

discipline of practice, allow the sadistic-school-PE teacher part of your personality free reign.

THREE BALLS

Hold two balls in your right hand and one in your left. The first ball in your right hand should be held between the thumb, forefinger and middle finger. Throw this ball towards your left hand, and as it peaks, throw the ball in your left hand towards your right and catch the first ball in your left. As the second ball peaks, throw the third ball from your right hand and catch the second ball in your right hand. When you can repeat this, you can juggle! [diag 3a & 3b]

If at this stage you are sick of either picking up balls off the floor or throwing this book at the wall, remember the following:

- *Don't expect to get it first time. (If you do, pat yourself on the back and try it again. And again. And again.)*
- *If you are getting frustrated, try going back a step and practising with two balls again.*
- *If you are feeling confused, practise the throws only and make no attempt to catch them. This will help you to get the sequence right.*