

 THE DRUM SET COACH
THE ULTIMATE HAND TECHNIQUE WORKSHOP
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LESSON PLAN

HAND TECHNIQUE COURSE PART I

Development of singles and double strokes and paradiddles

LESSON 1 - Single Stroke Roll Development and Double Stroke Roll Development. (Pg. 1-3)

LESSON 2 - Paradiddle Development and introduction to accents and rebounds concept. (Pg. 4-8)

HAND TECHNIQUE COURSE PART II

Development of basic Moeller strokes

LESSON 3 - Developing the Moeller stroke 2 = M2, Developing the Moeller stroke 3 = M3 (Pg. 9-10)

LESSON 4 - Developing the Moeller stroke 4 =M4 (Pg.11)

HAND TECHNIQUE COURSE PART III

Development of Flams and Push & Pull Techniques

LESSON 5 - Developing Flams (Pg. 12-13)

LESSON 6 - Developing Push and Pull Techniques (Pg. 14-15)

HAND TECHNIQUE COURSE PART IV

Development of finger control and the buzz roll

LESSON 7 - Developing Strength with each individual finger. (Pg. 16-19)

LESSON 8 - Developing strength with all fingers together. (Pg.20)

LESSON 9 - Developing the finger stroke rolls. (Pg.20)

LESSON 10 - Developing technical flow with finger control and other techniques. (Pg. 21-23)

LESSON 11 - Developing the buzz roll. (Pg. 24-28)

HAND TECHNIQUE COURSE PART V

Development of Vocabulary, Phrasing & Flow

LESSON 12 - Developing and learning a systematic sticking nomenclature & phrases in triple feel. (Pg.29-34)

LESSON 13 - Developing longer phrases in triple feel. (Pg.35-36)

LESSON 14 - Developing short & longer phrases in duple feel. (Pg.37)

HAND TECHNIQUE COURSE PART VI

Development of Form, Phrasing & Flow - Solo Etudes

LESSON 15 – Solo 1 in duple feel, Solo 2 in triple feel. (Pg. 38-39)

LESSON 16 – Solo 3 in duple feel, Solo 4 in triple feel. (Pg. 40-41)

LESSON 17 – Solo 5 in triple feel, Intro to Hybrid solos/Solo 6 – hybrid duple feel. (Pg. 42-43)

LESSON 18 – Solo 7 in hybrid triple feel, Solo 8 in quintuplet feel. (Pg. 44-45)

LESSON 19 – Solo 9 in septuplet feel, Solo 10 hybrid duple & triple feels. (Pg.46-47)

HAND TECHNIQUE COURSE PART VII

Development of Vocabulary, Phrasing & Flow in Odd Meters

LESSON 20 - Developing short and longer phrases in 3/4 triple and duple feel. (Pg.48-49)

LESSON 21 - Developing short and longer phrases in 5/4 triple and duple feel. (Pg.50-51)

LESSON 22 - Developing short and longer phrases in 7/4 triple and duple feel. (Pg.52)

LESSON 23 - Developing short and longer phrases in 9/4 triple and duple feel. (Pg.53)

LESSON 24 – Intro to Geometric Phrasing concepts. (Pg.54-57)

HAND TECHNIQUE COURSE PART VIII

Development of Form, Phrasing & Flow – Summary Etudes

LESSON 25 - Developing physical and mental facility through solo etudes. (Pg.58-71)

Bonus Materials - Advanced Warm-ups (Pg.72)

Single Stroke Roll -Slow - Fast - Slow

1 $\frac{4}{4}$: :||: :||

2 :||: :||

3 :||: :||

4 :||: :||

5 :||: :||

6 :||: :||

7 :||: :||

8 :||: :||


9 :||: :||


10 :||: :||


11 :||: :||


play line 1 to 11 then go back from line 11 to 1 without stop. Slow to fast back to slow.


Single Stroke Roll Development


1 

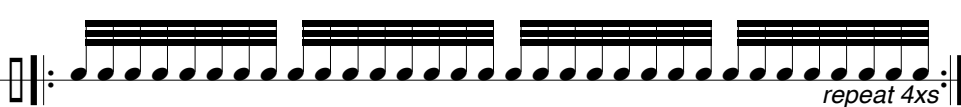
2 

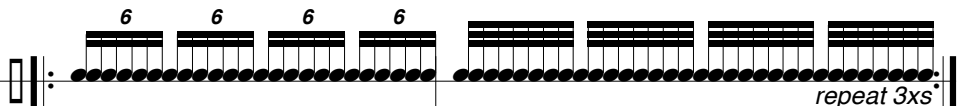
3 

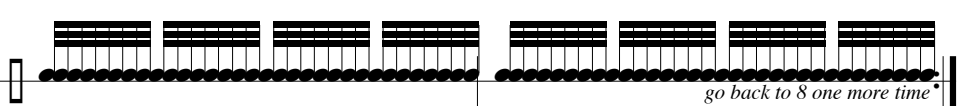
4 


5 

6 

7  *repeat 4xs*

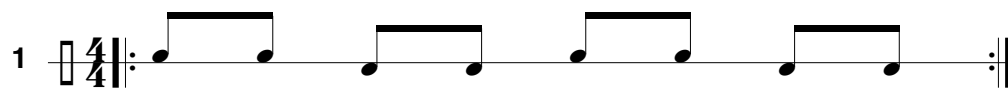
8  *repeat 3xs*

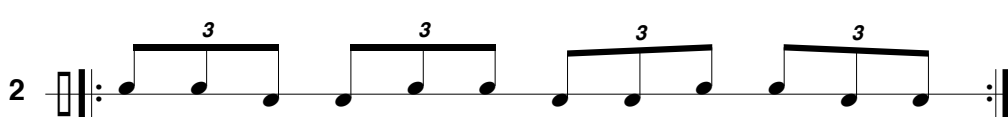
 *go back to 8 one more time**

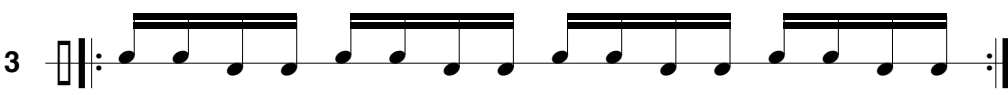
9  *repeat 4xs then go to the next measure* | *repeat 4xs then go back beginning of 9*

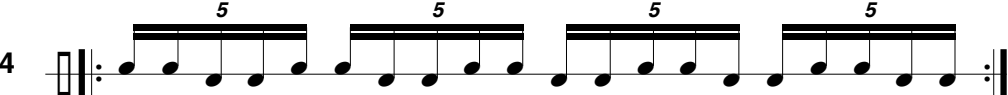
play the entire line (9) two times then go to exercises: 7 to 1


Double Stroke Roll Development


1 

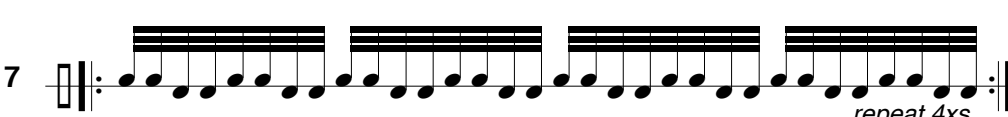
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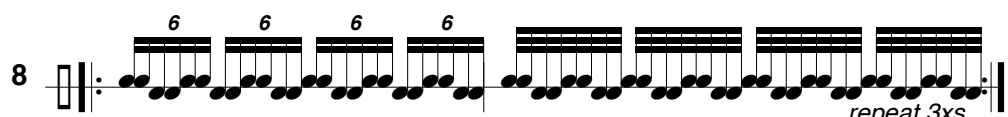
3 


4 


5 

6 

7 
repeat 4xs

8 
repeat 3xs


go back to 8 one more time

9 
repeat 4xs then go to the next measure *repeat 4xs then go back beginning of 9*
play the entire line (9) two times then go to exercises 7 to 1