



DESCRIPTION

You've passed intermediate juggling training and now it's time for you to learn some advanced moves! Watch as jugglers Nick and Dave teach you some really cool juggling patterns that aren't for beginners!

MATERIALS

- juggling balls, bean bags, and pins

DIRECTIONS

1. The first advanced juggling technique is called "Milking The Goat," which is a basic cascade juggle.
2. A variation of that is the "Lazy Farmer." One hand is just moving up and down, pretending to juggle. This is called a "cheat." Practice by juggling 2 balls in one hand before adding the 3rd ball.
3. Another "cheat" you can use in juggling is the "Yo-Yo." To try this, throw the ball from side to side – 1 hand to the other - horizontally, keeping it level to the ground. Add a second ball to your routine and throw it up in the air. As it's coming down, try to make them land together. This is called the "Circle."
4. You can also reverse the "Circle." This is called the "Shower." Now, put the 2 techniques together and you will have what's called the "U."
5. The last technique is called the "Australian," also done by juggling 3 balls. But this time, you will bounce them on the floor so you're juggling upside down! You can start by practicing with 2 balls, and adding the third later.