

Essential Rolls for New Drummers

Practice Sheet

Each exercise separates the hands, and then puts them together. It is important to learn the proper technique for the hands separately first. Each exercise is divided into sections to be mastered before you move on to the next part.

z = play a buzz
Bpm = Beats per Minute

Single Stroke Roll

Bpm ♩ = 120 - 200



r r r r r r r r l l l l l l l l b b b b b b b b b b b b b b b b b b



r r r r r r r r l l l l l l l l r l r l r l r l r l r l r l r l r l r l r l r l r l r l r l r l

Multiple Bounce Roll/Buzz roll

Bpm ♩ = 60 - 100



r r r r r r r r l l l l l l l l b b b b b b b b b b b b b b b b b b



r r r r r r r r l l l l l l l l r l r l r l r l r l r l r l r l r l r l r l r l r l r l r l r l

Double Stroke Roll

Bpm ♩ = 100 - 200



r r r r r r r r l l l l l l l l b b b b b b b b b b b b b b b b b b



r r r r r r r r l l l l l l l l r l l r l l r l l r l l r l l r l l r l l r l l r l l r l l r l l