1/8th Note Backbeat
4 common ways to play an 1/8th note backbeat on the drums.

Play each exercise repeatedly at a slow tempo. Count out loud. Your counting and 1/8th notes are linked.

1/8th backbeat played on the HiHats (HH).

1/8th backbeat played on the Ride Cymbal (RC).

1/8th backbeat played on the Floor Tom (FT).

1/8th backbeat played on the Crash Cymbal (CR).