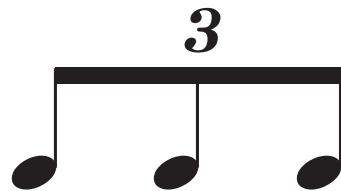


# Three's a crowd



**Eighth note triplets  
(Quaver triplets)**

First up, we are going to look at some grooves and fills that are a bit different to anything we looked at in the Foundation book. These are 'triplet' notes, which are notes in groups of three that have a very different feel.

## Checklist

By the end of this chapter, you should be able to achieve the following:

- Play eighth note triplet grooves
- Play eighth note triplet fills
- Play along with triplet feel backing tracks
- Read music containing quarter notes and eighth note triplets
- Play fills mixing quarter notes and eighth note triplets
- Create your own fills mixing quarter notes and eighth note triplets

Use this page as an end-of-chapter test. When you have completed Chapter One, come back to this page and see if you can complete the list above.

## Eighth note triplet groove

The eighth notes we looked at in the previous book had a very straight and even feel to them, and are written in groups of two or four. These notes work well in a lot of musical situations, but not all. A lot of music has a 'swing' or 'shuffle' feel to it and requires different notes to work. This is where triplet notes come in which are grouped into threes and give music a 'swing'.

Every note value has an equivalent 'triplet' brother, (quarter note triplets, half note triplets, and so on), which means for every two 'non-triplet' notes, there'll be three notes in its triplet version. There's a new way to count eighth-note triplets; when counted out loud this will sound like: '1anah, 2anah, 3anah, 4anah'.

1 an ah 2 an ah 3 an ah 4 an ah

3 3 3 3

Practice this groove with backing tracks and really focus on making sure that your notes are nice and even. A row of eighth note triplets should be as even as a row of eighth notes. Avoid any awkward rhythms or pauses when you are playing (try saying 'pineapple, pineapple, pineapple, pineapple with no pauses').

## Eighth note triplet fill

Eighth note triplets also work well in fills, but the sticking may initially feel slightly strange as your lead hand isn't always in time with the pulse. Loop the bar below with your bass drum playing every quarter note to develop even eighth note triplets, and get used to your weaker hand playing in time with the pulse.

1 an ah 2 an ah 3 an ah 4 an ah

3 3 3 3

R L R L R L R L R L R L

## Signing off and moving on

Play the eighth note triplet groove along with suitable backing tracks  
Targets are in BPM

60	65	70	75	80	85	90	95	100	105	110	115	120
Bronze		Silver		Gold								

Now play the eighth note triplets around the drums as a fill. Note that the last group of three is played back on the first tom to avoid crossing your arms.

1 an ah 2 an ah 3 an ah 4 an ah

R L R L R L R L R L R L

## Four bar phrase

When you are happy playing the groove and fill at a constant speed, play them both in four bar phrases. The groove is written to be played on the hi-hats, but will also sound nice on the ride, so play it both ways.

1 an ah 2 an ah 3 an ah 4 an ah 2 an ah 2 an ah 3 an ah 4 an ah

3 an ah 2 an ah 3 an ah 4 an ah 4 an ah 2 an ah 3 an ah 4 an ah

## Signing off and moving on

Play the above four bar phrase along with suitable backing tracks  
Targets are in BPM

60	65	70	75	80	85	90	95	100	105	110	115	120
Bronze		Silver			Gold							

# Reading exercises for the snare drum

You can play eighth note triplets with any other notes, but this can create some timing issues, so for now we are only going to mix them with quarter notes. Play the following exercises one at a time and then play the whole page. Make sure that you have a strong count and keep the numbers even with the in-between counts well spaced.

**Sticking:** Below each exercise is a suggested sticking pattern, which will help make your rhythms flow and will hopefully make the page easier to play as a whole piece.

1                      2                      3                      an                      ah                      4

R                      L                      R                      L                      R                      L

1                      2                      an                      ah                      3                      4

R                      L                      R                      L                      R                      L

1                      2                      an                      ah                      3                      an                      ah                      4

R                      L                      R                      L                      R                      L                      R                      L

1                      an                      ah                      2                      3                      an                      ah                      4

R                      L                      R                      L                      R                      L                      R                      L

## Signing off and moving on

Play the entire page as one exercise, with a click track  
Targets are in BPM

60	65	70	75	80	85	90	95	100	105	110	115	120
Bronze					Silver			Gold				

# Reading exercises as fills

Taking the rhythms from the previous page, we can start to play them around the drums in fills. Play the following fills on their own to start with, and then play in four bar phrases, with the eighth note triplet groove. As you gain confidence and increase the tempo, you'll find that the quarter note groove from Chapter One of the previous book works really well instead of an eighth note triplet groove.

**Sticking:** Pay attention to which hand is leading on which drum.

1

R L R L R L

2

R L R L R L

3

R L R L R L R L

4

R L R L R L R L

## Signing off and moving on

Play each fill with the eighth note triplet groove in four bar phrases along with suitable backing tracks  
Targets are in BPM

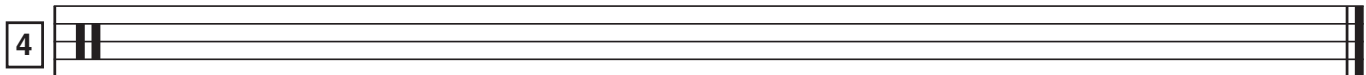
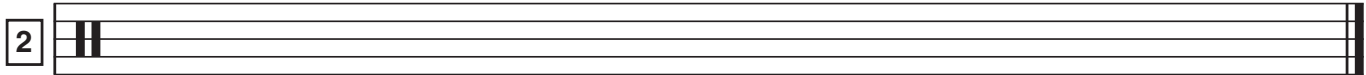
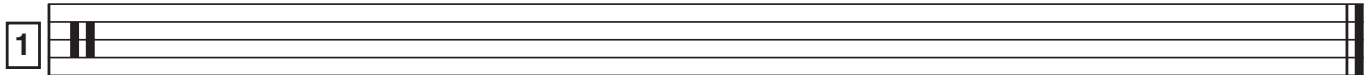
60	65	70	75	80	85	90	95	100	105	110	115	120
Bronze		Silver		Gold								

# Create your own fills

Use these blank staves to make your own rhythms, which you can then play around the drums as fills.

**Sticking:** Write the sticking underneath each of your ideas to help make them flow.

Use the following rhythms:



## Signing off and moving on

Play each fill with the eighth note triplet groove in four-bar phrases along with suitable backing tracks  
Targets are in BPM

60		65		70		75		80		85		90		95		100		105		110		115		120	
Bronze				Silver				Gold																	

# Triplet rudiments

In the previous book, we looked at rudiments using eighth notes, so here are some rudiments using eighth note triplets. Although they are not all official rudiments, they are useful to learn. Practice slowly with a click, and focus on technique and achieving a good sound rather than just trying to play faster.

4/4 R R R L L L R R R L L L

## Other useful stickings

1 4/4 R L L R L L R L L R L L

2 4/4 R R L R R L R R L R R L

3 4/4 R L R R L R R L R R L R

4 4/4 R R L L R R L L R R L L

## Signing off and moving on

Play each exercise with a click track  
Targets are in BPM

60	65	70	75	80	85	90	95	100	105	110	115	120
Bronze				Silver				Gold				

# Triplet rudiments in fills

Here are some ideas of how these rudiments can be played in fills. Play each of them in four-bar phrases.

1

R R R L L L R R R L L L

2

R L L R L L R L L R L L

3

R R L R R L R R L R R L

4

R L R R L R R L R R L R

5

R R L L R R L L R R L L

## Signing off and moving on

Play each fill with the eighth note triplet groove in four-bar phrases along with suitable backing tracks  
Targets are in BPM

60	65	70	75	80	85	90	95	100	105	110	115	120
Bronze		Silver		Gold								