

# How to Juggle

## Tips for Teaching juggling direct from: The Juggling Coach

### **Form/Body Position**

Plant your feet, and don't move them.  
Hands facing up  
Elbows pulled behind you.  
Back straight  
Knees only slightly bent  
Weight evenly distributed.

### **One ball**

Throw Right, throw left, back and forth.  
Scoop towards the other hand so the throw is fairly straight up and down.  
Aim for even heights.  
Look at the ball in the air but don't watch it land.  
Do 50 throws.  
Your goal is for this to feel perfectly comfortable.

### **Two Balls**

Throw right, then left.  
Visually, when one reaches the top, throw the other.  
Say 'One, Two' as you throw, in a slow tempo.  
Throws must be even heights.  
if you're having troubles with 'passing one off,' say 'up, up,' as you throw.  
Do sets of 20 starting with right hand, then the left hand.  
Keep your feet still.  
Your goal is for this to feel perfectly comfortable and easy.

### **Three Balls**

Do 10 sets of 3 throws starting with the right, then start with the left.  
Start with the hand that has 2 balls.  
Say 1, 2, 3 as you throw.  
Aim for even heights, just above your head to start.  
Keep your feet still.  
Keep your hands back, elbows behind you.  
Once you're completely comfortable with 3 catches move on to 4 throws.  
You always alternate hands, counting your throws. This way you know which ball is next.  
Resist the urge to 'juggle 'til you drop', because then you're practicing dropping, and your goal is to practice catching.

### **Hello Juggling Coaches,**

You may be starting to think about ordering equipment for next year.

The Juggling Coach has teamed up with the Higgins Brothers juggling supply company and is proud to offer you a selection of professional quality juggling props at prices fit for schools.

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If you know of another teacher who runs a juggling unit, please forward this information to them.

Thank-you,

Robin Chestnut

**The Juggling Coach**

*"Where juggling and sport psychology meet!"*

The Juggling Coach is committed to:

Teaching Juggling

Teaching Sport Psychology through juggling

And helping Phys. Ed. teachers teach both better.

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