

Groove Practice Sheet

Practise with drum loops or foot tapping instead of a click. Maxim's Guitar Workshop, Darwin.

How to use this sheet

Pick one riff or exercise. Play it over a drum loop (or while tapping your foot and counting aloud) at a slow tempo. When you can play it cleanly **three times in a row**, tick the box and move up one rung. If it falls apart, drop back two rungs. Tempos are suggestions only; adjust to your level.

1. Tempo ladder grid

Exercise or riff	60	70	80	90	100	110	120	Goal BPM

2. Groove menu

Style	Typical tempo (BPM, estimate)	What to listen for
Rock straight 8ths	80 to 140	Kick on 1 and 3, snare on 2 and 4. Lock your downstrokes to the hi hat.
Shuffle	70 to 130	Swung triplet feel. Your 8ths should sound long short, matching the hi hat.
Half time	60 to 90 feel	Snare only on beat 3. Keep 8ths even even though the groove feels slow.
Metal gallop	100 to 180	Eighth plus two sixteenths. Keep palm mutes tight and accents on the kick.
Metal blast beat	160 to 240	Very fast and busy. Start at half speed and play only on the snare hits.
Funk 16ths	85 to 110	Ghost notes on the snare. Keep your strumming hand moving in 16ths.

3. Count aloud warm up

Before each loop, tap your foot on every beat and count "1 2 3 4" for two bars. Then count "1 and 2 and" for 8ths and "1 e and a" for 16ths. Play only when the count feels steady. Teacher view: counting aloud is the quickest way to spot where you rush.

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Page 2: tap test, timing log and free legal loop sources.

4. Tap test (8 bars)

Set a loop or click, then turn it off after 2 bars. Keep playing for 8 bars while tapping your foot. Record yourself on your phone, then switch the loop back on at the same tempo and play the recording alongside it. Score each bar: 2 = still in time, 1 = slightly off, 0 = lost.

Date	BPM	Bar 1	Bar 2	Bar 3	Bar 4	Bar 5	Bar 6	Bar 7	Bar 8	Score /16

5. Record and check log

Date	Loop or style	BPM	Rushed or dragged where?	Fix for next time

6. Free and legal loop sources (scan the QR codes)



GarageBand Drummer
Free Apple app with virtual drummers



Hydrogen
Free open source drum machine (GPL)



Freesound
CC licensed loops: check each licence



Audacity Rhythm Track
Free click and rhythm generator