

# FREE PRACTICE WORKSHEET



Date	
What are you going to practice?	Write piece or exercise here
What speed are you going to practice it?	80bpm
Stretch	Sit straight on the drum stool, hold your sticks above your head. Twist sticks around whilst holding either end.
Warm up activity	Repeat a bar in piece, a rhythmical phrase, a scale, arpeggio
Practice your piece and record time practiced	20 mins
Improvise	Make something up, get some energy out of your body and onto the kit
Write down your favourite part of the piece/exercise and why?	Bar 45 onwards, because it uses the tom toms and I like the sound
What's the hardest part of the piece/exercise, why?	The middle section because of the sticking pattern
Write down three questions for your tutor or areas you want to discuss	1. 2. 3.