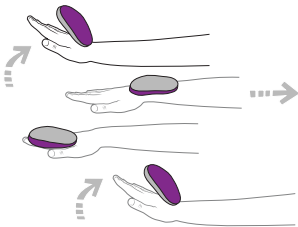
9



Toss flop straight up. Karate chop the inside of flop with outer edge of hand. Flop flips onto hand.

Moon Walk

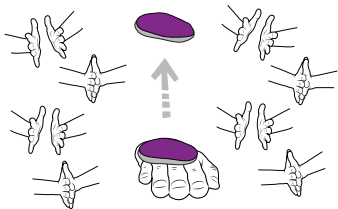
10



Tilt fingers up so flop rolls back. Flop maintains contact with hand. Pull arm back to slide flop to fingertips. Repeat.

Clap Flop

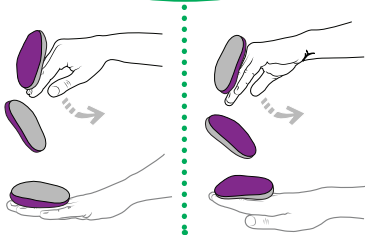
11



Toss flop straight up.
Clap as many times as possible before
making a successful catch.

Waterfall

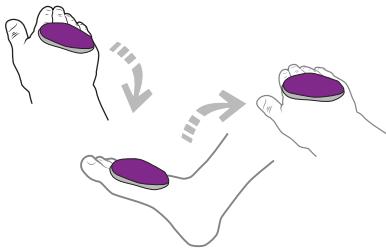
12



Position hand with flop over other hand. Bend fingers down to flip flop off hand. Switch hands & repeat.

Footsies

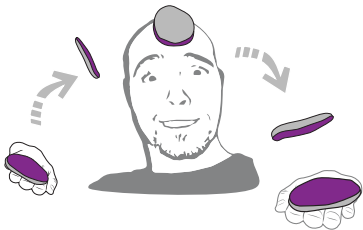
13



Toss flop straight up and catch on foot.
Kick straight back up to hand.

Noggin Stall

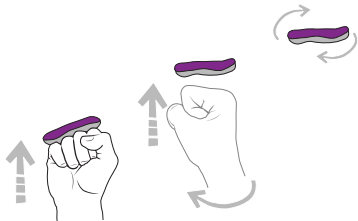
14



Toss flop and catch on forehead. Tilt head down to drop onto either hand.

Spin Flat

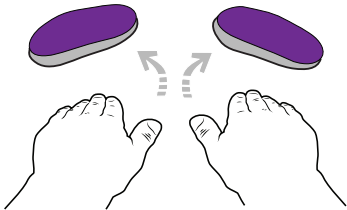
15



Punch toward the sky while rotating fist. Spinning flats don't flip.

Double Same Flop

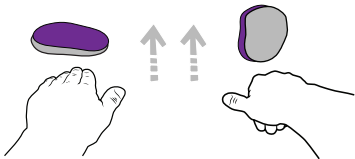
16



Perform each trick with
both hands at the same time.

Double Different Flop

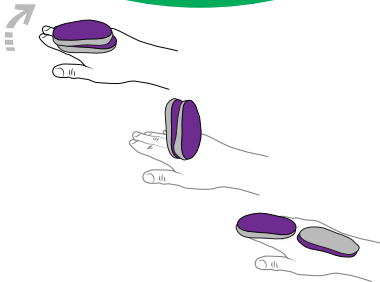
17



Perform different tricks
with each hand at the same time.

Crack the Stack

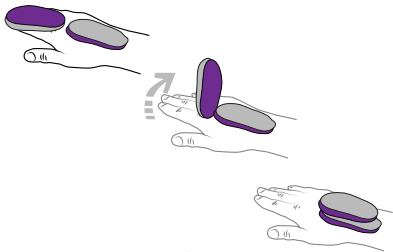
18



Walk a 2-stack to vertical.
Allow flops to separate and fall.

Flip to Stack

19



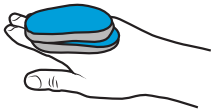
Begin with 2 flops on 1 hand.
Tilt fingers up so front flop flips back
to create a stack on back flop.

High Flies



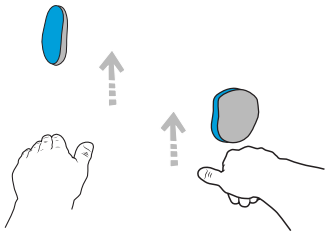
Perform tricks at different heights.
Low throws with fast flips.
High throws with slow flips.

Stacks



Try each trick with a stack of flop balls.
Two, three, six, or more.

Timing



With a flop on each hand, try tossing tricks one at a time, both at the same time, or one right after the other.

Friendsies



Perform the different tricks between one of your hands & a friend's.



**Game
Card**

Franken Flop

1. Mix up trick cards.
2. Take turns flipping the cards to build a monster sequence.
3. After each flip, everyone tries the series of tricks.
4. Try to surpass your record every time.

Tick-Tock Flop

1. Mix up trick cards.
2. Lay out 10 cards.
3. Players race to perform all tricks without dropping.
4. Fastest time wins (if you drop, start again from the top with the clock still running).

Horse Flop

1. Perform or invent any trick.
2. All other players try that same trick.
3. Any player that drops gets a letter.
4. When you spell F-L-O-P you are out.

Flop Golf

1. Create golf course using challenge cards as holes.
2. Toss flop ball from back of hand toward first hole.
3. Count the throws it takes to get to and cover hole.
4. Repeat for other holes.
Lowest score wins.

Corn Flop

1. Place two challenge cards 10 feet apart. 1 player at each card.
2. Stand by opposite card & toss a flat onto target.
3. Touch card = 1 point
4. Cover card = 3 points

Ultimate Flop

1. Place two goal lines across room or field.
2. Player with flop can't move.
3. Teams compete to pass flop to teammate beyond goal.
4. If dropped, flop ball is turned over to opposite team.



The image features a repeating background pattern of line drawings showing hands and feet in various positions, some holding or stepping on a ball. In the center, a large white hand icon is positioned behind the text. The text 'flop Ball' is written in a bold, lowercase sans-serif font, with 'flop' on the top line and 'Ball' on the bottom line. A registered trademark symbol (®) is located to the right of 'Ball'. Below 'Ball', the text '.com' is written in a smaller, lowercase sans-serif font. A large, solid dark gray semi-circle is at the bottom of the image.

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