

Juggling Handout

You will need three small balls or beanbags. Juggling takes patience and practice, and it is normal to find it difficult at first. Focus on progress rather than perfection. Work your way through the steps. Go back a step if it's challenging, and focus on building confidence before moving on again.

Step 1: One Ball

- Start with one ball.
- Toss it gently from one hand to the other using a smooth arc.
- Aim slightly above eye level to allow more reaction time.
- Keep eyes relaxed and track the ball smoothly.

Step 2: Two Balls

- Hold one ball in each hand.
- Throw the first ball as before in a smooth arc.
- As it reaches its highest point, throw the second ball underneath it.
- Catch both balls.
- Practise the rhythm: throw – throw – catch – catch.

Step 3: Adding the third ball

- Hold two balls in your dominant hand and one in the other.
- Begin exactly like the two-ball exchange.
- Throw the first ball from your dominant hand.
- As it reaches its highest point, throw the second ball from your other hand underneath it.
- Before catching the second ball, throw the third ball from your dominant hand.
- Then catch the balls in order.
- Stop and reset after these three throws.
- Practise this slowly until the timing feels smooth: throw – throw – throw – catch – catch – catch.

Step 4: Full Juggle

- Start in the same position: two balls in the dominant hand, one in the other.
- Continue throwing a new ball each time the previous ball reaches its highest point.
- The balls should travel in a gentle arc from one hand to the other, crossing through the middle.
- Aim to keep one ball in the air at all times.
- Focus on a steady rhythm and consistent throws rather than speed.
- If the pattern breaks down, pause, reset, and begin again calmly.

