



# JUGGLING

## JUGGLING WITH A FRIEND

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### DESCRIPTION

Two is better than one in this series of cool juggling moves! Nick and Dave teach their friend Pilar how to juggle with a buddy. So grab a friend and watch as they double juggle, steal and pass, then try it yourself!

### MATERIALS

- juggling balls or bean bags

### DIRECTIONS

1. The first partner juggling pattern is the "Side By Side." With each person using one hand, do a basic juggle with three balls. You should start with two to practice.
2. "The side steal:" Start by one partner juggling on his or her own. The second partner should grab one of the balls at the top of the throw, and then steal the balls away. Take one of your bean bags and toss it into the air and aim for a point in the sky.
3. In a variation of this pattern, one person juggles two balls, and the other throws a third in between. Try it using bean bags too!
4. Passing to a friend: using a large ball, spin it quickly on your finger. Have you friend stick his or her finger up to where yours is and pass it, keeping it spinning the whole time.