



JUGGLING

JUGGLING TRICKS

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DESCRIPTION

Amaze your friends and family with these cool juggling tricks! Watch as jugglers Nick and Dave teach their friend Pilar some pretty tricky moves! You can join in the fun too; just grab your bean bags or scarves and juggle along with the A-TV gang!

MATERIALS

- juggling bean bags, balls, or clubs

DIRECTIONS

1. The first trick we're going to show you is called "Tennis". The tennis trick is when you isolate one ball in your juggling pattern.
2. The next trick we're going to show you is called the "2 and 1". The 2 and 1 is where you isolate 2 balls in a parallel pattern.
3. What we're going to do now is navigate a 3-d flip with our juggling pin. This trick is a behind the back or under the leg trick, where you use your body to perform the trick. Don't get frustrated if you don't get these tricks on the first try. Juggling takes a lot of practice...so don't be too hard on yourself if it takes a few times to do the trick properly.