

Monday Drum Practice Schedule

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

Absolutely, let's break down your Monday practice session in detail.

Monday Drum Practice Schedule

Warm-up (15 minutes): Practice Rudiments

1. **Single Stroke Roll (5 minutes):** This is the most basic rudiment, alternating between right and left stick. Start slow and gradually increase your speed, focusing on evenness of sound between the two sticks.
2. **Double Stroke Roll (5 minutes):** This rudiment involves bouncing the stick twice on the drum for each hand (RR LL RR LL). Again, start slow and gradually increase speed, ensuring both bounces of the stick are even in volume.
3. **Paradiddles (5 minutes):** A paradiddle is a combination of single and double strokes (RLRR LRLR). This exercise helps improve hand independence. Start slow and gradually increase speed, focusing on the transition between single and double strokes.

Technique (30 minutes): Focus on Grip, Stick Control, and Bounce

1. **Grip (10 minutes):** Spend some time focusing on how you hold the sticks. Whether you use matched or traditional grip, the sticks should be an extension of your arms. Practice playing some simple beats while being mindful of your grip.
2. **Stick Control (10 minutes):** Practice playing at different volumes while keeping the rhythm steady. This will help you develop control over the sticks.
3. **Bounce (10 minutes):** Allow the stick to bounce naturally off the drum. Practice single stroke rolls and double stroke rolls, focusing on letting the stick rebound naturally. This will help you develop a feel for the natural bounce of the stick and will make playing faster easier.

Learn and Practice a New Beat or Rhythm (30 minutes)

1. **Finding a New Beat (10 minutes):** There are many resources to find new drum beats. You can use drum method books, online drumming websites, or even listen to your favorite songs and try to figure out the drum part. Choose a beat that is slightly challenging but not too difficult.
2. **Learning the Beat (10 minutes):** Break the beat down into smaller parts. Practice each part slowly until you can play it correctly, then gradually increase the speed.

3. **Practicing the Beat (10 minutes):** Once you can play the beat 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 beat 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!