

Friday Drum Practice Schedule

[Beating the Week - A Future Percussionist's Guide to Rhythm & Routine](#)

Sure, let's break down your Friday practice session in detail.

Friday Drum Practice Schedule

Warm-up (15 minutes): Practice Rudiments

1. **Five Stroke Roll (5 minutes):** This rudiment consists of five strokes - RLLR or LLRRL. Practice this rudiment slowly, focusing on the transition between the double strokes and the single stroke.
2. **Seven Stroke Roll (5 minutes):** This rudiment consists of seven strokes - RLLRRL or LLRLLR. Practice this rudiment slowly, focusing on the transition between the double strokes and the single stroke.
3. **Nine Stroke Roll (5 minutes):** This rudiment consists of nine strokes - RLLRLLR or LLRLLRRL. Practice this rudiment slowly, focusing on the transition between the double strokes and the single stroke.

Technique (30 minutes): Focus on Speed and Endurance

1. **Speed (10 minutes):** Practice playing a beat or fill you know well at a fast tempo. Focus on staying relaxed and maintaining control even at high speeds.
2. **Endurance (10 minutes):** Practice playing a beat or fill continuously for a long period of time. This will help you build endurance.
3. **Speed and Endurance (10 minutes):** Practice playing a beat or fill at a fast tempo for a long period of time. This will help you develop both speed and endurance.

Learn and Practice a New Drum Fill (30 minutes)

1. **Finding a New Fill (10 minutes):** You can find new drum fills in drum method books, online drumming websites, or by listening to your favorite songs. Choose a fill that is slightly challenging but not too difficult.
2. **Learning the Fill (10 minutes):** Break the fill down into smaller parts. Practice each part slowly until you can play it correctly, then gradually increase the speed.
3. **Practicing the Fill (10 minutes):** Once you can play the fill at a slow tempo, practice it along with a metronome. Start slow and gradually increase the tempo as you get comfortable. Try to play the fill consistently for at least 5 minutes without stopping.

Remember, the key to effective practice is focus and consistency. Don't rush through the exercises. Take your time to play them correctly and speed will come with time. Happy practicing!