

Saturday Drum Practice Schedule

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

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

Saturday Drum Practice Schedule

Warm-up (15 minutes): Practice Rudiments

1. **Paradiddle-Diddle (5 minutes):** This rudiment is a pattern of six strokes - RLRRLL or LRLRR. Practice this rudiment slowly, focusing on the transition between the single and double strokes.
2. **Flam Tap (5 minutes):** This rudiment is a combination of a flam and a tap - R(LR) or L(RL). Practice this rudiment slowly, focusing on the difference in volume between the flam and the tap.
3. **Flam Accent (5 minutes):** This rudiment is a combination of a flam and an accent - R(LRR) or L(RLL). Practice this rudiment slowly, focusing on the difference in volume between the flam and the accent.

Review and Practice Everything Learned During the Week (1 hour)

1. **Review (30 minutes):** Go over the beats, fills, and techniques you've learned throughout the week. Play them slowly to make sure you're playing them correctly.
2. **Practice (30 minutes):** Practice the beats, fills, and techniques along with a metronome. Start slow and gradually increase the tempo as you get comfortable. Try to play each beat, fill, or technique consistently for at least 5 minutes without stopping.

Free Play and Improvisation (15 minutes)

1. **Free Play (7 minutes):** Play whatever you want on the drums. This is your time to explore and have fun.
2. **Improvisation (8 minutes):** Try to create your own beats and fills. This will help you develop your creativity and musicality.

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!