

# Thursday Drum Practice Schedule

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

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

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## Thursday Drum Practice Schedule

### Warm-up (15 minutes): Practice Rudiments

1. **Single Stroke Four (5 minutes):** This rudiment is a pattern of four strokes - RLRL or LRLR. Practice this rudiment slowly, focusing on evenness of sound between the two sticks.
2. **Single Stroke Seven (5 minutes):** This rudiment is a pattern of seven strokes - RLRLRLR or LRLRLRL. Practice this rudiment slowly, focusing on evenness of sound between the two sticks.
3. **Multiple Bounce Roll (5 minutes):** This rudiment involves bouncing the stick multiple times on the drum for each hand. Start slow and gradually increase speed, ensuring all bounces of the stick are even in volume.

### Technique (30 minutes): Work on Coordination Between Hands and Feet

1. **Hand/Foot Coordination (10 minutes):** Practice playing a beat that involves the bass drum and the snare drum at the same time. This will help you develop coordination between your hands and feet.
2. **Hand/Hi-Hat Foot Coordination (10 minutes):** Practice playing a beat that involves the hi-hat foot pedal and the snare drum at the same time. This will help you develop coordination between your hands and feet.
3. **Three-Way Coordination (10 minutes):** Practice playing a beat that involves the bass drum, the hi-hat foot pedal, and the snare drum at the same time. This will help you develop coordination between your hands and feet.

### 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!