



JUGGLING

A JUGGLER IS BORN

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DESCRIPTION

Now that you've mastered juggling basics, jugglers Nick and Dave teach you how to juggle with 3 objects at one time! With some practice you'll be showing off your juggling skills in no time!

MATERIALS

- juggling bean bags or balls

DIRECTIONS

1. Toss 2 balls in straight up and down in a U shape with one hand.
2. Now try the crossing pattern with 3 balls and both hands.
3. Now try to juggle without dropping anything.
4. Stand still and count to 30 to see if you can keep the juggle going.