

Double Stroke Warm Up

Always establish a good fulcrum before each exercise!
(Thumb on the side and stick slightly pinched with thumb and middle or index finger).

Multiple Bounce Stroke (As many rebounds as possible).

Esteban Roybal

1 R L R L R L R L

4 Bounce

5 R L R L R L R L

3 Bounce

9 R L R L R L R L

2 Bounce

13 R R L L R R L L R R L L R R L L

Play the following diddle exercises. Be careful not to wrist the diddle.

17 R L R L R L R L Etc

21

25

29

