

# The 45-Minute Practice Routine

date \_\_\_\_\_

## Warm-Up: 5 minutes

Take five minutes to get your hands, feet, body, and mind warmed up. This is your time to reacquaint yourself with your drumset. Don't waste this time. This is a great opportunity to find weaknesses in your drumming.

Notes

---

---

---

## Subdivision Improv: 10 minutes (metronome and timer required)

This subdivision improv exercise will help you in two ways. First, it will improve your sense of time. By improvising in a specific subdivision against a pulse, you will become acutely aware of your timing in relation to that pulse. Second, your ability to be creative on the fly (in other words, to improvise) for long periods of time will grow dramatically.

Directions: Pick two subdivisions from the list on the right. Improvise in each one at a specific tempo for five minutes. Use two timers, one to track the overall time and one to track the length of time that you can improvise within the subdivision without messing up.

- Quarter notes                      bpm
- 8th notes                              bpm
- 8th-note triplets                      bpm
- 16th notes                             bpm
- 16th-note triplets                      bpm
- 32nd notes                            bpm

## Main Focus: 20 minutes (metronome and timer required)

Pick one category from the list on the right and then write a detailed description of exactly what you're going to work on and how you're going to work on it.

Notes

---

---

---

- Grooves
- Independence
- Fills
- Rudiments
- World rhythms
- Hand speed
- Foot speed
- Soloing
- Learning songs
- Chart reading
- Jazz comping
- Ostinatos
- Dynamic control
- Accent control

## Play to Music: 10 minutes

This is the chance for you to unwind after your hard work. Use this time to remember why you fell in love with the drums in the first place. Play along to your favorite band, close your eyes, and imagine that you're in the band for one magical night. Ignore technique, patterns, and cognitive thought. You know the vocabulary—now just speak the language!

Artist

Song

_____	_____
_____	_____
_____	_____
_____	_____

