

Double Stop/Flat Flam Drills

1

RL RL RL RL RL RL RL RL RL RL RL RL etc...

2

RL RL RL RL RL RL RL RL R L R L R L R L R L R L R L R

RL RL RL RL RL RL RL RL L R L R L R L R L R L R L R L

3

RL RL RL RL RL RL RL RL IR IR IR IR IR IR IR IR

RL RL RL RL RL RL RL RL rL rL rL rL rL rL rL rL

RL RL RL RL RL RL RL RL IR rL IR rL IR rL IR rL

4

RL RL RL RL R L R L R L R L R L R L

RL RL RL RL R L R L R L R L etc...
L R L R L R L R

5

RL RL RL RL

6

RL RL RL RL etc... 3 1 2 3 4
 1 is a 2 is a 3

is is is is is is is is

a a a a a a a a

1 a is 3 a is is 2 a is 4 a

1 is a a 3 is

7

RL RL RL RL etc... 3 4 e e e e
 1 e & a 2

& & & & a a a a

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

1 & e a & 4 1 & e a & 4

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