



Starter Tips

- Learn each step with non-dominant hand first, then dominant hand next
- Develop a proficiency of 10 consecutive successes with each hand before moving to next step

One object

- Toss and no attempt to catch
- Toss and hold hand out to let the catch happen
- Hot potato

Two Objects, one in each hand

- Toss, toss, drop, drop
- Toss, toss, drop, catch
- Toss, toss, catch, catch
- Two hot potatoes

Two objects in one hand

- Toss, toss, drop, catch
- Toss, toss, catch, catch
- Follow the leader

Three objects

- Toss, toss, toss, drop, drop, drop
- 3 tosses, drop, drop, catch
- 3 tosses, 3 catches
- Celebrate! You are a juggler!
- 4 tosses
- 5 tosses
- 6 tosses

More Tips

- Always concentrate on a good throw, let the catch happen
- Start and end each practice session with a level you've achieved
- If you find a new step difficult, don't hesitate to back up to a previous step and reconfirm mastery
- Take frequent breaks, 10-15 minute sprints
- Strive for a state of relaxed concentration