

Elementary Rebound Exercises - Developing Dexterity

1

R L R L R L RRL

2

L R L R L R LLR

3

R L R L RRL RRL

4

L R L R LLR LLR

5

R L RRL RRL RRL

6

L R LLR LLR LLR

7

RRL RRL RRL RRL

8

LLR LLR LLR LLR

9

R L R L R L RLL

10

L R L R L R L R

11

R L R L R LLR LL

12

L R L R L RRL R

13

R L R LLR LLR LL

14

L R L RRL RRL R

15

R LLR LLR LLR LL

16

L RRL RRL RRL R

17

R L R L R L RRL

18

L R L R L R LLR

19

R L R L RRL RRL

20

L R L R LLRR LLR

21

R L RRL RRL RRL

22

L R LLRR LLRR LLR

23

RRL RRL RRL RRL

24

LLRLLR LLR LLR

ELEMENTARY REBOUND PATTERNS

25

RRL RL RRL RL

26

LLR LR LLR LR

27

RRL RL RRL RL

28

LLRR LR LLRR LR

29

RRL RL RRL RL

30

LLRR LLR LLRR LLR

31

R LLR L R LLR L

32

L RR L R L RR L R

33

R LL RRL R LL RRL

34

L RR LLR L RR LLR

35

R LL RRL R LL RRL

36

L RR LLRR L RR LLRR

37

R L RRL R L RRL

38

L R LLR L R LLR

39

R L RRL R L RRL

40

L R LLRR L R LLRR

41

R L RRL RRL R L

42

L R LLRR LLRR L R

43

R LL RRL RRL RAL

44

L RR LLRR LLRR LLR

45

R L R LL RRL RRL

46

L R L RR LLRR LLRR

47

R LL RRL RRL RRL

48

L RR LLRR LLRR LLRR