



# Sixteenth-Note Triplet Fills and Exercises

by Nate Brown

The exercises below serve as a great workout for improving coordination, dexterity, and timing around the kit. They also make unique-sounding, punchy drum fills to use within your own playing.

Each of the triplet patterns below use alternating sticking and begin with the right stick (left stick if you're using a left-handed setup). Going down the toms, tonally, allows the right stick to lead the transitions. However, when you're going back up the toms, the sticks can get crossed. Be sure to move the left stick out of the way in order to avoid a trip up.

As with anything, take these slowly at first, focusing on technique and solid timing. Gradually increase your speed as you become comfortable with the exercises/fills.

1

2

3

4

5