

Juggling 3 Balls

At the end of your juggling practice session remember to wash your hands!

Juggling Tips

It doesn't matter if you catch the balls – in juggling it's the throwing that is more important. Dropping the balls is vital! Dropping is good!

Don't get frustrated if it doesn't work – relax!

Let go of the balls and remember to laugh at getting it 'wrong'.

Juggling should always be fun. If you get fed-up, take a break, do something else... Chill.

Everyone learns at a different rate; don't waste your time comparing your skill level with someone else's skill level.

Juggling can help with your concentration skills – but don't concentrate too hard – 'not-minding' and relaxing usually makes you juggle better.

Juggling has endless tricks and variety – by 'making mistakes', by trying impossible throws, by just messing about, you are just experimenting with new patterns and rhythms.

Juggling is not a competitive sport – **we juggle to play** and **not** to win!

If you find you can make a good pattern or trick, teach someone else - Share! Jugglers share their skills and tricks with each other!

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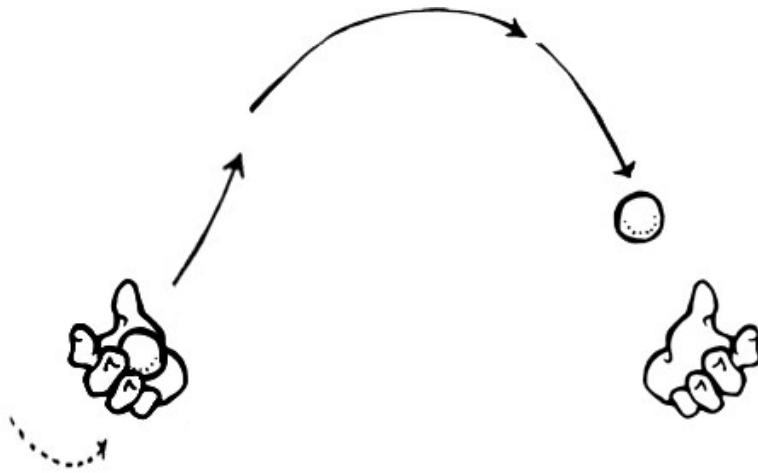
Juggling is made up of one action repeated by both hands equally. That action is to throw one ball from one hand to the other. It's the SAME throw everytime.

Start by standing correctly, feet parallel, under your shoulder-line. Don't have one foot in front of the other as this twists the body (and you will throw forwards).

Switch your brain to the OFF position. We are in 'just do it' mode. The less you think, the faster you can learn the pattern. We are not in school now.

Start with either hand, but make sure you use your left hand to throw just as much as your right hand.

For all practice – do not speed up, keep to a steady pace.



One Ball

Practice throwing from one hand to the other and back. The top of the arc of the ball should be about 6 inches (10cms) above your eyebrow.

Make sure you throw from one side of the body to the other; don't reach across with your hand to catch the ball in the middle.

It's a nice easy 'underhand' throw.

Now, throw from one hand and while the ball is in the air, clap hands and then catch the ball with the other hand.

Throw. Clap. Catch.

You can throw higher and make more claps.

Now you have a "perfect throw" and an idea of the timing.

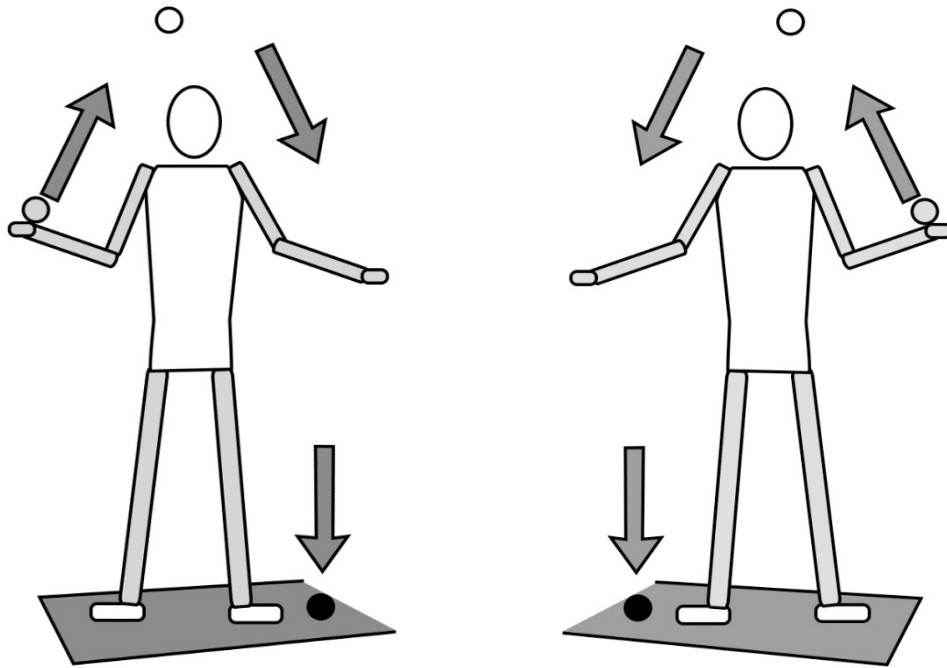
Now let's **learn** by DROPPING!

Throw a "perfect throw" from your left hand but don't catch it, let it drop on the ground. If it lands near your right foot you have made a good throw.

Throw from right hand, drop and observe the landing point near left foot.

Note that you are not throwing forwards.

Repeat 10 times with each hand starting first. 5 throws and drops from left hand, and 5 throws and drops from right hand.



Two Balls

Hold one ball in each hand. We are learning by DROPPING still. No catching!

Throw the balls one after the other, “perfect throws”, see that they land on the ground near your feet. You can count 1 for the first throw and 2 for the second throw. Nice and steady... 1... 2... drop... drop.

Don’t go fast. Keep a gap between throws. Do this ten times. Throw, Throw, Drop, Drop. Throw first from left hand, then throw first from right hand.

Try: Throw, Throw, Drop and Catch the second ball.

DO NOT throw the ball and pass the second ball from hand to hand underneath in a panic to ‘catch’ the ball. This is NOT useful. Juggling is throwing! Repeat 10 times.

Don’t start throwing forwards.

Try: Throw, Throw, Catch, Catch. Keep making the “perfect throws” just like you did with one ball. Throw at a steady rate. 1 then 2.

It doesn’t matter which hand you start with (start sometimes with left hand, sometimes with right).

Notice that there is only one ball in the air at any one moment. Look at the top of arc of the ball. Don’t look at your hands.

Dropping is good (get used to it). DO NOT pass the second ball from hand-to-hand!

Do not throw forwards! If you do, it makes the balls difficult to catch.

If you get confused go back to One Ball and repeat that training.

The Throw, Drop is the best way to train your body to make the right moves. Then try two balls with the dropping. Throw Throw Drop Drop. Repeat 10 times then try Throw, Throw, Catch, Catch.

Don't throw forwards. Just keep repeating the training stages until you are relaxed with Throw, Throw, Catch, Catch.

Three Balls

Hold two juggling balls in one hand and one ball in the other hand.

Always throw **first** from the hand with two juggling balls. Sometimes start with your left hand and sometimes with your right hand.

Remember to keep your brain switched OFF. We learn by DROPPING

Make the 'perfect throws', exactly the same throwing action as One Ball and Two Balls. Throw, Throw, Throw, Drop, Drop, Drop.

If the balls land near your feet then you are throwing correctly. Repeat 10 times.

Perfect throws NO catching!

You can see the pattern in front of you. Keep it slow and steady.

Don't throw forwards.

Try: Throw first from the hand with two balls. Throw, Throw, Catch, Catch.... Yes there is no "third" ball! You are throwing one ball at a time. One ball is in the air (and one ball in each hand). Juggling is a system. Just keep Throwing and Catching.

Don't throw forwards. DO NOT pass the ball from hand to hand.

Count 1... 2... along with your Throw...Throw.

Throw, Catch, Throw, Catch, Throw Catch and continue to throw...

Okay? Maybe good; maybe not yet.

Practice: Throw, Throw, Throw, Drop, Drop, Drop.

Go back to One Ball practice, then Two Ball practice.

You will learn faster from going back to the first steps. Don't struggling on with three balls not working.

Happy Dropping and Happy Throwing! Catching will improve with practice.