De-bouncing Keyboard Keys

boolean StillPressed = false;

void draw()
{
  background(200, 200, 255);
  if (keyPressed)
  {
    if (! StillPressed)
    {
      switch (key)
      {
        case 'a':
          Animate = ! Animate;
          break;
        case 'f':
          FillSphere = ! FillSphere;
          break;
      }
    }
    StillPressed = true;
  }
  else
  {
    StillPressed = false;
  }
}

"Booleans" are variables that can be either "true" or "false"
The exclamation point means "not". It changes a true into a false, and a false into a true.

If the key is not still pressed from before, go ahead and process the decisions in the switch statement

If the key is still pressed from before, skip around the switch statement

If the key is not pressed any more, set StillPressed to false