**JUGGLING PROGRESSION**

1. "3-ball cascade":
2. Introducing 1 ball (or bean bag) - - Toss ball back and forth between hands, remembering to:
3. Use underhand grip to toss and catch (palms facing up)
4. Keep arms parallel to floor
5. Keep hands shoulder width apart
6. Toss ball head high
7. Look straight ahead, and view ball out of corner of eyes
8. Introducing 2nd ball:

a. Toss 1 ball as before

1. Toss 2nd ball when 1st ball is at peak of its arc; the 2nd ball passes under the arc of the 1st ball.
2. Continue to practice, alternating which hand begins
3. Toss and catch to 3-count rhythm: 1=1st toss, 2=2nd toss, 3=2nd catch
4. Introducing 3rd ball ("3-ball cascade"):
5. Begin with 2 balls in one hand
6. Toss 1st ball from hand holding 2 balls
7. Alternate which hand tosses ball
8. Each ball passes under the arc of the previous ball
9. Toss and catch to 4-count rhythm: 1=1st toss, 2=2nd toss,

3=3rd toss, 4=3rd catch

1. When experiencing difficulty:
2. Remember mechanics in #1 above
3. Master tossing and catching with 1 less ball
4. Juggle while standing a short distance from wall

(facing wall, to prevent walking around)

1. To continue 3-ball cascade:
2. Continue counting past #4, tossing 1 ball on every number
3. Concentrate on accurate tosses, and execute tosses even if balls are not being caught (provided 3-ball cascade was initially mastered)
4. Objects to toss, in approximate order of difficulty
5. Scarves:
6. Use overhand, rather than underhand grip (palms facing down)
7. Toss 1 foot above height of head
8. Catch scarves at height of shoulders
9. Bean bags (hacky-sac, juggling bag, or regular bag)
10. Juggling balls, lacrosse balls
11. Racket balls, tennis balls
12. Progression of figures or patterns, in approximate order of difficulty; some patterns may be executed more easily by tossing the balls a bit higher to allow more time; each pattern may be preceded, and followed by the standard cascade.
13. Dribble (periodically allow 1 ball to bounce to the floor; momentarily hold the other 2 balls; when the 1st ball returns, resume the 3-ball cascade)
14. Moon shot (pop 1 ball high periodically; the trick looks nicer if the balls are juggled lower than normal)
15. Rebound (periodically toss 1 ball against the wall and continue the 3-ball cascade)
16. Wall cascade (toss all 3 balls against the wall in the cascade pattern)
17. Underdog (periodically toss 1 ball under the leg and continue the 3-ball cascade)
18. Rainbow (periodically toss 1 ball over, rather than under the arcs made by the other balls; the trick is easier, and looks nicer if 1 ball is a different color)
19. Tennis (toss the same odd-colored ball back and forth over the top of arcs made by other balls)
20. Reverse cascade (toss all 3 balls the reverse direction; each ball passes over the arc made by the previous ball)
21. Snatch (periodically catch 1 ball with an overhand grip during the 3-ball cascade)
22. Snatch cascade (catch all 3 balls with overhand grip)
23. Backscratch (periodically toss 1 ball behind the back and continue the 3-ball cascade)
24. Elevator (toss 1 ball vertically in front of you; while this ball is in the air, the outside balls are caught in each respective hand; then toss outside balls vertically, while catching the center ball with either hand)
25. Shower (pass all 3 balls from hand to hand in the same direction)
26. Bounce cascade (3-ball cascade while bouncing balls)
27. Bounce shower (same as regular shower, with balls bouncing as they are passed from hand to hand)
28. Puppet (with one hand juggling 2 balls as in elevator, the other hand leads the inside ball as it travels up and down)