



Buzz/Open Roll Development

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Buzz or Multiple Bounce Rolls

- 1) Play near the edge
- 2) Low stick height
- 3) Pressure in the fulcrum
- 4) Wrist speed never changes

Open or Double Stroke Rolls

- 1) Play in the center
- 2) Higher stick height
- 3) Less pressure in the fulcrum
- 4) Wrist speed never changes

Written as

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

Written as

R L etc...

Written as

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

Written as

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

Written as

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