

Basic Rebound Control

1a Isolated Rebounds - Single Handed

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R R R R R L L L L L

1b Continuous Rebounds - Single Handed

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R R R R R R R R R R R R R L L L L L L L L L L L L L

2a Isolated Rebounds - Alternating Singles

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R L R L R L R L R L

2b Continuous Rebounds - Alternating Singles

1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 & 1 & 2 & 3 & 4 &

R L R L R L R L R L R L R L R L R L R L R L R L R L

3a Double Stroke Roll Rebounding Prep - Basic

1 e & a 2 e & a 3 e & a 4 e & a 1 e & a 2 e & a 3 e & a 4 e & a 1 e & a 2 e & a 3 e & a 4 e & a 1

R R L R R L R R L R R L R L L R L L R L L R L L R R L L R R L L R R L L R R L L R

3b Double Stroke Roll Rebounding Prep - Syncopated

1 e & a 2 e & a 3 e & a 4 e & a 1 e & a 2 e & a 3 e & a 4 e & a 1 e & a 2 e & a 3 e & a 4 e & a 1

R R L R R L R R L R R L R L L R L L R L L R L L R R L L R R L L R R L L R R L L R