How to Juggle 3 Balls

There are many different ways to juggle 3 balls. These instructions will teach the basic 3 ball juggling pattern which is called the cascade. It is the easiest way to juggle 3 balls and is the pattern that most people learn how to do first.

1 Ball
Throwing
Imagine a box in front of you (see picture). The top of the box should be about the same height as the top of your head. Throw the ball from your right hand to the opposite corner of this box. The ball should then fall into your left hand. Now throw the ball from the left hand to it's opposite corner. Practise this!

2 Balls
Timing
Hold one ball in each hand. Throw with the right hand (always aim for the opposite corner). As the ball peaks and starts to fall down, throw the second ball to it's opposite corner. Try to catch them both. The balls should now be in the opposite hands from where they started. Practise this a lot!

Note: in the early stages it is more important that you hit the corners that you are aiming for rather then trying to catch the balls.

3 Balls
Juggling
Hold two balls in your right hand & one in your left. Throw one ball from your right hand to it's opposite corner. When the ball starts to drop, throw the next one (always throwing to the opposite corner). After catching the first ball, the second ball will almost be at the opposite corner. When this ball starts to drop, throw the third one. When this ball starts to drop, throw the next one. When this ball starts to drop, throw the next one (every time a ball starts to drop, throw the next one). After a little practise you will be able to juggle continuously. Have fun!

Teaching juggling is a good activity for teenagers. It is a very good thing to work on regularly over a longer period of time as your relationships develop. As the students get better they can learn many different tricks and routines.

There are many lessons that can be taught through the juggling process. These include:

• The importance setting a good foundation before moving on (1 ball)
• Perseverance (the importance of patience and practice)
• Keeping you eyes set on the goal (the corner that we are aiming to throw the ball to)
• No matter how good we are, we still make mistakes (sin – dropping juggling balls)