

**Movement**

**Technique**

**Styles/Musicality**

**Improvisation**

**Reading/Literature**

**Other**


Place in each box the item in that category you want to practice, and work on 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 (maybe a quiet time or late at nite). Start the next practice session where you left off. When you've gotten to the bottom of the page, go back and start again. After a few weeks, as items begin to move into your 'comfort zone', 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.

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