

A FRESH APPROACH **DAILY DRILLS**

by **MARK WESSELS**

20 Progressive Levels

A 10 Minute Daily Fundamentals Routine
for Snare Drum and Keyboard Technique



INCLUDING:

A COMPREHENSIVE COURSE FOR
FOUR MALLETS



**DOWNLOADABLE
PLAY-ALONG
TRACKS!**

A FRESH APPROACH DAILY DRILLS INTRODUCTION



Welcome to ***A Fresh Approach Daily Drills***, a ten minute daily fundamentals routine for snare drum and keyboard percussion! I hope that the 20 levels of exercises included in this book will help you and your students progress from the very beginning through mastering the technical skills necessary for a competitive high school percussion program.

In order to be successful, students must devote time every day to working on fundamentals. Because percussionists rely on muscle motor skills to make music and reach the levels required for middle and high school literature, they should not only spend time reinforcing basic strokes but also gradually add more advanced skills, building from one to the next.

The exercises included in ***A Fresh Approach Daily Drills*** begin in Level One with skills most percussionists learn in the first few weeks of beginning band, so even first-year students can incorporate fundamentals into their daily practice routine. Whether your students are in a dedicated percussion class (using a different method than the *Fresh Approach* books) or in a heterogeneous band class, these exercises can be adapted to play along with almost any warm-up, scale study or song.

As students progress with the fundamentals, they will be able to move seamlessly from one level to the next, adding new techniques, rudiments, scales and exercises. The higher levels of the Daily Drills will challenge even competitive high school students with more advanced rudimental snare exercises and four-mallet keyboard technique.

Included with these daily drills is a **VIDEO LESSON LIBRARY**, with a breakdown of each level on snare and keyboard. Non-percussionist band directors can use these in class, especially as the exercises become more advanced and the techniques more difficult to explain.

PLAY-ALONG ACCOMPANIMENT TRACKS make daily practice fun, and “player perspective” videos help to reinforce the correct stroke styles for every exercise. Be sure to check out the free YouTube playlist and see how it can help your percussionists be successful at all levels! www.youtube.com/freshapproachbooks



If you’re looking for a complete percussion curriculum—including instructional classes, digital practice tools, and play-along videos for all the instruments, including timpani, drum set, and accessory percussion—check out the new **FRESH APPROACH DIGITAL SERIES!** Try it FREE with absolutely no commitment necessary! www.rhythm-monster.com/fresh

HOW TO USE THIS BOOK

Each level of ***A Fresh Approach Daily Drills*** has 10 exercises that focus on specific technical skills on snare drum and keyboard. The SNARE DRUM skills progress from basic fundamentals to advanced rudiments and exercises suitable for percussionists in a competitive marching percussion section. Each level introduces a new level of difficulty while building on the techniques learned in the previous lesson. Students should be patient with the exercises in each level, making sure that the fundamentals are not only *learned*, but are *MASTERED* before moving on to the next.

The KEYBOARD exercises focus on developing proper stroke styles and hand motions for scales and scale patterns. Since the music played on keyboard relies on developing kinesthetic awareness of the how the arms, hands and wrists move in relationship to the bars, these types of exercises are crucial for developing the technique required for any level of two-mallet keyboard literature. Four mallet fundamentals are also introduced step by step so students can begin learning each stroke type systematically.

In a *beginning percussion class*, these exercises complement any *Fresh Approach* method books, but may also be used to supplement other methods that lack a fundamental exercise routine. Starting each class period with 5 minutes on snare and 5 minutes on keyboard will help establish student focus and participation—whether you choose to rotate the students through both instruments for a 10 minute warm-up or split the instruments by day. You can also adapt the exercises by ability so some students work on one level on snare drum while others work at a different level on keyboard.

In a *full band rehearsal*, the snare drum exercises can easily be adapted to align with any long tone, lip slur, scale or song from the band method book. This helps keep percussionists engaged during rehearsal and allows them to practice exercises that will improve their techniques instead of using simple rhythms that are not challenging and can be boring. Since keyboard exercises are based on scale pattern *motions*, students can “air drum” the exercises or play them on keyboard practice mats. Alternatively, have percussionists run through part or all of a drill sequence before, after, or between the wind fundamental exercises.

If a secondary classroom and teacher or volunteer parent/student leader is available, it is highly recommended that percussionists spend the first 10 minutes or more of each class period going through the daily drill before rejoining the full band rehearsal. If a video system is available, students can play-along with any of the videos that accompany this book! The video lessons are also a great way for students to learn new levels, either at home in the classroom.

The most important aspect of ANY fundamental technique program is to track students’ progress and hold the students accountable for mastering the exercises. Set up a regular system for “pass off” exams or submissions and create a reward system for achievements. Be sure to communicate these expectations with the parents and provide them with access to the tools available, so they can actively support their child’s learning. The ***Fresh Approach Daily Drills*** offer a clear way for students to develop a daily practice routine at home that parents can easily encourage and monitor for their child’s success!

SNARE

A FRESH APPROACH DAILY DRILLS

LEVEL 1

Stick Control

1 R R R R | R R R R | L L L L | L L L L

2 R R L L | R R L L | R R L L | R R L L

3 R L R L | R L R L | R L R L | R L R L

4 R L R R | L R L L | R L R R | L R L L

Double Strokes

5 R L R L | R R L R R L | R L R L | R R L R R L

6 R L R L | R L L R L L | R L R L | R L L R L L

Multiple Bounces

7 R L R L | R L | R L R L | R L

8 R L R | L R L | R L R | L R L

Rhythm Reading

9 R L R | R L R | R L R | R L R

10 R L | L R L | L R L | R L | L R L | L

A FRESH APPROACH DAILY DRILLS

LEVEL 1

KEYBOARD

Stick Control (F & C)

1 R R R R | R R R R | L L L L | L L L L

2 R R L L | R R L L | R R L L | R R L L

3 R L R L | R L R L | R L R L | R L R L

4 R L R R | L R L L | R L R R | L R L L

Alternating Strokes (C-G)

5 R L R L | R L R L | R L R L | R L R L

6 R L R L | R L R L | R L R L | R L R L

Alternating Strokes (G-C)

7 R L R L | R L R L | R L R L | R L R L

8 R L R L | R L R L | R L R L | R L R L

Rhythm Reading (C-C)

9 R L R | R L R | R L R | R L R

10 R L | L R L | L R L | R L | L R L | L

A FRESH APPROACH DAILY DRILLS
RHYTHM READING LEVEL 5

①

②

③

④

⑤

⑥

⑦

⑧

⑨

⑩

A FRESH APPROACH DAILY DRILLS
RHYTHM READING LEVEL 6

①

②

③

④

⑤

⑥

⑦

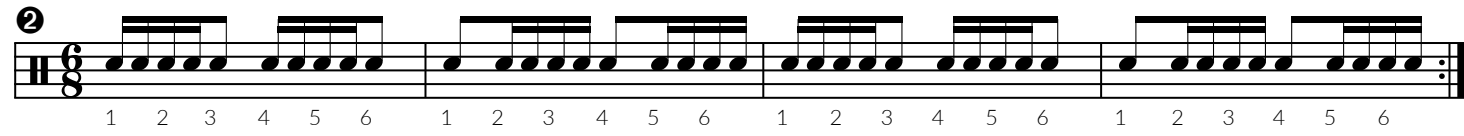
⑧

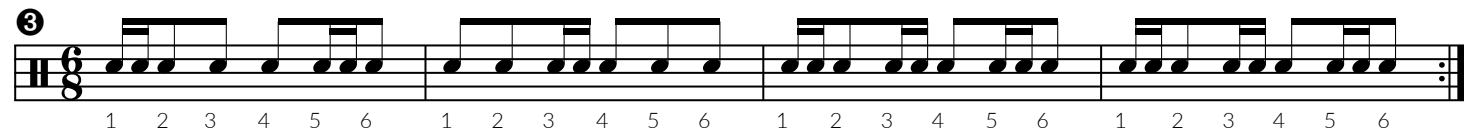
⑨

⑩


A FRESH APPROACH DAILY DRILLS
RHYTHM READING LEVEL 15

① 

② 

③ 

④ 

⑤ 

⑥ 

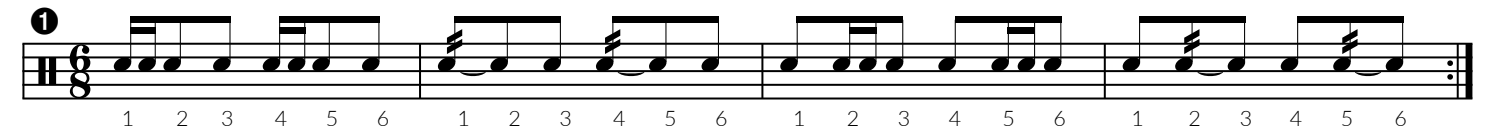
⑦ 

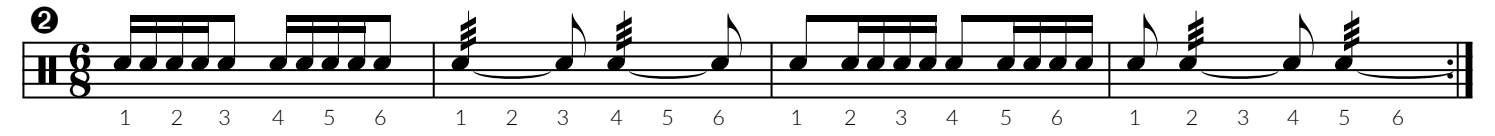
⑧ 

⑨ 

⑩ 

A FRESH APPROACH DAILY DRILLS
RHYTHM READING LEVEL 16

① 

② 

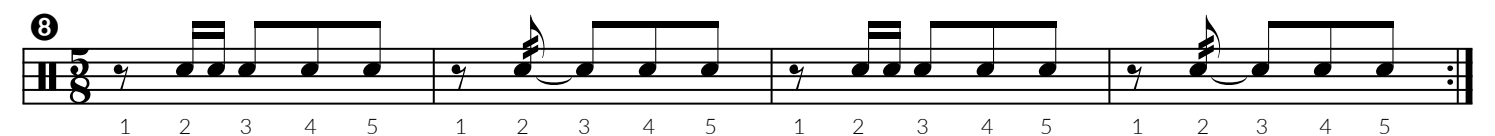
③ 

④ 

⑤ 

⑥ 

⑦ 

⑧ 

⑨ 

⑩ 

SPEED NOTE READING LEVEL 1

These Speed Note Reading exercises will help you quickly identify notes on the staff. DO NOT write the note names under the notes! Instead, say the note names out loud to a metronome starting at 60 bpm – then speed up as fast as you can!

1

2

3

4

5

6

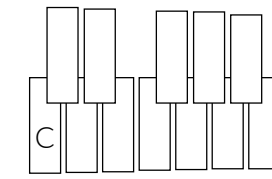
7

8

9

SPEED NOTE READING LEVEL 2

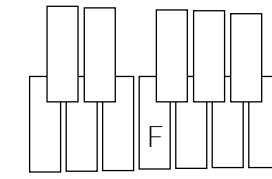
These “key finding” exercises help you to quickly locate notes on your keyboard. Your instructor (or fellow classmate) will call out a note name on the first beat, then you will locate and *play* the correct note on your keyboard on the beat following. Start slow, with a metronome set on 60 beats per minute, then gradually speed up the tempo until you reach 120 beats per minute. *You should not have the notes written or engraved on your keys!* If you do, cover them up with a piece of tape.



Using the note C as your home base (notes C, D & E):

10 C D C D | E D E C | D E D C | E C D C ||

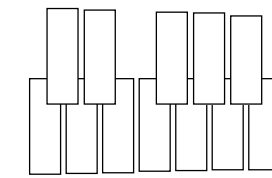
11 D C E D | C E C D | E D E C | D E D C ||



Using the note F as your home base (notes F, G, A & B):

12 F G F A | G F A F | G A B A | B G A F ||

13 G A B F | A F G F | A B F G | B G B F ||



Using the full range (all notes C-B):

14 C D E C | F G F A | C E D E | F A B F ||

15 F A B G | E C D E | A G B F | C G F C ||

Try using a stop watch to see how fast you can SAY each line accurately!

16

17

18

19

20

NEW! FROM MARK WESSELS PUBLICATIONS

FRESH APPROACH DIGITAL SERIES

A COMPLETE ONLINE PERCUSSION CURRICULUM

BY MARK WESSELS

powered by **RHYTHM MONSTER**

A FRESH APPROACH TO THE SNARE DRUM

A Fresh Approach to the Snare Drum by Mark Wesells

The ultimate online teaching and learning tool for the world's best-selling snare drum method book.

A FRESH APPROACH TO MALLET PERCUSSION

Fresh Approach to Mallet Percussion

Guidelines and practice tools to learn technique, reading and music theory on all mallet percussion instruments.

A Fresh Approach for the Beginning Percussion Class

Fresh Approach for the Beginning Percussion Class

Covering Books 1 and 2, experience an essential approach to introducing well-rounded percussionists from day 1.

A FRESH APPROACH TO FOUR MALLETS

Fresh Approach to Four Mallets

Learn technique and music theory for four mallets with David Matthews' 31 Progressive Exercises for mallets.

FIVE MINUTE THEORY

5 Minute Theory for Percussion

Establish a great foundation for mastering the concepts of beginning to intermediate music theory.

SPEED NOTE GAMES

Speed Note Games

The fastest, most effective way to develop note recognition and key-finding skills on the keyboard.

TIMPANI STUDIES & ETUDES

Timpani Studies & Etudes

A Fresh Approach to Timpani including instruction, Practice and Play Along pieces plus more music studies.

DAILY DRILLS FOR PERCUSSION IN FULL ENSEMBLE

Daily Drills for Percussion in Full Ensemble

Daily fundamental warm-ups for every drum set and mallet book. Work it perfectly with any wind band score.

A FRESH APPROACH TO THE DRUM SET

Fresh Approach to Drumset

Proven, taught by world

SIGHT-READING SONGBOOK FOR TWO MALLETS

Sight-Reading Songbook

30 popular tunes and songs with rhythm section accompaniment. Make sight-reading fun for percussionists of all levels.

RUDIMENTAL ETUDES

Rudimental Etudes

Prepares for drumline auditions and increases your rudimental mastery with these 30 mallet etudes.

RUDIMENTS

Rudiments

Master the 26 Essential American Rudiments with professional technique, cues, cues and rhythm lead-in pieces.



Try it today
for FREE!

THERE'S NEVER BEEN A MORE EFFECTIVE WAY TO PRACTICE!

For more information concerning Mark Wesells Publications, please contact us at:
Mark Wesells Publications • mwpublications.com

**A FRESH APPROACH DAILY DRILLS
FADD - \$15.99**

ISBN 978-0-578-40138-6

US\$15.99



9 780578 401386