



You know you have to practice. You know you need to practice. But what do you do on those days when you're just not feeling it? Well we understand, and we've reached out to our Worldwide Team of Zildjian Artists, to help steer you away from your couch, and head you toward your drum throne. Read on to learn how some of the top drummers in the world tap into their inner drive. You might just find some new motivation here too!

Do Something Different

Venzella Joy – USA

On occasion when I may not feel like practicing, I watch videos of absolutely amazing drummers. In doing so it makes me realize that they would not be as great as they are if they didn't practice (LOL). From there I make sure to practice so that I can work on developing my gift to where theirs is, and even further.

Marito Marques – Portugal

One of my practice routines is to study rudiments on a soft surface (eg. a blanket) with metal drumsticks, it really develops my hand technique. I always make sure there's an awesome soccer game on TV to keep me motivated!

Gavin Harrison – UK

Listen to some great music and you'll soon get in the mood.

Ivan Panella – Italy

Watching full live gigs or any drum lessons on YouTube are a good way to get a healthy dose of "mental practice"!

Mike Gaspar – Portugal

I like to listen to music and just imagine if I was playing it. Like air drumming! It worked wonders growing up as a kid and it still works today.

Akira Jimbo – Japan

Guess the BPM while you are walking, driving, riding on the public transportation, etc.

Just Do It

Toni Mateos - Spain

Try an “only-five-minutes” plan: practice five minutes of simple stroke, double stroke, triple stroke, paradiddles, flams, rudiments, open roll, closed roll, etc... You could end up spending more than three hours jumping from one exercise to another. Not bad for a “lazy day”!

Will Kennedy – USA

Pick a smaller portion of time and make it a specific technical task, like playing rudiments with the metronome for 30 minutes, or playing a groove to a click for 30 minutes without interruption. It would be a bit like going to the gym and doing 30 minutes on the cross trainer. You cannot always be artistically expressive in endless practice sessions, so dedicate some of the time to pure motor movement training.

Kent Slucher – USA

Usually just pushing through, just getting in my head that this is the best for me and my job. I want to give 100% every night so I make it a point to put some time in on the practice pad.

Jacopo Volpe – Italy

Just improvise and follow your heart and thoughts.

Matt Greiner – USA

Forget about anything you’ve been practicing and just start playing.

Kristinn Snær “Kiddi” Agnarsson - Iceland

Make it musical. Find a problem area in your playing that relates directly to a song and then tackle that song, and the practice becomes fun!

Tobias Derer - Germany

Grab your headphones and play to some songs you love at that moment.

Stephen Perkins – USA

Give yourself a schedule – example: Monday – rudiments, Tuesday – endurance Wednesday - creativity, and so on. Also, put on your favorite music, jam along, and before you know it, you’re in the mood.

Daniel Platzman – USA

I always start my practicing with the same routine so that starting my practicing is familiar and meditative. It’s almost like tricking myself into practicing.

Know When To Give It A Rest

Antonio Sanchez – USA

The hardest is to get started. Once you break that barrier then the rest isn’t that hard. When it’s really hard to focus, or you’re tired, sometimes it’s better to just give it a break and return when you feel like you’re ready.

Barry van Zyl – South Africa

Just start. You’ll feel better after 5 minutes. If not, then stop.

John Tempesta – USA

If I don’t feel like practicing, I’ll just play music whether in my house or car, to get inspired, which also helps me to learn songs.

Simon Scheibel – Germany

Don’t practice! There are times when you don’t want to practice and there will come times where you love to practice. Don’t force yourself to practice. It has to be fun, not torture :-)

Jason Bittner – USA

Take the day off and resume the next day...quality practice is always better than just “going through the motions.”

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