

In order to fully work this technique into your system, its good to practice doubles four different ways. Each of them will sound almost identical to the others, the difference is in the sticking. We are putting a basic walking foot pattern underneath each exercise.

1) For the first exercise, the sticking is as follows:

Sticking:            r            r            l            l            r            r            l            l

Drum Set 

2) For the second exercise, we're changing the phrasing of the doubles and placing the second of each double on the beat, instead of the first:

Sticking:            r            l            l            r            r            l            l            r

Drum Set 

3) This exercise is the same as exercise one, apart from this time we are leading with the left hand:

Sticking:            l            l            r            r            l            l            r            r

Drum Set 

4) This exercise is the same as the second exercise, apart from this time we are leading with the left hand:

Sticking:            l            r            r            l            l            r            r            l

Drum Set 

Its important that with each of these exercises, you focus on getting the correct movement. This will feel awkward and contrived to start with but as you build the tempo your muscle memory will kick in and it will feel natural. Correct technique will open the door for you to play fast and accurate doubles at high tempos, so its well worth the effort.