

Start at the trouble spot...
 What do you like to improve?
 How are you going to fix it?

What are you trying to accomplish
 during your practice?

Always break up a piece into
 smaller units/sections
(Think: Musical Form)

- 1. Mental Understanding**
- 2. Physical Coordination**
- 3. Fluency**

- Practice Goals:**
- Metronome Work
 - Solving Trouble Spots
 - Memorization
 - Fix Fingering
 - Play Through
 - Performance Prep

Weekly Practice Session

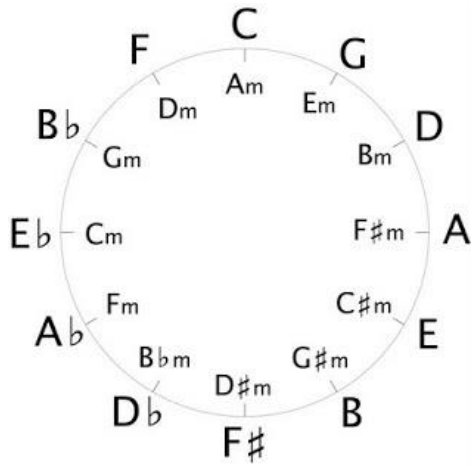
A general practice session should consist of various elements. Alternating between pieces and going back and forth between concepts keeps our minds alert during practice sessions. Using this format during daily practice prevents boredom and helps you to touch on all aspects of your assignments. Create a practice plan for yourself and for the days that you will practice. Include what you will focus on during your practice (see 'Practice Goals').

Materials	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
S.R./Orchestra							
Dozens/Technique							
Scales							
Polish Work							
Review Piece							
Quick Study							
Working Piece							
New Piece							
Theory							

Do you feel prepared? Yes No
 What would you like to address specifically during your lesson?

Are you content with your practice this week? Yes No
 What would you like to do different about your practice this next week?

Date: _____



	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
Goal							
X							

	Student	Teacher
Practice Grade:		
Lesson Grade:		

Reminder:

Mystery Tune:

Technique/Dozens/Scales:	Theory/Composition:
Sight-Reading/Orchestra:	Review/Quick Studies:
Polish Work:	

Repertoire:

