

How-To Juggle a Three Ball Cascade

by Veronica Rodriguez

Supplies:

- Three juggling balls of equal weight and size

Instructions:

1. Starting with one ball, you will toss the ball from one hand to the other. Tossing the ball Higher and higher to about eye-height. Make sure to stand tall and keep your arms at a 90 degree angle.
2. Continue to practice tossing the ball back and forth from each hand. Be careful not to hand the ball to the other or toss the ball too far in front of you.
3. Once you are comfortable with tossing one ball back and forth, you will grab a second ball.
4. Toss the first ball from your dominant hand and when it reaches eye height, you will toss the second ball below the first ball to an eye height level. You will then catch the first ball you threw in your non-dominant hand and your second ball should land in your dominant hand.
5. Continue to toss the balls in a continuous alternating manner. Working the height of the balls peaks higher and higher. The higher you toss the ball, the more time you will give yourself to catch the next ball.
6. Continue to practice this until you are comfortable. Again, be careful not to toss the ball too far in front of you as it will make it difficult for you to catch the next ball.
7. Once you are comfortable tossing the balls between both hands, you will now bring out your third ball. You will now hold two balls at the same time in your dominant hand and one ball in your non-dominant hand.
8. To begin, you will toss your first ball from your dominant hand. When the first ball reaches its peak, you will toss the second ball from your non-dominant hand under the first ball.
9. As the second ball reaches it's peak, you will catch the first ball you threw in your non-dominant hand.
10. As the second ball reaches it's peak, you will also begin to toss the third ball from your dominant hand. This dominant hand will now catch the second ball.
11. As the third ball reaches it's peak, the first ball you threw, which is now in your non-dominant hand, will be tossed up and under the third ball.
12. Continue this pattern. Alternating tosses and catches. Once you are able to do this continuously over 3 catches, you will be doing the three ball cascade.



