

DRUM LESSONS IN LA.COM

Developing Your Weaker Side

Drummers naturally have a stronger and weaker hand (or foot). It's usually the left for right handed players and vice versa. We are only as fast and smooth as our weaker side.

This is a deceptively simple exercise that is designed to even out both sides. The point is to play constant notes while shifting them over to both sides. Play the stickings line after line and then repeat the whole thing. Start at a comfortable tempo and use a metronome to find your top speed.



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

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