

“HOW TO GET BETTER” PACK

“Perfection is not attainable, but if we chase perfection we can catch excellence.”

- *Vincent Lombardi*

Playing drums is probably the best thing on the planet. But in order to get better at it, we don't just need to play along to our favourite songs, once a week for a couple of hours. We must work on developing core skills, and to do that we have to be honest with ourselves and accept that there are things we're not great at.

I've put together this pack to help you get a better picture of where you are as a drummer, as well as help you get organised and take control over your development. Print it, read through it and think about it, complete it, and take action.

The pack includes:

- **Self-evaluation form:** Use this to help you formulate a plan to improve your skills
- **Practice Routine:** Use this to organise your practice time more effectively
- **Manuscript paper:** Write down your ideas, grooves, fills or exercises

Thanks for downloading it, and I hope it's useful. If you have any questions, or are looking for lessons, just get in touch.

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SELF-EVALUATION



Name:

Date:

Complete the form below as honestly and objectively as you can, scoring yourself from 1 (bad) to 10 (great). Asking a drummer friend, band mate, and teacher to complete it will provide you great insight too.

	Me	Friend / Bandmate	Teacher
TIME			
Subdivisions (e.g. how clean and even are my subdivisions)			
Tempo (e.g. can I keep a steady beat, do I rush / drag, etc)			
<i>SUBTOTAL</i>			
TECHNIQUE			
Hands (e.g. how easily can I perform rhythms and phrases, accents and rebounds, at a speed I desire, etc)			
Feet (e.g. how easily can I perform rhythms and phrases, accents and rebounds, at a speed I desire, etc)			
Motion (1 = stiff, 10 = fluid)			
<i>SUBTOTAL</i>			
MUSICALITY			
Music theory (e.g. how familiar am I with rudiments as well as musical scales and modes, harmonies, song forms and structures, etc)			
Creativity (e.g. how happy am I with my grooves and fills, etc)			
Genre knowledge (e.g. how familiar am I with grooves and feels from genres other than my favourites, etc)			
<i>SUBTOTAL</i>			
READING			
Sight reading (e.g. how fast and accurate am I in performing charts)			
<i>SUBTOTAL</i>			
CO-ORDINATION			
Accuracy (e.g. how sloppy or spot on are my grooves and fills, etc)			
Interdependence (e.g. am I able to easily perform patterns over ostinatos, etc)			
Improvisation (e.g. ability to create and play ideas in real-time with or without music, etc)			
<i>SUBTOTAL</i>			
TOTAL			

Create a list with *specific* areas in each category that you a) are already good at, and b) you'd like to develop.

	I'M GOOD AT	I NEED TO DEVELOP
TIME	1)	1)
	2)	2)
	3)	3)
	4)	4)
TECHNIQUE	1)	1)
	2)	2)
	3)	3)
	4)	4)
MUSICALITY	1)	1)
	2)	2)
	3)	3)
	4)	4)
READING	1)	1)
	2)	2)
	3)	3)
	4)	4)
CO-ORDINATION	1)	1)
	2)	2)
	3)	3)
	4)	4)

Write a plan, making sure your goals are SMART. Review your plan over time.

PRACTICE ROUTINE



Name:

Date:

KEEP IN MIND

- Time:** subdivisions, control
- Technique:** grip, rebound, motion
- Reading:** reflexes, knowledge
- Co-ordination:** interdependence, motion
- Musicality:** sensitivity and appropriateness to music, creativity

WARM-UP (20%): Use the warm-up time to get your mind and body working. Doesn't matter if you don't nail what you're trying to do in one sitting, just be consistent, and you'll get it over time.

MAIN FOCUS (50%): Spend the bulk of your practice focusing on the main development area.

CREATIVE (30%): Apply main focus concepts and skill development in a musical context. Perhaps create grooves or fills, or play along to music, etc.

HAVE FUN!

“Believe you can, and you’re halfway there.” - Theodore Roosevelt

“Only perfect practice makes perfect.” - Vincent Lombardi

“If you do what you always did, you get what you always got.” - Henry Ford

