

Individual Juggling Challenges

Setup: 3 Cones in a Triangle. Each cone is anywhere between 5-8 feet apart.

Objective: While staying within the perimeter of your triangle, complete the highest number of touches or skill moves within 4 minutes

Challenge 1: One Touch Alternating Feet

4 Minutes of Active Work

1 Minute Rest

Highest Number of Consecutive Juggles:

Challenge 2: One Touch Right

4 Minutes of Active Work

1 Minute Rest

Highest Number of Consecutive Juggles:

Challenge 2 (Continued): One Touch Left

4 Minutes of Active Work

1 Minute Rest

Highest Number of Consecutive Juggles:

Challenge 3: Two Touch Alternating Feet

4 Minutes of Active Work

1 Minute Rest

Highest Number of Consecutive Juggles:

Challenge 4: Side Pancake

4 Minutes of Active Work

1 Minute Rest

Number of Times Completed:

Challenge 5: Shoulder Turn

4 Minutes of Active Work

1 Minute Rest

Number of Times Completed:

Challenge 6: Back Press

4 Minutes of Active Work

1 Minute Rest

Number of Times Completed:

Challenge 7: Around the World

4 Minutes of Active Work

1 Minute Rest

Number of Times Completed:

Challenge 8: Pancake Step Over

4 Minutes of Active Work

1 Minute Rest

Number of Times Completed:

Partner Skill Sets

Two Person Juggling Challenges

Setup: 2x sets of 3 Cones in a Triangle.

*Each cone is anywhere between 5-8 feet apart.

*Each set is approximately 5-10 feet apart.

*You can adjust the distance based on your physical ability and skill set.

**Make Sure you keep a consistent weekly distance so you can accurately compare results*

**A completion is counted when a juggle is accurately given inside the grid + controlled inside the grid by recipient*

Challenge 1: One Touch

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 2: Two Touch

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

Challenge 3: One, Two, Three – Juggles Must go in that number of touches consecutively:

Person 1: One Touch **Person 2:** Two Touches **Person 1:** Three Touches REPEAT: **Person 2:**

One Touch **Person 1:** Two Touches **Person 2:** Three Touches

90 Seconds Active Work

15 Seconds Rest

Number of Completions:

***Repeat Challenge 1**

***Repeat Challenge 2**

***Repeat Challenge 3**

***Record your best results** – Repeat Challenge as many times as you'd like.

*Call up another couple of competitors and challenge each other. You can Facetime one another and have a live competition.

*Challenge your teammate during the ball: Give points for accurate juggles, give points to whoever goes longest without making a mistake, etc. Be creative and have fun with this!