

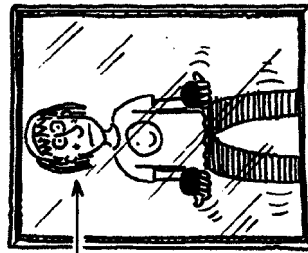
NAME _____

DATE _____

Juggling

- You will need four newspaper balls, tightly rolled up – and plenty of space!
- If you have a mirror then you can use it to help, but it is not essential.
- Keep away from anything that may hurt you or break.

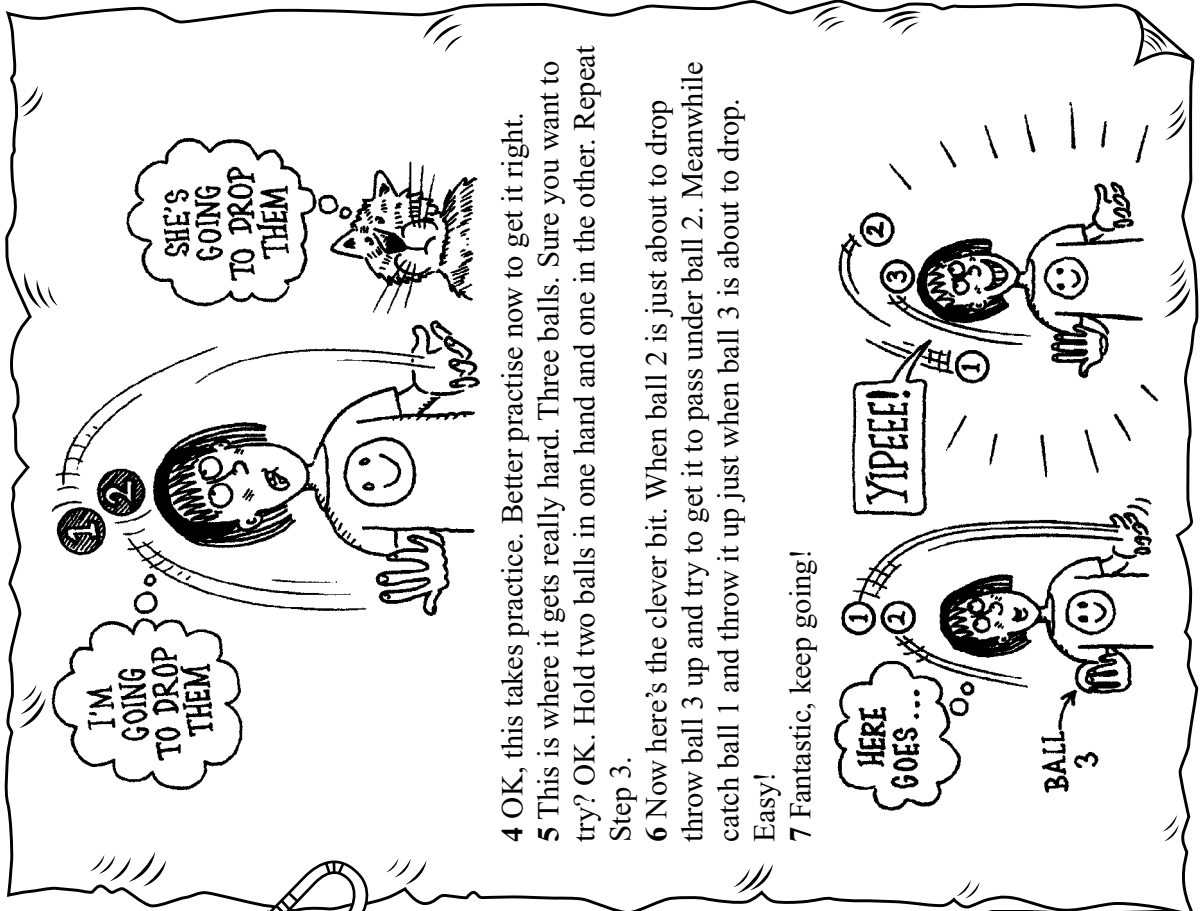
1 Stand in front of a mirror with your elbows tucked close to your body and your hands level with your waist. Place your legs apart with your knees slightly bent. Easy, isn't it? Are you ready?



**ADOPT A
CONFIDENT
AND RELAXED
EXPRESSION**

**REMAIN CALM
AND STILL**

- 2** Take a deep breath and let it out slowly. That's right – relax. Now without looking at your hands ... throw the ball gently up and over your head. Notice how it falls in an arc under the influence of gravity. Catch the ball in the palm of your other hand. Keep your eyes in the top part of the ball's flight. OK – that's the easy bit.
- 3** Now it gets a bit harder. Juggling with two balls takes a bit of practice. Throw one ball up as before. When the ball is just about to drop, throw your second ball up from the other hand. Ideally the second ball should pass just under the first ball.



- 4** OK, this takes practice. Better practise now to get it right.
- 5** This is where it gets really hard. Three balls. Sure you want to try? OK. Hold two balls in one hand and one in the other. Repeat Step 3.
- 6** Now here's the clever bit. When ball 2 is just about to drop throw ball 3 up and try to get it to pass under ball 2. Meanwhile catch ball 1 and throw it up just when ball 3 is about to drop. Easy!
- 7** Fantastic, keep going!