

St. Paul JCC

Juggling Activity

By Coach Hanna

Keep the ball off of the ground as long as possible while using the feet, thighs, chest, and head. Younger kids should focus on thighs and feet to start. Hands may be used to drop the ball to begin the juggle, eventually transitioning into no hands if possible.

- To encourage and strengthen juggling ability, kids can use a beach ball, balloon, or toilet paper which also serves as safer alternatives in indoor areas.
- Parents can offer prizes for extra motivation when a certain amount of consecutive juggles are reached - For example, the child who gets the most juggles gets to pick dinner, they stay up 30 minutes later, given a dollar bill if they reach a certain amount, pick a movie for the family to watch, etc.
- Challenge players to use their non-dominant foot!!

