

Start At The Bottom Each Time Your Climb!
Striking Ladder - Balloons

15 – Create a Striking Challenge

14 – 2 Paddles Hand to Hand Tennis x 10

13 – Create a pattern with 4 x 12

12 – Create a 2 part pattern x 10

11 – Arm/Leg Pattern x 10

10 – Hand/Head Pattern x 10

9 – Head x 4

8 – Left Foot x 5

7 – Right Foot x 5

6 – Left Leg x 5

5 – Right Leg x 5

4 – Left Arm x 10

3 – Right Arm x 10

2 – Hands x 10

1 – Hands x 5

Start At The Bottom Each Time Your Climb!
Paddle Striking Ladder - Balloons

15 – Create An Original Striking Challenge

14 – Flip/Flop/Edge Combos Sitting Down x 10

13 – Flip/Flop/Edge Combos x 20

12 – Forehand/Backhand Tennis x 10

11 – Overhead Moving Backward x 10

10 – Overhead Moving Forward x 10

9 – Around the Room x 1 (no drops)

8 – Sitting Down x 10

7 – Underhand Moving Backwards x 10

6 – Underhand Moving Sideways x 10

5 – Underhand Moving Forward x 10

4 – Edgies x 10

3 – Flip Flop x 10

2 – Underhand x 10

1 – Underhand x 5

Start At The Bottom Each Time Your Climb!
Paddle Striking Ladder - Balls

15 – Partner Underhand x 4

14 – Drop Hit To Target x 6

13 – Drop Hit To Target x 4

12 – Drop Hit To Target x 2

11 – Create A Striking Challenge x 6

10 – Flip Flop x 10

9 – Flip Flop x 8

8 – Flip Flop x 6

7 – Flip Flop x 4

6 – Flip Flop x 2

5 – Underhand x 10

4 – Underhand x 8

3 – Underhand x 6

2 – Underhand x 4

1 – Underhand x 2

Start At The Bottom Each Time Your Climb!

Toss & Catch Skill Ladder

13 – Perform Challenge x 10

12 – Create a Tossing/Catching Challenge

11 – LH – Under The Leg/Toss/Catch x 5

10 – RH - Under The Leg/Toss/Catch x 5

9 – Toss/Touch The Ground/Catch x 2

8 – Toss/Clap/Catch x 10

7 – Sit Down – Toss & Catch x 10

6 – Left Hand x 10

5 – Right Hand x 10

4 – Left Hand x 5

3 – Right Hand x 5

2 – 2 Hands x 10

1 – 2 Hands x 5

Start At The Bottom Each Time Your Climb!
Scarf Juggle Skill Ladder

See Teacher

12 – Create a Routine

11 – 3 Scarves Reverse Cascade x 10

10 – 3 Scarf Columns x 10

9 – 2 Scarves Left Hand Columns x 6

8 – 2 Scarves Right Hand Columns x 6

7 – Juggle 3 Scarves Personal Best

6 – Juggle 3 Scarves Cascade x 10

5 – Juggle 3 Scarves Cascade x 5

4 – X Pattern Lift/Snatch 2 Scarves x 10

3 – Partner Juggle Both Hands x 10

2 – Left Hand Partner Juggle x 10

1 – Right Hand Partner Juggle x 10

Start At The Bottom Each Time Your Climb!
Jump Rope Skill Ladder

15 – Sideswings 10

14 – Front Straddles x 10

13 – Side Straddles x 10

12 – Jogging x 10

11 – Moving Sideways x 10

10 – Moving Backwards x 10

9 – Moving Forward x 10

8 – Backward Jump x 10

7 – Backward Jump x 5

6 – Left Foot x 10

5 – Right Foot x 10

4 – Left Foot x 5

3 – Right Foot x 5

2 – Forward Jump x 10

1 – Forward Jump x 5

Start At The Bottom Each Time Your Climb!
Advanced Jump Rope Skill Ladder

15 – Double Under

14 – Sideswing Jumps x 10

13 – Criss Cross Jump x 10

12 – Wounded Duck x 10

11 – Side Steps x 10

10 – Front Kicks x 10

9 – Shuffle Step x 10

8 – Heel-Toe Exchange x 10

7 – Toe Exchange x 10

6 – Heel Exchange x 10

5 – Rocker Step x 10

4 – Jog Step x 10

3 – Bell x 10

2 – Skier x 10

1 – X-Straddle x 10

Start At The Bottom Each Time Your Climb!
Feather Balance Skill Ladder

15 – You Choose x 1 minute

14 – You Choose x 45 seconds

13 – You Choose x 30 seconds

12 – Foot x 10 seconds

11 – Wrist x 20 seconds

10 – Arm x 20 seconds

9 – Fingertip x 20 seconds

8 – Hand x 20 seconds

7 – Chin x 10 seconds

6 – Wrist x 10 seconds

5 – Back of Hand x 10 seconds

4 – Arm x 10 seconds

3 – Fingertip x 10 seconds

2 – Left Hand x 10 seconds

1 – Right Hand x 10 seconds

Start At The Bottom Each Time Your Climb!

Dribble Ladder

15 - 5-4-3-2-1-None x 5

13 – Push-Up Dribble R&L 4’s x 10

12 – Left Hand Dribble Eyes Closed x 20

11 – Right Hand Dribble Eyes Closed x 20

10 – Double Leg Dribble Wraps x 5

9 – Left Leg Dribble Wraps x 5

8 – Right Leg Dribble Wrap x 5

7 – Figure 8 Dribble Wraps x 8

6 – Dribble With One Finger x 20

5 – Elevators x 5

4 – V-Dribble x 20

3 – Alternate Hands x 20

2 – Left Hand x 50

1 – Right Hand x 50

Start At The Bottom Each Time Your Climb!
Soccer Skill Ladder

See Teacher

14 – Moving Sweeps x 6

13 – Rolling Taps x 6

12 – Left Foot Pull Backs x 6

11 – Right Foot Pull Backs x 6

10 – Left Foot Dribble I-O x 10

9 – Right Foot Dribble I-O x 10

8 – Left Foot Dribble I-O x 6

7 – Right Foot Dribble I-O x 6

6 – Dribble The Track x 2

5 – Sweeps x 10

4 – Taps x 10

3 – Dribble The Track x 1

2 – Sweeps x 5

1 – Taps x 5

Start At The Bottom Each Time Your Climb!

Body Balance

See Teacher

14 – Front Seat Support x 10 seconds

13 – Frog Tip Up Hands Only x 10 seconds

12 – Single Knee Balance x 10 seconds

11 – Frog Tip-Up Head On Floor x 10 seconds

10 – Left Hand/Right Foot Plank x 10 seconds

9 – Right Hand/Left Foot Plank x 10 seconds

8 – Hand Knee Balance x 10 seconds

7 – Thread the Needle

6 – Tangle Foot x 10 Seconds

5 – V Sit x 10 seconds

4 – Egg Sit x 10 seconds

3 – Left Hand/Two Feet Plank x 10 seconds

2 – Right Hand/Two Feet Plank x 10 seconds

1 – Upper Body Balance x 10 seconds

Start At The Bottom Each Time Your Climb!

Basic Skills

Jump Rope Skill Ladder

14 – Sideswings 10

13 – Bell x 10

12 – Skier x 10

11 – X-to-Straddles x 10

10 – Front Straddles x 10

9 – Side Straddles x 10

8 – Jog Step x 10

7 – Backward Jump x 10

6 – Left Foot x 10

5 – Right Foot x 10

4 – Left Foot x 5

3 – Right Foot x 5

2 – Forward Jump x 10

1 – Forward Jump x 5

Start At The Bottom Each Time Your Climb!
Advanced Jump Rope
Skill Ladder

See Teacher

11 – Double Under

10 – Sideswing Jumps x 10

9 – Criss Cross Jump x 10

8 – Wounded Duck x 10

7 – Side Steps x 10

6 – Front Kicks x 10

5 – Shuffle Step x 10

4 – Heel-Toe Exchange x 10

3 – Toe Exchange x 10

2 – Heel Exchange x 10

1 – Rocker Step x 10

Start At The Bottom Each Time Your Climb!
Lacrosse Skill Ladder

12 – See Me

**11 – Partner Overhead Throw & Catch x 10
IAR**

10 – Partner Shovel Toss & Catch x 10 IAR

9 – Shovel Toss, Catch & Cradle x 10 IAR

8 – Partner Overhead Throw x 8

7 – Partner Shovel Toss & Catch x 8

6 – Self Shovel Toss, Catch & Cradle x 8

5 – Partner Overhead Throw & Catch x 4

4 – Partner Shovel Toss & Catch x 4

3 – Self Shovel Toss, Catch & Cradle x 10

2 – Ground Ball Pick-Ups x 10

1 – Zig Zag Cradle Run x 2

Start At The Bottom Each Time Your Climb!

Toss/Throw/Catch Skill Ladder

10 – See Me

**9 – Individual Behind/Back-Over Shoulder x
10 IAR**

8 – Double Ball Partner Throw/Catch x 10 IAR

7 – Double Ball Partner Toss/Catch x 10 IAR

6 – Long Partner Throw/Catch x 10 IAR

5 – Long Partner Toss/Catch x 10 IAR

4 – Short Partner Toss/Catch x 10 IAR

3 – Alternate Under the Legs x 10 IAR

2 – Non-Dominant Hand Toss/Catch x 10 IAR

1 – Dominant Hand Toss/Catch x 10 IAR

Start At The Bottom Each Time Your Climb!

Soccer Juggle Skill Ladder

14 – See Teacher

13 – 1 Minute Juggle – Move & Prove

12 – 30 Second Juggle – Move & Prove

11 – Thighs/Instep/Chest x 10 & Catch

10 – Thighs/Instep/Chest x 8 & Catch

9 – Thighs/Instep/Chest x 6 & Catch

8 – Thighs/Instep/Chest x 4 & Catch

7 – Thighs/Instep x 8 & Catch

6 – Thighs/Instep x 6 & Catch

5 – Thighs/Instep Combo x 4 & Catch

4 – Instep x 4 & Catch

3 – Instep x 2 & Catch

2 – Thighs x 4 & Catch

1 – Thighs x 2 & Catch

Start At The Bottom Each Time Your Climb!

Ball Handling - Wraps - Skill Ladder

See Teacher

12 – Butt Busters – 4 IAR

11 – Figure 8 Wraps – 60 IAR

10 – Leg/Waist/Head – 30 IAR

9 – Leg/Waist – 30 IAR

8 – Head/Waist – 30 IAR

7 – Right Leg Wraps – 30 IAR - BD

6 – Leg Left Wraps – 30 IAR – BD

5 – Leg Wraps – 30 IAR – BD

4 – Head/Waist – 30 IAR - BD

3 – Waist Wraps – 30 IAR - BD

2 – Head Wraps – 30 IAR – BD

1 – Squeeze – 30 IAR

Start At The Bottom Each Time Your Climb!

Quick Hands - Skill Ladder

13 – See Teacher

12 – Sit-Up Dribble – Left Hand – 10 IAR

11 – Sit-Up Dribble – Right Hand – 10 IAR

10 – Figure 8 Dribbles – 10 IAR

9 – Left Hand-Right Leg Dribble Wrap – 10 IAR

8 – Right Hand-Left Leg Dribble Wrap – 10 IAR

7 – Left Leg Dribble Wrap – 10 IAR

6 – Right Leg Dribble Wrap – 10 IAR

5 – Drum Dribble – 5-4-3-2-1-None -4 Each IAR

4 – Front-Back Hikes – 10 IAR

3 – Front-Back Bounce Hikes – 10 IAR

2 – Alternate Hikes – 10 IAR

1 – Alternate Bounce Hikes – 10 IAR

Basketball Shooting - Skill Ladder

Start At The Bottom Each Time Your Climb!

13 – See Teacher

12 – Alternating Spots Key-Line 10 IAR

11 – Foul Shot – 4 IAR

10 – Foul Shot – 2 IAR

9 – Elbow – 2 IAR

8 – Non-Dominant Hand Lay-up – 4 IAR

7 – Non-Dominant Hand Lay-up 2 IAR

6 – Dominant Hand Lay-up – 4 IAR

5 – Dominant Hand Lay-up – 2 IAR

4 – Key Line – 4 IAR

3 – Key Line – 2 IAR

2 – Inside Key – 4 IAR

1 – Inside Key – 2 IAR

Before You Start – Mechanic Check

Start At The Bottom Each Time Your Climb!

**Beaded Jump Rope Partner
Skill Ladder**

11 – See Teacher

10 – Basic Wheel x 20

9 – Basic Wheel x 10

8 – Two in One – Two Turners x 20

7 – Two in One – One Turner x 20

6 – 1's x 20

5 – Chain x 20

4 – Two in One – Two Turners x 10

3 – Two in One – One Turner x 10

2 – 1's x 10

1 – Chain x 10

Start At The Bottom Each Time Your Climb!

Speedminton - Badminton Skill Ladder

9 – See Teacher

8 – Partner Rally Birdie Choose Distance - 20

7 – Partner Rally Birdie Long Distance x 6

6 – Self Rally Birdie x 20

5 – Partner Rally Birdie Middle Distance x 6

4 – Partner Birdie Short Distance x 6 IAR

3 – Self Rally Birdie x 10 IAR

2 – Partner Rally Short Distance x 4 IAR

1 – Self Rally x 5 IAR

Start At The Bottom Each Time Your Climb!

Long Rope Skill Ladder

10 – See Teacher

9 - Get In, 2 push-ups & Exit

8 - Enter w/Short Rope, Jump 10 & Exit

7 – Enter w/Short Rope & Jump 10

6 – Start In With Short Rope – Jump 10

5 - Get In, 10 Front Straddles & Exit

4 – Get In, 10 Side Straddles & Exit

3 – Get In, Jump 10 & Exit

2 - Get In & Jump 10 IAR

1 – Start In & Jump 10 IAR

Start At The Bottom Each Time Your Climb!

Scarf Juggle - Skill Ladder

12 – 3 or 4 scarves – design a routine with at least 4 different skills

11 – 3 scarves – reverse cascade x 20

10 – 4 scarves – circular columns x 20

9 – 4 scarves – parallel columns x 20

8 – 3 scarves – parallel columns x 20

7 – 2 scarves – ND-hand parallel columns x 20

6 – 2 scarves – d-hand parallel columns x 20

5 – 2 scarves – ND-hand circular columns x 20

4 – 2 scarves – d-hand circular columns x 20

3 – 3 scarves – cascade x 20

2 – 3 scarves – cascade x 10

1 – 2 scarves X – pull-pull-snatch-snatch x 20

Start At The Bottom Each Time Your Climb!

Ball Juggle - Skill Ladder

**(Use the same ladder for rings and clubs –
must complete balls first)**

11 – Create a routine that includes at least 4 skills & has a clear beginning and end

10 – 3 balls reverse cascade pattern x 10

9 – 3 balls parallel columns x 10

8 – 2 balls ND-hand circular columns x 10

7 – 2 balls d-hand circular columns x 10

6 – 2 balls ND-hand parallel columns x 10

5 – 2 balls d-hand parallel columns x 10

4 – 3 ball cascade pattern x 10

3 – 3 ball cascade pattern x 10

2 – 2 balls scoop toss x 10

1 – 1 ball scoop toss x 10

<http://www.tujuggle.com/WildcatJugglers/TutorialsByTrickType.htm>

Start At The Bottom Each Time Your Climb!
Advanced 3 Ball Juggle
Challenge by Choice

Fake One-up Two-up x 10

423 x 10

Fake Mess x 10

Factory x 10

Box x 10

441 x 10

Overhead Cascade x 10

Swoop x 10

Clawing x 10

Under the Leg x 10

Rainbow Cross x 10

Half Shower x 10

Tennis x 10

Over The Top x 10

<http://www.tujuggle.com/WildcatJugglers/TutorialsByTrickType.htm>

Start At The Bottom Each Time Your Climb!

**Object Balance (feather/noodle/?)
Skill Ladder**

8 – Create a balance routine that includes at least 3 different skills

7 – Foot Balance x 15 sec.

6 – Chin Balance x 30 sec.

5 – Chin Balance x 15 sec.

4 – N-Dominant Hand Finger Transfer

3 – Dominant Hand Finger Transfer

2 – N-Dominant Hand x 30 sec.

1 – Dominant hand x 30 sec.

Start At The Bottom Each Time Your Climb!

Ball Balance - Skill Ladder

**5 – 2 balls – balance, toss, bounce, catch,
switch x 2**

**4 – 2 balls – balance – toss top ball - bounce
& catch x 4**

3 – 2 balls x 1 minute

2 – 2 balls x 30 seconds

1 – 2 balls x 15 seconds

Start At The Bottom Each Time Your Climb!

Bolo Board - Skill Ladder

6 – Add a skill (scarf juggle, object balance, ball juggle, etc.)

5 – Stride Balance x 30 seconds

4 – Hands & Knees Balance x 30 seconds

3 – Balance 1 minute

2 – Balance 30 seconds

1 – Mount and balance with spotter

Start At The Bottom Each Time Your Climb!

Stability Ball - Skill Ladder

6 – Knees & Add Manipulative

5 – Knees x 1 minute

4 – Knees x 30 seconds

3 – Knees x 15 seconds

2 – Hands & Knees x 1 minute

1 – Hands & Knees x 30 seconds

Start At The Bottom Each Time Your Climb!
Diabolo - Skill Ladder

10 – Choose advanced skills from resources

9 – Toss, jump the rope, catch x 1

8 – Trampoline Bunny Bounce x 3

7 – String Climb x 2

6 – Stick Grind x 3

5 – Toss & Catch over the leg x 3

4 – Start, spin, toss & catch x 3

3 – Start, spin, toss & catch x 1

2 – Start, spin x 20 pulls with tilt recover

1 – Pull Start & Complete 5 complete pulls

Start At The Bottom Each Time Your Climb!
Spinning Plates - Skill Ladder

14 – Choose advanced skills from resources

13 – Wobble Balance x 15

12 – Chin Balance x 30 seconds

11 – Chin Balance x 15 seconds

10 – ND-Hand Balance x 30 seconds

9 – ND-Hand Finger Transfer x 1

8 – ND-Hand Balance x 30 seconds

7 – ND-Hand Toss & Catch x 3

6 – ND-Hand Start & Spin x 3

5 – D-Hand Balance x 30 seconds

4 – D-Hand Finger Transfer x 1

3 – D-Hand Balance x 30 seconds

2 – D-Hand Toss & Catch x 3

1 – D-Hand Start & Spin x 3

Start At The Bottom Each Time Your Climb!

Devil Sticks - Skill Ladder

8 – Choose advanced skills from the resources and master x 10

7 – Helicopter x 10

6 – Single Sticking x 10

5 – Parallel Toss-Catch into Tic/Toc x 3

4 – Tick-tock-flip combo x 10

3 – Double Stick Tic-Toc x 10

2 – Tic-Toc x 10

1 – Floor Toss/Catch x 10

Start At The Bottom Each Time Your Climb!
Cigar Boxes - Skill Ladder

15 – Look up advanced skills & master

14 – Snatch & Catch R&L x 4

13 – Snatch & Catch x 2

11 – Snatch & Catch x 1

10 – Separation Right x 2

9 – Separation Left x 2

8 – Separation Right x 1

7 – Separation Left x 1

6 – 1 Box Lift, Clap & Catch x 2

5 – 1 Box Lift/Clap & Catch x 1

4 – 1 Box Lift & Catch x 2

3 – 1 Box Lift & Catch x 1

2 – 3 Box Lift x 2

1 – 3 Box Lift x 1

Start At The Bottom Each Time Your Climb!
Racket Handling Skill Ladder

13 – See Me

12 – Down & Ready Bumps x 10 IAR

**11 – Partner Feed Backhand Landing In x 5
IAR**

**10 – Partner Feed Forehand Landing In x 5
IAR**

9 – Forehand Drop-Hit Landing In x 8 IAR

8 – Forehand Drop-Hit Landing In x 8 IAR

7 – Backhand Drop-Hit Landing In x 4 IAR

6 – Forehand Drop-Hit Landing In x 4 IAR

5 – Track Down Dribble x 1 IAR

4 – Down Dribble x 20 IAR

3 – Flip Flop Up Dribble x 20 IAR

2 – Up Dribble Backhand x 20 IAR

1 – Up Dribble Forehand x 20 IAR

Start At The Bottom Each Time Your Climb!
Skill Ladder

15

14

13

12

11

10

9

8

7

6

5

4

3

2

1