



Juggling Workshop

Welcome, whether you are here in person or online. Below, the basic exercises are described with links to videos that cover the nitty gritty in case you forget. Remember, ten throws in a row is the tariff for each exercise, move between them if you get tired, the hard one is the one you need the most, practice makes perfect and that in juggling, as in life, you learn the most when you drop the ball!



The basic one-ball exercises

Move beautifully in six directions of space.

Baby throws: with both hands together, fingers splayed, throw the ball to head height and catch it at waist height.

Single hands. Right hand, Left hand, and Hand to Hand: Throw the ball to head height and catch it at waist height.

Over the bridge: with your left arm extended in front of you, throw the ball over the bridge with your right hand and catch it with your right hand without moving the bridge. Same with the left hand.

The Flick: With the ball by your right side and a straight arm, flick it backwards and catch it turning your hand towards your body. Now left.



Watch the basic one ball exercises at <https://youtu.be/S6enGKoB6Mc>



The basic three ball pattern

Balance in movement



Two balls first: with one ball in each hand, throw the balls in turn in an arc to the opposite hand (head height) while counting “One, Two” out loud. The rhythm will be one-two-catch-catch. Ten good throws and catches in a row or start again.

Three balls with only Two moving: Same as above but now you hold the third ball in your left hand while doing it. Always throw first from the hand with two balls. Keep saying “One, Two”. Ball three does not move. Ten in a row or start again.

Three Balls, no catch: Same, but now you will count “One, Two, Three” and throw a ball with each number. Don’t catch. The balls should all go head height and should all land in a predictable pattern on the floor. Ten times.

Three balls, catching: Same but with catches. Drop, start again.

Three balls, forever: Don’t stop at three, go to four and then each time try to go further. Drop, go back a step.

Watch the three ball video at <https://youtu.be/vTuza50VRHI>

(Need Juggling balls? Make your own with balloons and sand. See the video <https://youtu.be/021M35k3E7s>)





The basic two ball pattern

*Dominant Hand**



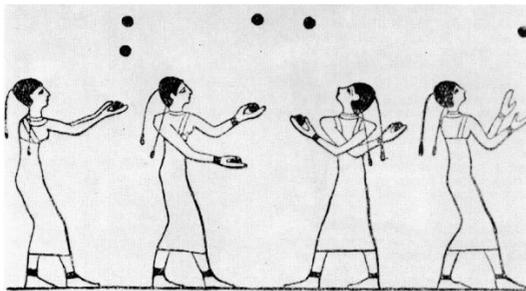
Outward Circle: with two balls in your dominant hand, make circles in front of you, going up the middle and down on the outside. Ten circles.

Outward Circle, throwing twice: Counting “One, Two”, throw the balls in turn. The rhythm will be “one-two/catch-catch.” Ten double throws with catches.

Outward Circle, forever: Same, but keep going. Drop, go back a step.

Watch the two ball video at https://youtu.be/QDYY3_aXgRU

*Your dominant hand is the one you prefer to pinch your brother with.
Put your other hand away behind your back when you're not using it.



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One ball extension exercises

For all the sport Billies and Jillies out there



Over the bridge, both directions: Same as before, but bouncing back and forth now. Don't move the bridge. Then the other hand.

Orbit One: Toss the ball up in front of you then with the same hand go around the ball using an outward circle and catch it. Other hand too.

Orbit Two: Same, but you will need to do a squat to get around the ball twice before it hits the ground. Other hand, good luck.

Elbow bump: Hold the ball above your elbow, let go, straighten your arm, let the ball bounce off your elbow and catch it. Sounds easy. Other hand, too.

Over the Shoulder: Same as the flick, but a larger movement, with the ball going over the shoulder. Do it with one hand, then catching with the opposite hand, then throwing from the back and catching in front. Both hands in turn.

Make up your own!

Watch the one ball extensions at <https://youtu.be/D0Lm6GCVdc0>

