

JUGGLING



Juggling is a skill that consists in moving one or more objects at the same time for entertaining.

There are many ways of juggling: *throwing and catching the objects*, *bouncing them* (balls) or *contact juggling* (move the object around your body with constant contact).

What objects do jugglers use? Balls, bean or rice bags, handkerchiefs, knives, clubs, diabolos, devil sticks,

We are going to learn some basic skills with balls.

A) EXERCISES WITH ONE BALL

You must start with one ball to be able to progress correctly. Be patient!

The first and most important thing to learn is to throw and catch the ball correctly.

- Hold both hands in front of you with your palms facing up.
- Try to throw the ball at least as high as the top of your head.
- Throw it accurately.
- Don't reach up your hands to catch the ball. Let the ball to fall to the height of your belly.

Now practice throwing one ball from one hand to the other, with different trajectories, high, low, ...

B) STARTING WITH TWO BALLS

Explore your possibilities as you did with one ball.

Throw one ball from one hand to the other, and when the first one reaches its peak, throw the other one, so that, one is up and the other is down.

You can practice with **two balls only with one hand**. In this case the trick is called "*la fuente*". This develops your coordination before starting with three balls. Throw one ball up and when it reaches the peak throw the other one. Focus in throwing correctly.

Remember that it is very important to have a clear strategy. You cannot throw and catch the ball in the same point. Throw it in one place and catch it in other place.

C) EXERCISES WITH THREE BALLS

You put two balls in one hand and one ball in the other hand. The first 2 throwings will be the same as you just did with 2 balls, but when ball 2 is coming down you have to throw up ball 3.

This trick is called "*el ocho*".

The main difference with "*la fuente*" is that in this trick the balls go always from one hand to the other.

