

Date:

Technique/ Movement	Styles/ Musicality	Improvisation	Reading/ Literature	Purposeful Play	Other

Place in each box the item in that category you want to practice. Practice that for a minimum of 20 minutes, and a maximum of 30 minutes, then move to the next box in that row, before moving to the next row. The 'Other' category is intended for items that you don't need the sticks in your hands to work on (transcribing, research, tuning, etc.), so skip that category until a later time. Start tyour next practice sessions where you left off. When you've gotten to the bottom of the page, go back and start again. After a few weeks, build a new practice program made up of things from your last routine that you want to continue to work on, along with some new items.

© 2020, Marc Dicciani, mdicciani@uarts.edu, www.dicciani.com

1. Technique/Movement

proper grip
posture
coordination
time keeping
hand/foot movement
stickings
volume independence
playing with clicks
open-handed playing
brush technique
rudiments
practicing double pedal

2. Styles/Musicality

jazz
songo
funk
linear
bossa nova
groove/feel
touch/tone
song form

3. Improvisation

trading 4s
creating new grooves/patterns
soloing over ostinatos
fills
playing 'drum tunes'
developing drum solos

4. Reading/Literature

working with 8th-note variations
syncopation book & other drum books
drum charts/parts (reading and writing)
drumset and snare literature

5. Purposeful Play

A time reserved to explore different ways of playing in a risk-free non-judgmental setting, when we purposefully stretch our own individuality and seek to find our own drumming voice. I sometimes call this process *What If* or *Why Not*, where I try and knock down some self-built walls and rules.

6. Other

experimenting/practicing tuning and set-up
reading biographies
transcribing
reading Modern Drummer Magazine
watching live performances on-line
sitting-in
studying drum equipment web sites
mental practice

