

Guidelines for Effective Practicing

- Warm up carefully
 - This is the most important part of practicing, yet it is the part that is skipped the most by students.
 - Select a time and location that are free from interruptions
 - Set a goal
 - a scale, an exercise, specific sections of a piece, or even a single measure that's giving you trouble
 - Work on it slowly, and then build up your speed gradually. Before leaving it, put it together with the rest of the line.
 - Repetition reinforces muscle memory
 - Rest when you get tired
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Suggested Practice Schedule

- 5 minutes: long tones, scales, rhythm charts, breathing exercises
 - GOALS: warm-up, beautiful tone production, forming good playing habits
- 10 minutes: new material, general skill-improvement, look ahead
 - GOALS: playing exercises, increase range, new songs, new lessons in book
- 10 minutes: familiar exercises, pass-off material
 - GOAL: finger dexterity, tonguing, overall fluency
- 5 minutes: personal music choices
 - GOAL: Play things you enjoy!