Drummers are the band's clock, so practising with a click is essential.

Rudiment speed ladders

Play single strokes as eighth notes, then triplets, then sixteenths without **metronome** changing the tempo. Begin near 60 BPM and build up gradually.

Backbeat-only click

Mute beats 1 and 3 so you hear only the backbeat, exactly where the snare lands. It feels more musical.

Gap click

Alternate bars of click and silence. If you are still together when it comes back, your internal pulse is working.

Fills without rushing

Alternate a groove bar and a fill ***metronome*** bar, making sure the crash hits beat one. Slow down until it lands every time.

Using a drum sound instead of a beep makes long sessions far less tiring.