# HOW MUCH SHOULD I BE PRACTISING?

**A FRIENDLY GUIDE FOR DRUM PUPILS**

> **“Getting started is the hard bit, the rest is fun!”**

## A good starting target

Minutes per practice day • aim for 4–5 days most weeks

| AGE | STARTING / INITIAL | GRADES 1–2 | GRADES 3–5 | GRADES 6–8 |
|---|---|---|---|---|
| **6–8** | 5–10 min | 10–15 min | 15–25 min | * |
| **9–11** | 10–15 min | 15–20 min | 20–30 min | * |
| **12–14** | 10–15 min | 15–25 min | 25–35 min | 35–50 min |
| **15+** | 10–20 min | 20–30 min | 30–45 min | 45–60 min |

* Advanced young players: agree an individual target with your teacher.

These are suggested targets, not exam rules or a daily test.

### Make the minutes count

1 Warm up and play something you already know.
2 Slow down one tricky beat or bar. Repeat it until it feels easier.
3 Finish by playing a song you enjoy.

**Busy day? Five focused minutes still count.**

Research-informed teaching guide • minutes chosen by Hugh Lawrence
Music Mark • ABRSM Teacher Hub • Trinity College London

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