

JUGGLING SKILL PROGRESSION

NAME _____

Directions: Practice a skill in the progression. When you think you can perform 10 times without a miss, ask a friend to watch and initial your skill sheet if you are successful. Then prove it to another friend.

JUGGLING WITH 1 SCARF

<i>SKILL</i>	<i>CRITERIA</i>	<i>CHECK</i>
1 scarf – right hand – lift and snatch	10 catches-twice	_____
1 scarf – left hand – lift and snatch	10 catches – twice	_____
Partner Juggle – Right Hand	10 catches – twice	_____
Partner Juggle – Right Hand	10 catches – twice	_____

JUGGLING WITH 2 SCARVES

<i>SKILL</i>	<i>CRITERIA</i>	<i>CHECK</i>
Columns (dominant hand)	10 catches-twice	_____
Columns (non-dominant hand)	10 catches-twice	_____
2 scarves - toss, toss, catch catch (X pattern)	10 catches-twice	_____
Partner Juggle – Both Hands	10 catches – twice	_____

JUGGLING WITH 3 SCARVES

<i>SKILL</i>	<i>CRITERIA</i>	<i>CHECK</i>
3 scarf Columns	10 catches-twice	_____
Cascade Pattern	10 catches-twice	_____
Reverse Cascade	10 catches-twice	_____
4 Scarves - Columns	10 catches-twice	_____