

COUNTDOWNS

DRUM SET



5



11



THIS EXERCISE IS CALLED "COUNTDOWNS" AND IS MY FAVORITE WARM-UP. THIS EXERCISE IS GREAT BECAUSE IT FOCUSES ON EACH HAND INDIVIDUALLY RATHER THAN BOTH HANDS TOGETHER. MANY STUDENTS PRACTICE THEIR SINGLE STROKE ROLLS BY SIMPLY TRYING TO PLAY AS FAST AS THEY CAN. THIS USUALLY RESULTS IN A FAST BUT UNEVEN ROLL DUE TO THEIR NON-DOMINANT HAND NOT BEING ABLE TO KEEP UP WITH THEIR DOMINANT HAND. BY WORKING EACH HAND INDIVIDUALLY, WE CAN STRENGTHEN EACH HAND ON ITS OWN SO THAT WHEN THEY ARE PLAYED TOGETHER, THEY ARE STRONG AND EVEN.

PRACTICE THIS EXERCISE WITH A METRONOME. THE "X'S" ON THE BOTTOM OF THE STAFF ARE THE LEFT FOOT. YOU CAN PLAY THIS ON THE DRUM SET WITH THE HANDS ON THE SNARE AND/OR PRACTICE PAD AND THE LEFT FOOT ON THE HI HAT. THE LEFT FOOT PLAYS QUARTER NOTES WHILE THE HANDS PLAY EIGHT NOTES. EACH MEASURE IS REPEATED FIRST WITH THE RIGHT HAND, THEN WITH THE LEFT (REVERSE THIS ORDER IF YOU ARE LEFT HANDED.) AFTER SUCCESSFULLY PLAYING THE EXERCISE THROUGH, INCREASE YOUR METRONOME TEMPO BY 5 BEATS PER MINUTE (BPM.)

I'VE FOUND THE BENEFITS TO THIS EXERCISE TO BE:

- 1) INCREASED HAND SPEED
- 2) INCREASED EVENNESS WITH SINGLE STROKE ROLLS
- 3) INCREASED CONCENTRATION AND FOCUS
- 4) QUICK WARM UP TO GET THE BLOOD FLOWING

FOR AN ADDED CHALLENGE, TRY COUNTING BACK UP! THIS DOUBLES THE LENGTH OF THE EXERCISE AND WORKS ON ENDURANCE AND STAMINA AND ALSO HELPS WITH CONCENTRATION AND FOCUS.