

PRACTICE DIARY

DATE _____

WARMUP

CREATIVE EXPRESSION

MAIN FOCUS

MUSICAL PLAYING

[illegible]

WARMUP

An exercise that you can already play, but want to play better (more accurate, faster, dynamic control)

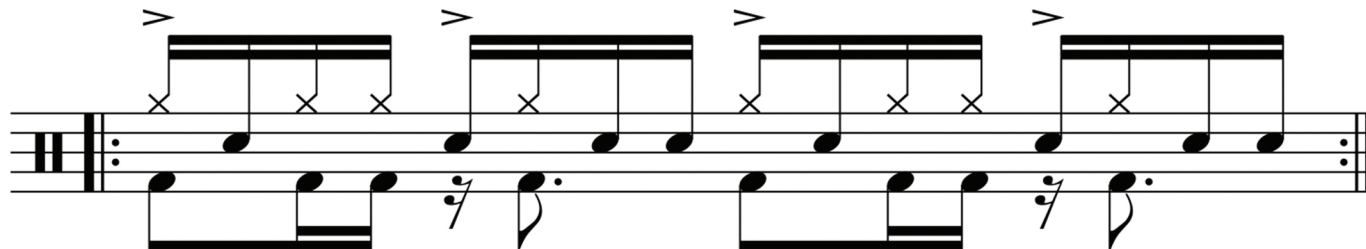
1. Improving double stroke speed and rhythmic evenness

♩ = 140-160



2. Improve your paradiddle groove

♩ = 80



CREATIVE EXPRESSION

Define a structure, then practice creative ideas while staying within the structure

1. You are free to play around the drumset, but you must maintain a constant triplet rhythm

Structure



Example



2. Play paradiddles only, you are free to move the accents around the drumset

Structure



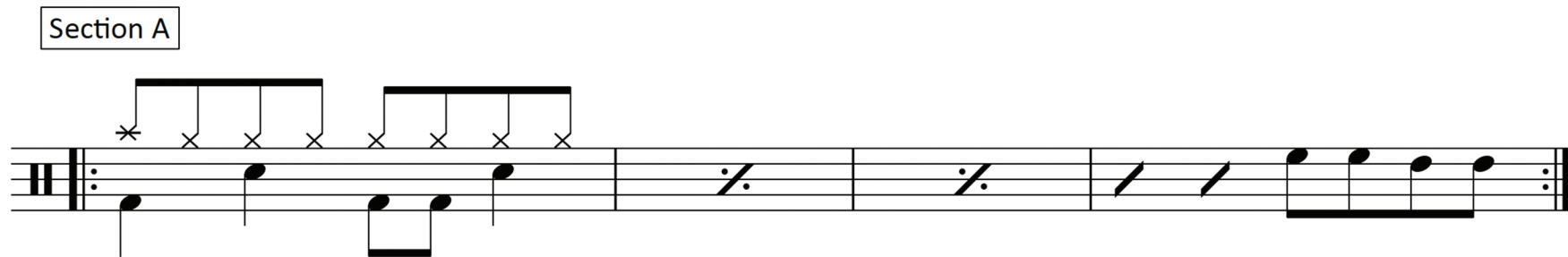
Example



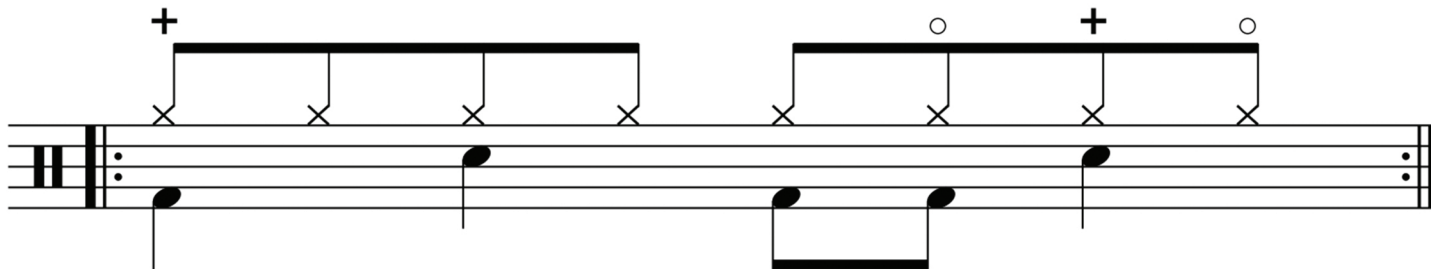
MAIN FOCUS

This is where you learn and practice to play something new

1. Learning a difficult part of a new song you want to play



2. Learning a new groove, fill or rudiment



MUSICAL PLAYING

This is where everything comes together, play along with your favourite (or random) songs

1. Put on your favourite songs and try using your newly learned exercises in the moment
2. Revise songs you already know and look for areas of improvement

DIARY EXAMPLE

DATE	WARMUP	CREATIVE EXPRESSION	MAIN FOCUS	MUSICAL PLAYING
23/01	<i>improving double stroke speed and eveness</i>	<i>play around the drumset, constant triplet rhythm</i>	<i>learn new song section</i>	<i>play along to favourite gospel album</i>
25/01	<i>playing a paradiddle groove</i>	<i>move paradiddle accents around drumset</i>	<i>learn new groove with hihat lifts</i>	<i>revise previously learned songs</i>