

# Introduction to Smart Practice

by Marc Dicciani

Practice, practice, practice! We drummers hear that all the time. Of course we need to practice, but we're not always sure of WHAT to practice, or HOW to practice.

In my series of articles for Drum Club, I'll be writing about the How, What, and even the Why of practicing. I'm convinced that most drummers can quickly and dramatically improve their playing by improving their practicing.

Through my years of teaching lessons and conducting clinics, I've developed a simple but effective system and philosophy for practicing that I call "Cross Training."

Cross Training combines the two main types of practice - *maintenance* and *developmental*, and identifies five major areas that should be practiced equally: *Technique, Styles, Improvisation and Musicality, Reading*, and "Other."

My methods can also help you find "hidden time" by showing you how to improve your playing without even having sticks in your hands.

Whether you practice two hours a week or eight hours a day, it's critical to have a clear set of goals and the discipline to follow a carefully constructed plan, so that you can practice as smart, efficient, and productive as possible. Success on the drums does not come from luck, or talent - it's the product of hard work.

My goal with these articles is to help you achieve the greatest results from your practice, so that you can get the most enjoyment from playing drums and music.

Feel free to contact me with questions or comments. Good luck!

**Marc Dicciani** is a Professor of Drum Set and the Director of the School of Music at the University of the Arts in Philadelphia, PA, U.S.A. He has performed and toured with countless famous musicians and entertainers and has conducted drum clinics around the world. Marc is an artist clinician for Yamaha Drums, Sabian Cymbals, Regal Tip Drum Sticks, Remo Drum Heads, Latin Percussion, MONO cases, and Music Molds. Visit him at [www.dicciani.com](http://www.dicciani.com).