



The Smart Practice Guide

Mistake #1 - The "Start-From-the-Top" Syndrome

Playing until you stumble, then going back to the beginning of the song

The Fix: The "Surgical Method"

Isolate the problem area and fix it directly.

Mistake #2 - The "Need for Speed" Trap

This is that overwhelming urge to play everything at full tempo the second you can vaguely recognize the melody.

The Fix: The "Slow and Steady" System

1. Find the tempo where you can play the passage perfectly.
2. Once you can nail that passage perfectly three to five times in a row at that slow tempo, you can increase the speed a little at a time.
3. As you practice, count the rhythm out loud.

Mistake #3 - The "Marathon Runner" Mindset

The belief that progress only comes from long practice sessions

The Fix: The "Micro-Practice" System

Aim for frequency, not duration. Five focused, 20-minute sessions spread throughout the week.

A super effective 20-minute practice looks like this:

- 1. 3-5 Minute Warm-up:** Start with simple scales or five-finger patterns. This gets your fingers moving and your mind focused. It's non-negotiable.
- 2. 10-12 Minutes of Focused Work:** Pick one tiny section from your piece, just two to four measures, and apply the "Surgical Method" and the "Slow and Steady" system. Work on that one little spot and nothing else.
- 3. 3-5 Minutes (or more!) of Pure Fun:** End your session by playing something you already know and love. This rewards your brain, reconnects you to the joy of making music, and makes you excited to come back tomorrow.

Piano Practice Weekly Planner

Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Practice Goals

Warm-Ups & Exercises

Notes:

The graphic features a piano illustration at the top left, a metronome, headphones, and sheet music at the bottom. The central part of the graphic is a weekly planner grid with seven columns for the days of the week and multiple rows for notes and goals.