

# Sunday Drum Practice Schedule

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

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

## Sunday Drum Practice Schedule

Sunday is typically a day of rest or light practice. It's important to give your body and mind a chance to rest and absorb what you've learned throughout the week. However, if you feel like practicing, here's a light practice schedule.

### Light Practice/Review (30 minutes)

1. **Review (15 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 (15 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.

### Listening and Analysis (30 minutes)

1. **Listening (15 minutes):** Listen to your favorite songs and try to focus on the drum parts. This will help you develop your ear and musicality.
2. **Analysis (15 minutes):** Try to figure out the beats and fills in the songs you're listening to. This will help you develop your analytical skills and deepen your understanding of drumming.

Remember, the key to effective practice is not only consistency but also rest. Make sure to take care of your body and mind to avoid burnout. Happy practicing!