Wednesday Drum Practice Schedule

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

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

Wednesday Drum Practice Schedule

Warm-up (15 minutes): Practice Rudiments

1. **Single Paradiddle (5 minutes):** This rudiment is a pattern of four strokes - RLRR or LRLL. Practice this rudiment slowly, focusing on the transition between the single and double strokes.
2. **Double Paradiddle (5 minutes):** This rudiment is a pattern of six strokes - RLRLRR or LRLRLL. Practice this rudiment slowly, focusing on the transition between the single and double strokes.
3. **Triple Paradiddle (5 minutes):** This rudiment is a pattern of eight strokes - RLRLRLRR or LRLRLRLL. Practice this rudiment slowly, focusing on the transition between the single and double strokes.

Technique (30 minutes): Practice Dynamics (Playing Softly, Loudly, etc.)

1. **Playing Softly (10 minutes):** Practice playing a beat or fill you know well at a soft volume. Focus on controlling your stick heights to control the volume.
2. **Playing Loudly (10 minutes):** Practice playing the same beat or fill at a loud volume. Focus on using your wrists and arms to generate power without tensing up.
3. **Switching Between Volumes (10 minutes):** Practice playing the beat or fill while switching between soft and loud volumes. This will help you develop control over your dynamics.

Review and Practice Beats and Fills Learned So Far (45 minutes)

1. **Review (15 minutes):** Go over the beats and fills you've learned on Monday and Tuesday. Play them slowly to make sure you're playing them correctly.
2. **Practice (30 minutes):** Practice the beats and fills along with a metronome. Start slow and gradually increase the tempo as you get comfortable. Try to play each beat or 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!