



Learn to Juggle with 3 balls of socks

Work From Home Tuesday Task

WHY? Improves hand-eye coordination! Which is very useful in most sports!

SCAN THE QR CODE BELOW & FOLLOW THE 3 STAGE GUIDE OF JUGGLING



Move onto each stage once you have completed

- 1 sock ball catch 20 times in a row
- 2 sock ball juggle 15 times in a row
- 3 sock ball juggle at least 10 times in a row

TOP TIP... pause the video after each stage!

AVOID



**JUGGLING WITH
UNWASHED SOCKS**



JUGGLING AROUND THIEVES



JUGGLING NEAR LIQUID