

The following is a list of Juggling activities to help with skill development and to help improve your first touch. Your goal is to complete each juggling skill with your left and right foot before October 13th 2010. Effort, Consistency and Honesty is the key to completing these juggling skills. **Good luck! Have some fun while doing it.**

*** All Juggling Skill must be performed with the Right foot and Left foot.**

*** You can start with any juggling skill first.**

1. Juggle 10 times with your left foot and then 10 times with your right.
2. Juggle 10 times using left and right foot consecutively.
3. Juggle 10 times using your left thigh and right thigh consecutively.
4. Juggle 10 times with right thigh only, then 10 with left.
5. Juggle 10 times using head only.
6. Juggle 10 times using your right instep and the inside of the right foot. (Instep is 1, inside foot 2, instep 3 inside foot is 4, instep 5 and so forth). Must be done with left foot also.
7. Juggle 10 times using right instep and outside of right foot. Must be done with left foot also.
8. Juggle 10 times using the inside of right and the outside of right, Must be done with left foot also.
9. Juggle 10 times using inside right only. Must be done with left also.
10. Juggle 10 times using inside left and inside right foot consecutively.
11. Juggle 10 times with the outside of right foot only, then 10 with the outside of left.
12. Juggle 10 times consecutively with outside of right and outside of left.
13. Juggle 10 times using right instep and right thigh consecutively. Must be done with left also.
14. Juggle 10 times using right instep and chest, going from instep to chest. Must be done with left also.
15. Juggle 10 times using right instep and head, going from instep to head. Must be done with left also.
16. Juggle 10 times using right thigh and head, going from thigh to head. Must be done with left also.
17. Juggle 10 times while standing only on one foot. The foot that is being use to juggle cannot touch the ground until you complete 10 juggles. (left and right)
18. Around the world Juggling- Start with your right instep, to right thigh, to head, then left thigh, to left instep, back over to right instep, Must be done 3 times consecutively. If the ball drops before you complete 3 times in a row you must start over from the beginning. **(One touch on each part of body).**
19. **Around the world- same as above but two touch with each body part. (Two times around).**
20. **Around the world- same as above but three touch with each body part. (once around)**

***Check each box when you have completed each juggling skill. You can start with any juggling skill first.**

#	Right	Left
1		
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12		
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