



## How to juggle – notes for instructors

### Notes for Instructor A

You are going to teach two people to juggle. You will have a small group of people with you who are part of the learning experience. Ask them to imagine that they are there to support the learning. They may only use words of encouragement and support. If balls are dropped, they should do what they can to help by collecting them. As an instructor, you may only be positive – any feedback you give must be constructive and helpful.

You may, however, ask the learners what they think is going wrong and what they could do to help if this is appropriate.

You will need six balls and six pieces of cloth, handkerchiefs or similar – your trainer will provide these.

When you rejoin the people you are going to teach, you must first tell them what they are going to learn and how.

#### Learning objectives:

By the end of this lesson, you will be able to juggle three balls or pieces of cloth for one rotation.

You may achieve two or more rotations.

#### You will do this by:

listening to instructions, following examples and breaking the skill down.

### Instructions

*(Note – if at any point this is proving difficult, try giving your learners pieces of cloth instead of balls. It is still juggling!)*

**Step 1:** Give your two learners one ball each, keeping one for yourself. Throw your ball from one hand to the other, making sure that each throw arcs at the same height (about eye level). As you do this, explain what you are doing.

Now let your learners practise. Make sure that they are letting the ball fall to waist level before catching – they should not be moving their hands much. The ball should not be traveling away from the body, just up and down and side to side.

**Step 2:** When they are confident (they should not have to move their feet to catch the ball), introduce a second ball. The learners take one ball in each hand. They should do the same throw as in step 1 and this time, as the ball peaks, they should throw the second ball up and **underneath** the first ball. It is important that the second ball reaches eye level and is not passed from one hand to the other.

**Tips:** If the learners are finding it hard to throw the second ball up, encourage the onlookers to call 'up, up, up' in time with the throws.

Stand straight with feet shoulder width apart and head up. Watch the balls.

**Step 3:** When they are confident, allow your learners a third ball. They are nearly there! Standing straight, with two balls in the right hand and one in the left, they should close their eyes and imagine the balls flying at the same height from one hand to another.

With eyes open, they throw one of the balls from the right hand and, as it peaks, throw the ball from left to right. As this one peaks, they should throw the third ball and catch it in the left hand. That is the first rotation. Well done!

**Extension:** If one or both of your learners achieves this, they can practise doing it in reverse, from the left hand to the right hand. Then they can put it together and increase the number of rotations!



### Notes for Instructor B

Imagine that you have been leading a group of young people for three days and you are now on the final activity. The delegates with you should imagine that they are part of this group and that they have had a great time, but they have been frustrated by one member of the group (who is currently outside the room), who has had a negative attitude and has not really tried to succeed in any of the activities.

As a group, you are now in direct competition with Instructor A and their group. The aim is to teach the negative group member to juggle three balls within the next 15 minutes. You may give them instructions and feedback, but remember – to beat the other team, they **must** be able to juggle three balls. And there isn't much time.

If your group is frustrated, allow them to express their opinions. They need not always be positive.

They can also shout instructions if the person learning to juggle is getting it wrong.

#### Instructions:

*Give the person who is learning to juggle three balls and ask them to take two in the right hand and one in the left. Tell them that they have to throw one of the balls from their right hand into the air and, before they catch it in the other hand, they must release the ball that is there. They then repeat this with the second ball from the right hand.*

#### General advice:

*Do not move your feet. The balls should not travel away from the body.*

*Do not throw forward – throw upwards and sideways.*

*Do not pass the second ball from one hand to the other – it should go up into the air.*

*Do not raise your hands to catch the balls. Let them fall into your hands.*

*Do not throw the ball higher than eye level.*

*Do not take your eye off the balls.*

*Do not allow your 'weaker' hand to throw the ball wildly or lower than the 'stronger' hand.*