

# Beating the Week - A Future Percussionist's Guide to Rhythm & Routine

## Weekly Overview:

Day	Warm-up (15 minutes)	Technique (30 minutes)	Practice (30-60 minutes)	Other Activities
Monday	Practice rudiments such as single stroke roll, double stroke roll, paradiddles.	Focus on grip, stick control, and bounce.	Learn and practice a new beat or rhythm.	-
Tuesday	Practice rudiments.	Work on foot technique for the bass drum.	Learn and practice a new drum fill.	-
Wednesday	Practice rudiments.	Practice dynamics (playing softly, loudly, etc.).	Review and practice beats and fills learned so far (45 minutes).	-
Thursday	Practice rudiments.	Work on coordination between hands and feet.	Learn and practice a new beat or rhythm.	-
Friday	Practice rudiments.	Focus on speed and endurance.	Learn and practice a new drum fill.	-
Saturday	Practice rudiments.	-	Review and practice everything learned during the week (1 hour).	Free play and improvisation (15 minutes).
Sunday	-	-	-	Rest or optional light practice/review.

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## Daily Practice Schedules

## 01 Monday Drum Practice Schedule

- Warm-up (15 minutes): Practice rudiments such as single stroke roll, double stroke roll, paradiddles.
- Technique (30 minutes): Focus on grip, stick control, and bounce.
- Learn and practice a new beat or rhythm (30 minutes).

## 02 Tuesday Drum Practice Schedule

- Warm-up (15 minutes): Practice rudiments.
- Technique (30 minutes): Work on foot technique for the bass drum.
- Learn and practice a new drum fill (30 minutes).

## 03 Wednesday Drum Practice Schedule

- Warm-up (15 minutes): Practice rudiments.
- Technique (30 minutes): Practice dynamics (playing softly, loudly, etc.).
- Review and practice beats and fills learned so far (45 minutes).

## 04 Thursday Drum Practice Schedule

- Warm-up (15 minutes): Practice rudiments.
- Technique (30 minutes): Work on coordination between hands and feet.
- Learn and practice a new beat or rhythm (30 minutes).

## 05 Friday Drum Practice Schedule

- Warm-up (15 minutes): Practice rudiments.
- Technique (30 minutes): Focus on speed and endurance.
- Learn and practice a new drum fill (30 minutes).

## 06 Saturday Drum Practice Schedule

- Warm-up (15 minutes): Practice rudiments.
- Review and practice everything learned during the week (1 hour).
- Free play and improvisation (15 minutes).

## 07 Sunday Drum Practice Schedule

- Rest or optional light practice/review.

Remember, consistency is key when learning a new instrument. Try to stick to your schedule as much as possible. Happy drumming!

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# Glossary:

1. Rudiments: Fundamental patterns used in drumming. Examples include single stroke roll, double stroke roll, paradiddles.
2. Grip: How the drumsticks are held. It affects the control, speed, and sound of the drumming.
3. Stick Control: The ability to accurately and consistently control the movement of the drumsticks.
4. Bounce: The rebound of the drumstick off the drum head or cymbal.
5. Beat: The basic unit of time in music, a beat is the pulse that you tap your foot to when listening to a song.
6. Rhythm: A pattern of sounds and silences in time. Rhythms are made up of short and long sounds and silences.
7. Drum Fill: A short musical phrase played on the drums to fill a gap in the music, often used to signal the end of a musical section or the transition to a new one.
8. Foot Technique: The method used to play the bass drum or hi-hat with the foot.
9. Dynamics: The volume of the music, which can range from very soft to very loud.
10. Coordination: The ability to use different parts of the body together smoothly and efficiently. In drumming, this often refers to the ability to use the hands and feet together to play different rhythms.
11. Speed: The ability to play fast.
12. Endurance: The ability to play for long periods of time without getting tired.
13. Free Play: Playing without a specific pattern or goal in mind, often used for improvisation and creative exploration.
14. Improvisation: Creating or performing something spontaneously or without preparation.
15. Review: Going over previously learned material to reinforce learning.
16. Consistency: The ability to maintain a certain standard or repeat a certain behavior in the same way over time. In the context of learning an instrument, it refers to the importance of regular and consistent practice.