IMPROVE YOUR DRUMMING HAND SPEED

Watching videos on many sites, you have seen a lot of great drum solos. You are thinking that those drummers are impossibly fast. But you too can play drums as fast as they do and improve your speed, accuracy, footwork, and creativity in playing drums. This article will explain how to improve the speed of your hands and feet for effective drumming.

Learn how to properly hold your drum sticks.
Always pay attention on how you hold your drumsticks. Fingers on the shaft (near the tail of the sticks), four fingers on the bottom, thumb on top and its nail facing northward to the tip. Allow some space between your palm and the stick. Do not hold it too tight or it may produce noise. If you are playing soft, allow your fingers to be the one to hit the drums and if you are playing hard, then its just the time to use your wrist as the striker.

Learn some rudiments and para diddles.
The most basic and easiest to learn and do is the Single Stroke Roll (RLRLRL/LRLRLR). Before you learn other styles, master this first, from slow to fast then back to slow, These will improve your speed and efficiency in playing grooves and rolling. Others are: RLRRLRLL, RRLLRRLL, RRLRLLL.

Practice everyday.
Devote hours (at most 3 hours) everyday to practice any rudiments. Break up the time for each of the styles you want to practice. e.g. 30 minutes for single para diddle, 30 minutes for single stroke roll, 30 minutes for double stroke roll. Make sure you are continuous and consistent. Whether you have the sticks, your bare hands, a drum pad or just even you're hips. Practice slow and fast tempo and beats.

Eat healthy.
Foods like fruit, vegetables, rice and proteins as these will improve your stamina and enthusiasm.

Listen to music and watch music videos.
Listen to music (genres that suit your playing style). This is an effective way to gain tips and information. Take note of the techniques and styles for more clarification of what and how you want to improve your playing. Familiarise yourself with the music and the beat by continually listening to a song.

Play it.
Application can be your best learning tool. Get on the drums and play what you have been practicing. Whether at your bands gig, recording session or jam night, do what you have been learning and don't be afraid to do it.

TIPS

- Even in your school, home, office etc., practice your rudiments and grooves with your hands and your hips. If you can tap a desk or a chair then do it.
- Confidence is a must.
- Always use the RLRLRLR Single Stroke Roll whether you are performing or not for as it will benefit your playing.
- Rest and diet are important.
- When practicing foot speed, have a jog in the morning twice or more a week. Swimming and cycling is also a helpful factor.
- Try to use heavier drumsticks when playing (4-7)