

# How To Practice

In order to get the most out of the time you have available it is important to know how to organize your practice session. Each practice session should have pretty much the same organizational structure regardless of the time available. The four key elements to a successful practice session are:

- I. **Goals** – These goals should be both long and short term. Short term goals could include preparation for concerts, tests, and challenges. Long term goals could include improving chair placement, membership in an honor group, or auditions.
- II. **Warm-up/ Physical preparation.** Each practice session should begin with either a warm up which includes exercises to work on improving tone and range.
- III. **Technical.** Some time each practice session should include technique development and tonguing exercises. Etudes, Scales, Arpeggios, and digital patterns based on scales are an important part of developing technique. Tonguing exercises including single, double, and triple tonguing with an emphasis on speed and accuracy.
- IV. **Reading.** Work on Reading should involve two areas. The first area is **new material**. Each session should include work on a part from your music, private lesson or a rhythm that is difficult for you. When working on new material it is important to be sure to break the section down to isolate parts for accuracy which may mean working out notes and rhythms separately. The second type of reading involves playing **material you have already mastered** but working for speed and fluency. Always play these exercises in rhythm and work for increasing speed using a metronome if one is available.

## \*\*\* Other Things To Consider

If possible try to break up your practice time for the day into shorter periods of time. Practice can be broken up between different subjects of your other homework to give your brain a break from studying.

Try to get in the warm up portion of your practice session done as early in the day as possible.

Use a metronome and a tuner as often as possible.

List your goals where you can see them and check them off.

Have as many people as possible listen to a critique your performances.

Listen to recordings of professionals on your instrument.

## Daily Practice sheet

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Practice Session Goal \_\_\_\_\_

### Time

Warm Up Exercises \_\_\_\_\_

Technical Exercises \_\_\_\_\_

New Material Worked on \_\_\_\_\_

Old Material Played \_\_\_\_\_

\*\* If you play more than the spaces allotted write additional exercises on the back.  
When possible include metronome markings for exercises.

Parent Signature \_\_\_\_\_

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Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

Practice Session Goal \_\_\_\_\_

### Time

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Technical Exercises \_\_\_\_\_

New Material Worked on \_\_\_\_\_

Old Material Played \_\_\_\_\_

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### Time

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New Material Worked on \_\_\_\_\_

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**Parent Signature** \_\_\_\_\_

## Weekly Practice sheet CMR Band

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

\*\*\*List exercises in the spaces below. Include total time practiced on that day

Date	Goal	Warm-up	Technical	New Material	Fluency	Time

Parent Signature \_\_\_\_\_

Total Time \_\_\_\_\_

## Weekly Practice sheet CMR Band

Name \_\_\_\_\_ Date \_\_\_\_\_ Class \_\_\_\_\_

\*\*\*List exercises in the spaces below. Include total time practiced on that day

Date	Goal	Warm-up	Technical	New Material	Fluency	Time

Parent Signature \_\_\_\_\_

Total Time \_\_\_\_\_