



## "1 Family" Fills

The first group of fills is "1 Family" fills. These fills are the longest and will take up the entire measure (4-counts) to play. These fills start on the "1" position count of the "fill zone" measure. Longer fills work great at the end of longer song sections and when transitioning into a new part of the song, like going from a verse to the chorus.

## "3 + 1" Pattern - "1 Family" fill on 4th measure

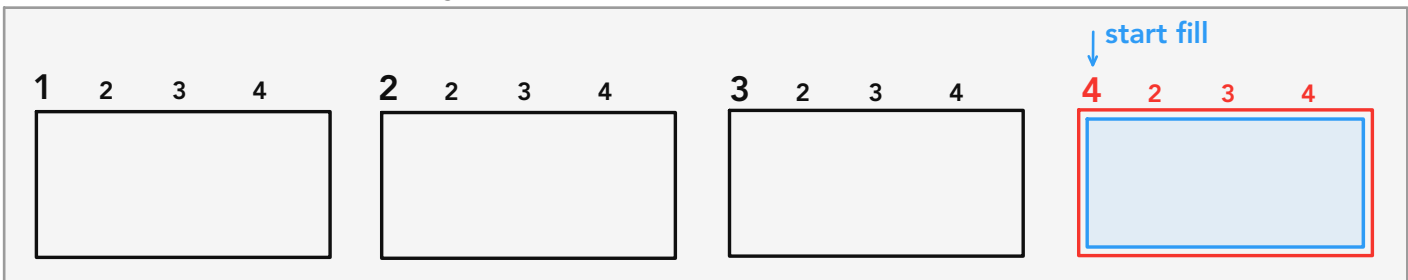


Figure 15-1

*NOTE: Remember, the larger "4" count at the front of the "fill zone" is to help count the measures as we learned earlier. The "1" count position is still at the start of each measure.*

15 minutes per day

## Lesson 15 - "Hands On" Exercises

- Using exercises on the next page, get familiar with each fill. Play it slowly until you have a feel for it.
- With a metronome set to 70 BPM, play each fill by itself and make sure your timing is solid and the subdivisions are played in the correct time.
- Using the "3 + 1" pattern, give each fill a try. Try and get to where you can play the "3+1" pattern through all 5 fills without stopping.

### Why It Matters

Having a collection of fills that you like and you know work well is essential to getting started as a drummer. Adding fills is what makes the drums fun! Knowing how to put fills in the proper place will help you sound more like a pro and impress your audience and fellow musicians.

### Common Mistakes To Avoid

Be sure to focus on even, correct spacing the the rhythms of each part of the fill. Be careful not to run all the notes together and get off from the beat.

# Lesson 15 - "1 Family" Fills



Note that on every count, the fill moves to a different drum around the kit. The suggested drum is written below each oval, but feel free to experiment and come up with your own combinations. Remember you can use either the count or the "food words," whichever is easier for you.

## Exercise 15-1

<b>1 +</b> Pizza snare	<b>2 +</b> Pizza tom 1	<b>3 +</b> Pizza tom 2	<b>4 +</b> Pizza tom 3
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## Exercise 15-2

<b>1 E + A</b> Pepperoni snare	<b>2 E + A</b> Pepperoni tom 1	<b>3 E + A</b> Pepperoni tom 2	<b>4 E + A</b> Pepperoni tom 3
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## Exercise 15-3

<b>1 +</b> Pizza snare + floor tom	<b>2 +</b> Pizza snare + floor tom	<b>3 +</b> Pizza snare + floor tom	<b>4 +</b> Pizza snare + floor tom
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## Exercise 15-4

<b>1 +</b> Pizza snare	<b>2 +</b> Pizza tom 1	<b>3 E + A</b> Pepperoni tom 2	<b>4 E + A</b> Pepperoni tom 3
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## Exercise 15-5

<b>1 +</b> Pizza snare	<b>2 E +</b> Coconut tom 1	<b>3 E + A</b> Pepperoni tom 2	<b>4 + A</b> Strawberry tom 3
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