



## DESCRIPTION

Now that you've graduated from basic training, jugglers Nick and Dave teach you an awesome way to make homemade bean bags. Watch as they show their pal Jimmy how to use the bean bags with some easy juggling patterns.

## MATERIALS

- funnel
- 1 lb. dried beans or lentils
- 2 socks

## DIRECTIONS

1. Take about 3/4 cup of beans and, using your funnel, pour them into the toe of one of your socks.
2. Now fold the elastic part of the sock over it and the beans won't fall out.
3. Take one of your bean bags and toss it into the air and aim for a point in the sky.
4. Toss the ball from one hand to the other. This will help you get a feel for the air resistance.
5. Now try throwing 2 beanbags into the air. Keep the bags parallel from each other.
6. Don't look at your hands when you do this exercise...you're trying to get a feel for where the balls will land.
7. Find a focal point in the air and toss the bags in the air. Toss the bean bags up parallel and try to clap your hands in between tosses.