



Extreme Juggling Skills



Freestyle Juggling

Juggle the ball with your feet, thighs, shoulders, head, or any part except your arms and hands as often as you can without dropping it.

Degree of difficulty: Easy

Head Juggling

Juggle the ball with your head only without dropping it. *Degree of difficulty: Hard*

Across the River

Juggle the ball using any part of your body except hands or feet across a distance of 15 yards. Turn around and juggle back and so on. The ball can never be dropped during the entire time. Time limit: 2 minutes. How many times can you cross "the river" in 2 minutes? *Degree of difficulty: Hard*

High-Low-High, Left-Right

Juggle the ball with the instep only (top part of your foot/laces). You must follow this sequence when you juggle:

1. Kick the ball at least 10 feet above your head w/ your right foot (HIGH)
2. Receive it again w/ the right foot and keep juggling once (LOW). That's a maximum of two low touches.
3. Then, kick the ball again at least 10 feet above your head with your left foot. (HIGH)
4. Receive it again with your left foot and keep juggling once (LOW), a maximum of 2 low touches.
5. Continue with the right foot as in #1, and so on...
6. Again, the sequence is high, low, low with one foot, then high low, low, low with the other foot, then start over.
7. The ball can never hit the ground and you cannot take additional touches in between the High-Low sequence. You must always alternate feet for each high sequence as described above. *Degree of difficulty: Extreme*

Sit 'n' Juggle

Sit on the floor and juggle the ball with your feet, shin, knee, head, or shoulders without dropping the ball. You can move around and use your hands to adjust your position on the ground. *Degree of difficulty: Easy*

Around the World

Juggle the ball in this sequence with one touch per body part: Right foot, right thigh, right shoulder, head, left shoulder, left thigh, left foot without dropping it and no extra touches in between. That's once around the world. How many times can you go around the world? *Degree of difficulty: Extreme*

Note:

You must have a coach (or another adult) witness your record breaking attempt in order for Top Flight to post your times / scores online. Best way to send us a new record is by VIDEO-