

# HOMEWOOD AT HOME ACTIVITY



**Week One**

**Juggle Mania**

## LEVEL 1

Start this challenge using your hands. See how many times you can throw the ball up and catch it in a row. Every three catches, try to throw the ball higher and higher. Once you've mastered that, see how many times you can clap your hands when the ball is in the air before you catch it.

## LEVEL 2

Start Level 2 with the ball in your hands again. Throw the ball up directly in front of you and let it bounce. After it bounces, try to keep it from bouncing again with your feet. See how many times you can consecutively keep the ball up after it bounces.

## LEVEL 3

With the ball at your feet or hands, begin juggling as usual. Count how many times you take a touch and keep the ball in the air. If the ball touches the ground, start over at zero.

## LEVEL 4

Begin juggling with the ball starting at your feet. After you do 1 juggle on one foot, do 2 juggles with your other foot, then do 3 juggles with the foot you started with...See how high you can get as you alternate feet!

**SHOW US YOUR SKILLS BY POSTING ON SOCIAL MEDIA WITH THE #HWDPRIDE OR SEND IN YOUR VIDEOS TO MASON COOK AT MASONCOOK@HOMEWOODSOCCER.COM**