

Summer Skills Juggle Challenges: Two Challenges Per Week

If you can juggle ~25 times in a row using various parts and booths sides of your body, start on SECTION TWO. Otherwise start your journey here in SECTION ONE. Every time you complete a challenge, LEVEL UP to the next number. Good luck everyone! Challenge yourself!

SECTION ONE:

1. Juggle 10 times on your thighs
2. 10x on your feet
3. 7x on your weaker thigh ("weaker" means the side that is not as good)
4. 7x on your weaker foot
5. 12x all head high bounces (no limits on which part of the body you use - thighs or feet)
6. 12x all chest high (no limits)
7. 15x (no limits)
8. 25x (no limits)

SECTION TWO:

For each of these, try it three times and figure out your average ("baseline") #. The challenge is to at least double that #.

1. Balance the ball on your forehead for as long as possible.
2. Juggle and hit a high ball (10+ feet up) followed by a low ball (chest or below)
3. Start with ball balanced on forehead for 4+ seconds, drop ball to WEAK side (the side not as good) ONLY for high/low ball juggle (see Challenge # 1 in this section))
4. Use a Small Ball (smaller than size 5 soccer ball)
5. Non-round object (apple, orange, potato, ball of rags, ball of tape, etc. Be creative.)
6. Smaller ball (smaller than the one from Challenge #3)
7. Juggle while tossing something between hands (if you do well, spread your hands wider)
8. Flick ups - learn two new ones (https://www.youtube.com/watch?v=KiK5_pRJqNU)
9. Flick up, strong side / weak side (repeat for ten total touches), end with head stall
10. Juggle off wall (one touch)
11. Juggle off wall (two-touch)
12. Juggle off wall using increasing touch # each time (start with one-touch, wall, then two-touch, wall, three-touch, wall, four touch, wall, etc. for as many as possible)
13. Juggle while walking (Forwards 10 steps, then Backwards 10 steps)
14. Juggle while jogging forwards
15. Juggle while sprinting forwards
16. Juggle stalls (left foot, right foot, back of neck, forehead, chest, thigh, between knees, calf&butt) Check out YouTube for examples.
17. Play music out loud; maintain that same rhythmic beat while juggling - each time you hit the ball matches the beat of the song.
18. Same as Challenge #17 but with a MUCH slower beat/rhythm