

Jr. High Percussion Students
Lesson 1 (30 Minute Session)

1 – Warm-up (5 minutes)

- Do some simple stretches to loosen your shoulders, arms, hands and fingers.
 - Roll each of your shoulders forward and backward
 - With palms together in front of you and fingers pointed skyward, lift your elbows and push your fingers against one another.
 - Hold a drumstick in one palm and push the other end of the stick down with your other hand, stretching yours arms. Change hands.
- On a drum pad (or similar surface that has some bounce) with sticks, do single strokes on the following patterns at various tempos. Start slow and listen for evenness of sound. Repeat multiple times.

R R R R L L L L R R R R L L L L
 R R L L R R L L R R L L R R L L
 L L R R L L R R L L R R L L R R

R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L
 L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R L R

R L R L R L R L R L R L R L R L R L R L R L R L
 L R L R L R L R L R L R L R L R L R L R L R L R

For enrichment: To advance your technique even more, play your scales in full range. i.e. For major scales, start on your lowest note (not necessarily the root or first note of the scale) and play to your highest note *using the same key signature*.

4 – Work on your repertoire (15 minutes)

Choose to practice what needs to be mastered; don't waste your time practicing what you can already do.

- Listen to the piece you're working on. Most band pieces are available to listen to on jwpepper.com.
- Listen and play along – don't worry about mistakes.
- Isolate the more difficult passages and work on these in small "chunks."
 - Without playing, figure out the **rhythms** first. Write in the counting if you need to and if need be, S L O W it way down. Accuracy is more important than speed.
 - For pitched percussion, look at the notes and add them to the rhythms you've just learned.
 - Take note of the key signature and any accidentals; play these small "chunks" sections on your instrument. Accuracy is more important than speed.
 - Put the "chunks" together, gradually increasing tempo if necessary. Accuracy is more important than speed.
 - **Practice with a metronome is always encouraged.**

5 – Listening (5 minutes)

- On YouTube, find examples of great players to listen to and *really listen* for the following: tone quality, articulations, musical phrasing, dynamics, etc. Great players to check out: Evelyn Glennie, Joshua Jones, Christoph Sietzen, John Wooton.