

Everyday

JUGGLER



Top 15 Ways to Take Your Juggling to the Next Level (With Resource Links)

1. Get Great Bean bags

If you are ready to start putting some serious time into taking your juggling to the next level, the first thing you need to do is get some great practice bean bags. Whether you prefer clubs or balls, bean bags are the best for learning new patterns and tricks. They are easier to catch, don't hurt too much when you drop them and don't roll too far. Here is a [guide](#) Mike Moore wrote on how to choose what's right for you. [The Bag Lady](#) and [Drop Props](#) can provide you with the premium bags you need to take your juggling to the next level.

2. Learn new Tricks and Formations

Whether you just learned the three ball cascade or can do a seven ball flash, you can find new tricks and formations to learn at either [The Juggle Wiki](#) or [The Library of Juggling](#).

3. Connect with other Jugglers

It can be hard to stay motivated to be the best unless you have support from other jugglers. If there is a club or event near by, be sure to join other jugglers. They would love to have you. Here is a great [list of clubs](#) and another one for [festivals/conferences](#).

4. Connect with other Jugglers Online

Don't have a club or event nearby? There are plenty of online juggling communities. Even if you are able to join a local club, it's great to join other jugglers from around the world on a daily basis. Here are some great options:

[The Juggling Edge](#)
[Juggling SubReddit](#)
[Juggling Rock Facebook Group](#)
[Object Episodes](#)

5. Learn about New Props

Mastered a handful of ball and club juggling tricks and formations? It may be time to add another prop to your bag of tricks. Consider learning about other object manipulation props you could potentially pick up and master.

Learn about new props here:

[The Juggle Wikia](#)
[Wikipedia](#)

Buy new props here:

[Oddballs](#)
[Higgins Brothers](#)

6. Expand your Prop Repertoire

Once you have picked the next object you want to master, here are a couple youtube channels that may have tutorials for how to manipulate your newly purchased prop:

[Neils Duniker](#)
[Lucas Gardezani Abduch](#)

7. See What Other Jugglers are Doing

To help with inspiration and to know what the current trends are, it's helpful to see what other jugglers are doing. Subscribe to some of the top juggler's Youtube channels and keep up with their most recent posts. Don't know where to start? Check out [My Channel](#).

8. Learn about Other Jugglers

Learning about the history of juggling or about contemporary jugglers will help you aspire to become like the greats. Learn about some of the best jugglers of our time and who they are by visiting Luke Burrage's annual [Top 40 list](#). Be sure to view past years as well. Don't forget to Youtube and Google the names! Here is also a great book complete with pictures of historical jugglers called [Jugglers Galore](#), by the late Paul Bachman.

9. Support a Juggling Charity

Juggling is being used as a catalyst to help people all around the world. This [New Jersey charity](#) is doing great work. By supporting them or another like-minded charity financially or by volunteering you are putting purpose behind your hobby.

10. Start Juggling

Besides just being good for you, it takes a lot of coordination to juggle and jog at the same time. By juggling you will inevitably hone your juggling skills. Start with a three ball cascade, but once you have that down, consider a new pattern or another ball. This is a great way to improve your consistency and get into shape at the same time. Here are some resources to get started.

[Juggling Blog](#)
[Wikipedia](#)

11. Learn Best Practice Practices

Get the most out of the time you put into your juggling. You only have so much time in the day and practicing the same mistakes over and over again will only make you better at making mistakes. It's important to make sure you are using the best techniques while you practice. Here are some sites that aim to make you better at practicing.

[Circus Geeks](#)
[Xaharts](#)
[juggling.org](#)

12. Join Online Challenges

Another way to expand your repertoire and continue to be innovative is to pursue new skills with the online juggling community. Here are a couple places that periodically challenge jugglers to practice something different than normal:

[juggle.org eZine](#)
[Juggling SubReddit](#)

13. Read about Juggling

The [juggle.org eZine](#) updates with great articles about worldwide juggling regularly. Subscribe to their RSS feed and stay updated with the most recent posts. This will help you keep your mind in the game throughout the week.

14. Listen to Juggling Podcasts

Another way to learn about other jugglers, learn the history of juggling and stay up to date with current juggling trends is to listen to podcasts. There have been many great juggling podcasts in the past. Here are some podcasts that are currently being updated:

[juggle.org Podcast](#)

[Malabarista Podcast](#)

[Everyday Juggler Podcast](#)

15. Set Goals

Whatever you do, this is the most important. You should set some small goals for what formations and tricks you want to learn next and some big goals for where you want to be in the next year. Set goals like, going to more festivals, joining a club, juggling more balls or learning a new prop. Share your goals with your juggling community and ask them to hold you accountable. [The Juggling Edge](#) has a way for you to record personal records which everyone else can see. This is a god place to start.

If you take all of these tips or just a few to heart, you will assuredly be able to take your juggling to the next level. You are on your way to becoming an expert everyday juggler!