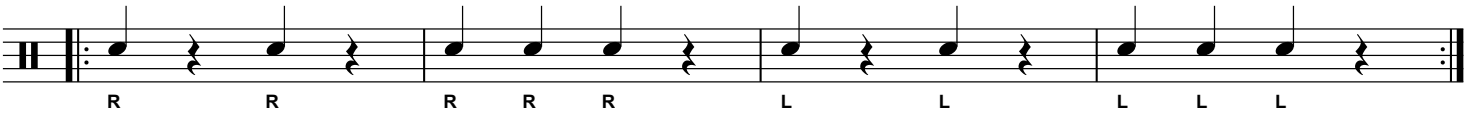
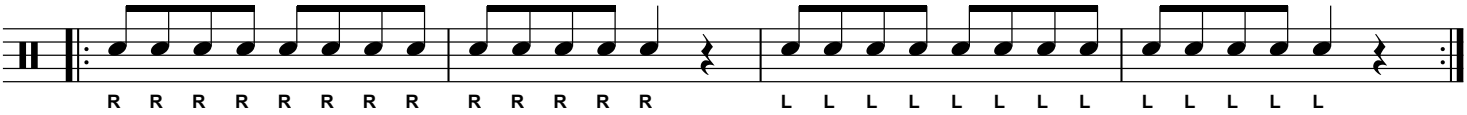
Basic Rebound Control

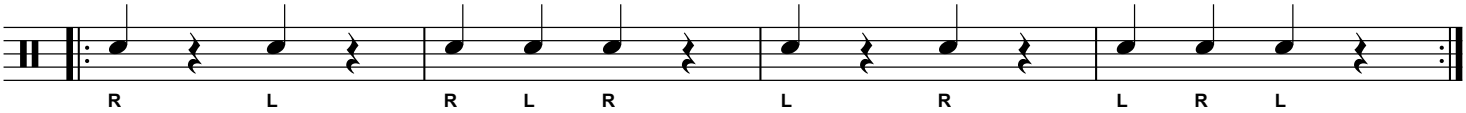
1a **Isolsated Rebounds - Single Handed**



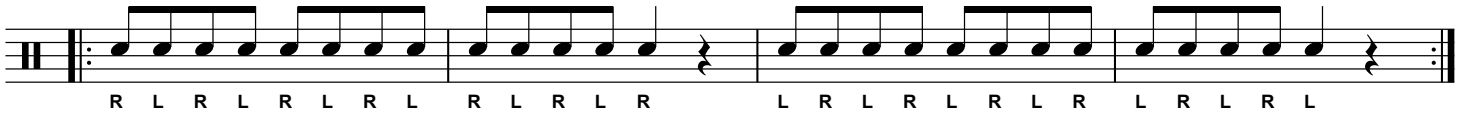
1b **Continuous Rebounds - Single Handed**

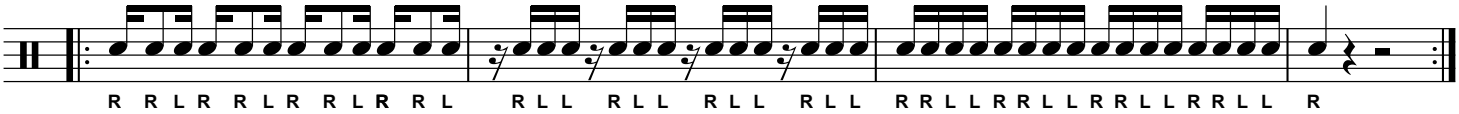


2a **Isolated Rebounds - Alternating Singles**



2b **Continuous Rebounds - Alternating Singles**



3a **Double Stroke Roll Rebounding Prep - Basic**

3b **Double Stroke Roll Rebounding Prep - Syncopated**