



Skill Levels – 3 Ball Juggling

Juggling with 3 scarves first can help young people quickly understand how juggling works. When people start juggling they have a much bigger pattern and this becomes more compact as they become more competent. This link shows using animation, the way the balls move accurately when you juggle.

<http://juggler.com/learn-to-juggle-3-balls>

Library of animated juggling tricks ,

<http://libraryofjuggling.com/Tricks/3balltricks/Cascade.html>

Pre-skills break down the skills for juggling into smaller bite sizes. See explanation of these pre-skills at the end. Tick if child passes level.

Pre-Skills

P 1	One ball one hand	
P 2	Two balls in one hand	
P 3	Two balls crossing in two hands, throw, throw, drop, drop.	
P 4	Two balls crossing throw, throw, catch, catch	
P 5	Two balls between two people	
P 6	Three balls, throw out and drop on floor	
P 7	Three balls throwing and catching, 3 catches	

Basic

B1	You can juggle 3 balls in the cascade pattern for 20 throws	
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Intermediate

I 1	You can Juggle 3 balls in a stable cascade pattern for 50 throws	
I 2	Find a trick online and learn how to do it	
I 3	Invent a trick	
I 4	Show 3 tricks	

Advanced

I 1	You pattern is stable and you can look through it whilst juggling	
I 2	Learn and demonstrate 5 tricks	
I 3	Help teach someone to juggle	
I 4	Learn a pattern that involves juggling with another person	
I 5	Perform an act or demonstrate your skills either on your own or with a friend.	

P-1, One ball from hand to hand.

Person juggles inside a square using waist as bottom and top of head as top, throw with left hand straight from bottom left corner to top right corner, let the ball fall and catch it at waist height or so, (don't put hand up to catch it) catch with right hand and throw straight from bottom right hand corner to top right hand corner let it fall down to waist height. (don't put hand up to catch it) Don't throw left to right like a rainbow.

P-2, two balls in 1 hand

Two balls in one hand with the other hand behind your back. Again your waist is the bottom and the top of your head is the top. Throw the first ball in a sideways circular motion to the top of your head when it gets there then throw the next one and then catch the first and re throw when the second one is at the top ect.

P-3, 2 balls crossing in 2 hands – throw, throw, drop, drop.

Two balls crossing. This is a version of pre skill one / two but with just one person. Throw left hand bottom left straight to top right and when it is at the top then throw with right hand bottom right to top left, then drop both balls as it is important to practice and get the throws right. The balls should land roughly in front of opposite foot from where they were thrown.

P-4, 2 balls crossing in 2 hands – throw, throw, catch, catch

Two balls crossing. left hand bottom left straight to top right and when it is at the top then throw with second hand bottom right to top left, then catch first ball with right hand, then catch second ball with first hand. Then pause as it is not a continuous pattern then start again from the right hand rather than the left. This pattern goes throw throw catch catch, which is four four time in music.

Top Tip ; Spangles the Clown “ It can be easier to start by doing throw, throw, drop, catch and then doing throw, throw, catch, catch”

P-5 , two balls crossing between 2 side by side people

Stand along side another person with middle hands behind your backs. (tuck behind left side persons' right hand and right side persons' left hand) Now you are going to juggle a two ball pattern between two people. Your square is more like a rectangle and now stretches across the front of the other person as well. Person on left throws from bottom left to top right across the front of the other person and as this ball hits the top right hand corner the other person throws across the front of the first person bottom left to top right, the second person then catches the first ball as it fall to waist height then the first person

catches the second ball. Then you pause (this is not a continuous pattern) and start again with person two starting.

P-5 3 balls in 2 hands – throw out and drop on floor

Start with two balls in your dominant hand and one in the other.

Throw across in same way as 2 pattern to opposite corner in box as explained before, dominant, non dominant, dominant and don't catch and become familiar with the throws and pattern. Again they should land roughly in front of the opposite feet.

P-6 3 balls in 2 hands, throwing and catching

Start with two balls in your dominant hand and one in the other.

Throw across in same way as 2 pattern to opposite corner in box as explained before, dominant, non dominant, dominant . Apart from first throw each time, throw when ball is at top corner and then catch. Practise and slowly build up number of catches you can do. It is good to avoid balls running away from you, by throwing sideways and standing facing a wall.