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 your 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.
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Scroll down for examples for each category

Sample Ideas for Each Category

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

The '4F Loop'

Focus (on a specific thing)

Feedback (record yourself)

Fix (correct, improve)

Find (experiment, create)