



52 WEEKS
DRUMMING PRACTICE DIARY

SMASH THOSE GROOVES: YOUR ULTIMATE DRUMMER'S JOURNAL

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LET THE GOOD BEATS ROLL!

Get ready to capture epic fills, funky grooves, and every breakthrough moment as you track your progress from rookie to rhythm legend! This diary is your backstage pass to recording all your goals, discoveries, and awesome drumming journey.

- Log your daily jams and practice wins.
- Set your goals for skills, speed, style, and creativity.
- Note down challenges, wins, and what inspires you to keep drumming.

LET'S GROOVE!

"Practice isn't about being perfect.

It's about making noise, having fun, and getting better with every beat!"

PRACTICE TIPS

GOALS

Create goals that are specific and achievable before you practice.

PREPARATION

Go over techniques first - always have a warm-up plan.

The more warmed up are, the better you will play.

PRACTICE REGULARLY

Learn in short bursts and memorise what you have learned – it will help your long-term memory and play with more flow and feel.

KEEP IT POSITIVE

Don't be too hard on yourself. Use positive self-talk - you can and will do it!

WORK ON HARD STUFF

Spend time on what you can't play well right now - turn fear into confidence.

Build up muscle memory – play difficult parts on loop. Learn to play them right and repeat until it becomes second nature.

MAKE IT FUN

You don't have to just sit there and drill through drum parts in silence.

Play rudiments and grooves along to your favourite songs.

BREAK IT DOWN

Don't get overwhelmed by a whole piece as you might give up.

Break it down into small sections and practice them until you can play them fluidly.

Practice transitions from grooves to fills.

TRACK YOUR ACHIEVEMENTS

Use this practice diary to help you track your progress, recognise which skills you need to improve and keep pushing you forward.

PRACTICE AWAY FROM YOUR KIT

Visualise (see) yourself playing it well and correctly.

Listen to the songs whilst following the music to help get it into your mind.

STARTING OUT ON YOUR DRUMMING JOURNEY

NAME:

DATE:

WHAT MADE YOU WANT TO LEARN DRUMS?

WHAT DO I WANT TO BE ABLE TO DO NOW AND IN THE FUTURE?

WHAT IS YOUR GOAL YOU WANT TO WORK ON NOW?

IS THERE ANYTHING YOU DEFINITELY DON'T LIKE OR WANT TO TRY

WHAT WILL HELP YOU LEARN BEST?

IS THERE ANYTHING YOUR TEACHER NEEDS TO KNOW ABOUT YOU TO HELP YOU LEARN AND HAVE THE MOST FUN?

FAVOURITE SONGS YOU WOULD LIKE TO LEARN?

LESSON LOG

DATE:

IS THERE ANYTHING I WANT TO GO OVER AGAIN FROM LAST WEEK?

WHAT NEW STUFF DID I LEARN ABOUT IN THIS LESSON?

WHAT DID I DO WELL?

WHAT IS MY GOAL FOR NEXT WEEK

WEEKLY PRACTICE LOG

DAY	GOAL	WARMUPS	PRACTICE PIECES

TOUGH STUFF

WINS!