

Tuesday Drum Practice Schedule

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

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

Tuesday Drum Practice Schedule

Warm-up (15 minutes): Practice Rudiments

1. **Flam (5 minutes):** This rudiment consists of two notes played almost simultaneously - a quieter grace note followed by a louder primary stroke. Practice this rudiment slowly, focusing on the difference in volume between the two strokes.
2. **Drag (5 minutes):** This rudiment is similar to the flam, but with two grace notes instead of one. Practice this rudiment slowly, focusing on the difference in volume between the grace notes and the primary stroke.
3. **Five Stroke Roll (5 minutes):** This rudiment consists of five strokes - RLLLR or LLRRL. Practice this rudiment slowly, focusing on the transition between the double strokes and the single stroke.

Technique (30 minutes): Work on Foot Technique for the Bass Drum

1. **Heel Down Technique (10 minutes):** Practice playing the bass drum with your heel down. This technique allows for more control but less power. Practice playing steady quarter notes, then eighth notes, and finally sixteenth notes.
2. **Heel Up Technique (10 minutes):** Practice playing the bass drum with your heel up. This technique allows for more power but less control. Practice playing steady quarter notes, then eighth notes, and finally sixteenth notes.
3. **Slide Technique (10 minutes):** This technique allows you to play two quick notes on the bass drum. Start with your foot at the back of the pedal and slide it forward after the first stroke to play the second stroke. Practice this technique slowly and gradually increase speed.

Learn and Practice a New Drum Fill (30 minutes)

1. **Finding a New Fill (10 minutes):** You can find new drum fills in drum method books, online drumming websites, or by listening to your favorite songs. Choose a fill that is slightly challenging but not too difficult.
2. **Learning the Fill (10 minutes):** Break the fill down into smaller parts. Practice each part slowly until you can play it correctly, then gradually increase the speed.

3. **Practicing the Fill (10 minutes):** Once you can play the fill 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 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!