

Practice Routines

A practice routine is a very important part of drumming, even if you've been drumming for years and years you still need a regular practice routine! It's the same as a footballer or athlete in the Olympics, they practice as much as possible so they can be the best they can possibly be!

Why practice??

Your body, arms and legs, remember co-ordination through muscle memory and this is really important for drumming. Muscle memory works when you first practice something slowly and then speed up over time. Your body starts to remember what to do and how to do it. So that after practicing it for a few weeks you can play something without even having to think about it, it just becomes natural.

Be aware! – this does take time to happen so do not get frustrated with yourself if it doesn't happen over night.

1. Firstly...

When you practice you should start off with warm ups and exercises called 'rudiments'. These are the same as playing scales on a piano/guitar or kick ups on the football pitch.

Rudiments should be played along to a metronome to keep you in time. This includes single stroke rolls, different types of paradiddles and other exercises on the sheet. Repeat one of these 8-16 times and then move on to the next one. This should take at least between 5-10minutes.



Tip: Start off with the metronome at 80bpm, play all the exercises and then move up by 10bpm (90,100 etc..).

2. You are now ready to play the drum kit!

First and importantly, play around on the kit for 5-10 minutes playing whatever you want. Maybe play along with your favourite song (try and figure out what the drummer is doing), make up some cool drum grooves or fills and have fun bashing away!



3. Drum Pieces

Now you can concentrate on playing what you got taught in the last lesson for 5-10 minutes. Always start playing something slowly when you first learn something (muscle memory!). Every good drummer knows that playing correctly (know as being 'tight') is a lot better than playing fast, anyone can hit things fast – what you are trying to do is make it sound good!!

Tip: If it is really hard to play, try slowing it down or taking one of your hands out of the groove to make it simpler.

If you don't practice it will get boring and you'll find yourself doing the same things again and again in the lessons... BUT the more you practice the easier and the more fun it gets!