

Drum Set Warm-Up Exercises
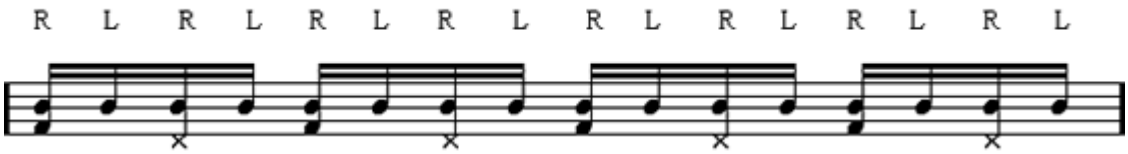
Are you looking for simple **drum set warm-ups** that you can use at the drum set? In this drum lesson, we demonstrate four exercises that you can use to improve your drumming. They focus on hand to feet synchronization, and both single and double stroke rolls.

It is best to play these warm-up exercises along with a metronome, especially when first learning the basic patterns. This way, you can improving your timing and control at the same time you warm-up at the kit.

The Warm-up Patterns

Exercise #1 starts with the feet playing alternating eighth notes while the hands play sixteenth notes on the snare drum. Notice how the right hand lines up with the feet on all shots. This is something you will want to keep in mind when you are first playing this pattern.
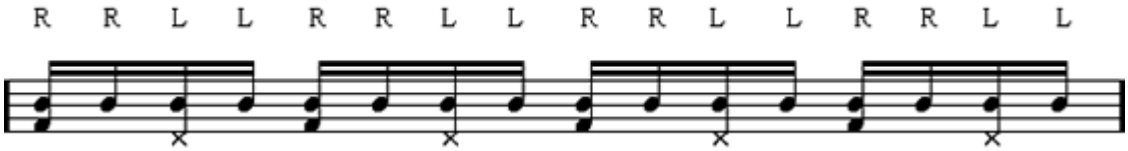
1)



The second exercise sounds the same as the first, but is to be played differently. The feet are still playing the same eighth note pattern, and the hands are still playing sixteenth notes on the snare. However, the sixteenth notes on the snare are no longer alternating on every stroke. Instead, you play doubles back and fourth.
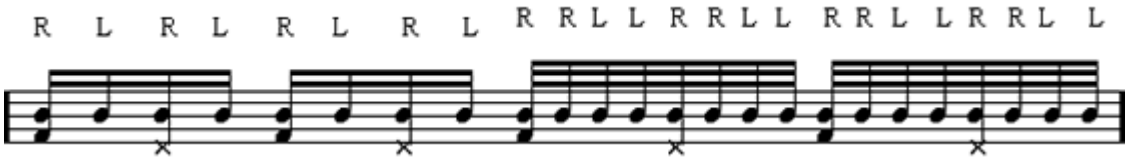
This changes the way the hands line up with the feet. Now, you will want to focus on playing the first stroke of the right hand along with the right foot, and same goes for the left hand and the left foot. Read over the pattern here carefully and you'll see how this works.

2)
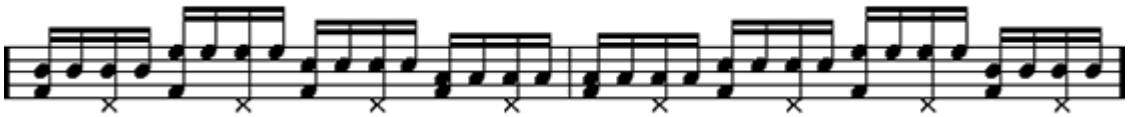


The first half of exercise three starts out exactly the same as exercise one. Then, for the second half, you change the singles to double strokes at twice the tempo. These double strokes are not played in the same context as exercise two, so be sure you review this pattern carefully.

3)



The fourth and final warm-up takes the pattern from exercise one, and moves it around the toms. The first measure of this two-bar exercise moves down the toms, and the second moves back up. Read through it carefully, and then take it to your drum set.

4)



Once you have mastered these warm-ups you can go back and review other lessons, just be sure you keep improving your drumming!

More Online Resources

If you need more direction for learning the drums, you should consider www.MyDrumLessons.co.uk. It is a comprehensive system that was created for drummers of all levels, with step-by-step training so you never get 'stuck' without knowing what to do next.