Juggling

An action packed introduction on the intensely growing sport of juggling.
JUGGLING
with Prep School
Hold one ball in your right hand and gently lob it into your left.

Now lob it back in the direction it came. Go back and forth with this until you are comfortable.
Now let’s add another ball in your right hand and one in your left.

As you lob the ball from your right hand to your left, release the ball in your left hand and catch the incoming ball. The hard part is releasing the left-hand ball so that you lob it back to your right hand and catch it.
Make sure both balls are flowing in a nice arc from hand to hand. This will give you more time to release and catch.
Ball three!

Hold two balls in your right hand. Hold the third ball in your left hand. Lob the first ball from right to left as you catch it in your left hand; release the second ball lobbing it back to your right. (This is just step 2, holding a third ball.)
The hard bit is releasing that third ball as you catch the second ball in your right hand, and lobbing the third ball back to your left hand.

You must keep this lob-release-catch going from hand to hand. PRACTICE, PRACTICE, PRACTICE!