

Find Your Direction And Improve Faster

Achieve your goals

1. Where do you want to be? What do you want to achieve or be able to do? *Be specific! The bigger the goal, the more micro goals or steps needed to get there. So pick 1 end goal and then 3-5 micro goals which would help you achieve this end goal.*

2. Where are you now? What can you do already that is on the way to this goal? What of this goal can you already do?

What's your current ability? The likelihood is that you're already on the path to achieving this goal, but might be stuck on where to go next. This doesn't mean you're starting from zero, it just means we need to lay out more of the path to keep going forwards efficiently, and stop being stuck and going round and round / nowhere.

3. What needs to improve to get there? What's blocking you from this improving?

What do you struggle with? Why can't you do the thing that you want to do? There might be several blocks to this: ability, speed, coordination, technique, lack of understanding / confusion, time, focus.. or more

4. How can you improve on this thing? What needs to be done for this to improve?

You've now identified what needs to improve, but how do you do that? How do you actually improve it? This is likely the key point on where you have been stuck. What actually needs to be done? (e.g. improve my syncopation)

5. Plan for this to improve. What specifically needs to be done in order to achieve this?

Micro goal 1

Steps 3-5

Micro goal 2

Steps 3-5

Micro goal 3

Steps 3-5

Have now reached end goal.

Then write how to achieve each step. (e.g. Practice singles between hi hat and snare for 5 mins a day until get to 180bpm)

EXAMPLE

1. Where do you want to be? What do you want to achieve or be able to do? *Be specific! The bigger the goal, the more micro goals or steps needed to get there. So pick 1 end goal and then 3-5 micro goals which would help you achieve this end goal.*

'I WANT TO BE ABLE TO PLAY MORE FILLS. (SAY 5)'

2. Where are you now? What can you do already that is on the way to this goal? What of this goal can you already do?

What's your current ability? The likelihood is that you're already on the path to achieving this goal, but might be stuck on where to go next. This doesn't mean you're starting from the zero, it just means we need to lay out more of the path to keep going forwards efficiently, and stop being stuck and going round and round or nowhere.

'I CAN PLAY SOME FILLS NOW, BUT GET A LITTLE PANICKED WHEN TRYING TO THINK OF DIFFERENT FILLS TO PLAY AND ALWAYS PLAY THE SAME ONES.'

3. What needs to improve to get there? What's blocking you from this improving?

What do you struggle with? Why can't you do the thing that you want to do? There might be several blocks to this: ability, speed, coordination, technique, lack of understanding / confusion, time, focus.. or more

'I NEED TO FEEL MORE COMFORTABLE AND REMEMBER HOW TO PLAY A LARGER NUMBER OF FILLS. I DON'T REMEMBER OTHER FILLS TO PLAY. SO WHEN I'M PLAYING I ALWAYS DEFAULT BACK TO THE SAME ONES THAT I'VE BEEN PLAYING FOR AGES.'

4. How can you improve on this thing? What needs to be done for this to improve?

You've now identified what needs to improve, but how do you do that? How do you actually improve it? This is likely the key point on where you have been stuck. What actually needs to be done?

'I NEED TO LEARN TO PLAY SOME NEW FILLS INDIVIDUALLY. AND PRACTICE USING THEM WITHIN MY PLAYING SO THAT I CAN REMEMBER THEM EASILY AND INCOPORATE THEM INTO MY PLAYING, RATHER THAN KEEPING THEM AS SEPARATE EXERCISES.'

5. Plan for this to improve. What specifically needs to be done in order to achieve this?

Micro goal 1 (3-5 steps to achieve)

Micro goal 2 (3-5 steps to achieve)

Micro goal 3 (3-5 steps to achieve)

Micro goal 4 / End goal (3-5 steps to achieve)

Then write how to achieve each step. (e.g. *Play 1 fill in as many different places around kit.*)

Play more fills (5)

Micro Goal 1

Play patterns I already know, but in dif. places

Where you're at now

Now

Make list of current fills

Play 1 fill in as many dif. places around kit

Do same for 2 more fills

Do same for 2 more fills

Where you're at now.

Play more fills (5)

Micro Goal 2

Play patterns I already know, but in dif. places

Learn some new patterns

Find 1 new pattern to play as fill. Learn 1 orchestration of this.

Play in dif. places around kit

Previous 2 steps for 1 more pattern

Repeat first 2 steps again

Play more fills (5)

Where you're at now.

Micro Goal 3

Learn some new patterns

Play with groove

Pick 1 groove & play 1 old fill in dif. ways around kit. Try dif. speeds

Do same for other old fills

Do same for new patterns

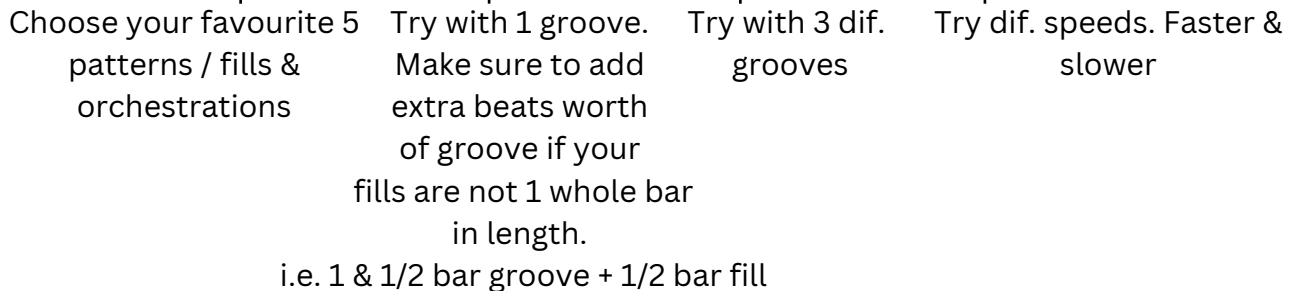
Play more fills (5)

Micro Goal 4 / End Goal

Play 5 more fills

Where you're at now.

Play with Groove



Remember that you've learnt more than 5 fills here. You've actually learnt 8 different patterns and you can play these in many different ways around the kit by changing the orchestrations. I.e. keep the pattern exactly the same, but change which drums / cymbals you put each of the hits on.

Explore these patterns creatively and find the ones which sound best to you. Some will sound better than others and you'll start to recognise which ones / orchestrations seem to work best.

You could also chop up the fills and create different length fills. i.e. 1 beat length, 2 beat length, 3 beat length, or 4 beat length (1 whole bar).

As you change these lengths, remember to make up the rest of the beats in that bar with groove. I.e. if you are playing a 2 beat fill at the end of the bar, you will need to play 2 beats worth of groove before that, so that these both add up to make 1 whole bar (of 4 beats).

Here's to clarify:

1 bar groove + 1 bar fill

1 1/4 bar groove + 3 beat fill

1 1/2 bar groove + 2 beat fill

1 3/4 bar groove + 1 beat fill

There's lots of scope for creativity with this, so enjoy!

