A PRINTABLE PRACTICE GUIDE

The Piano Practice Planner

A 10-Week Plan from a Las Vegas Piano Teacher

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lasvegaspianoschool.com

FOR BEGINNERS · PARENTS · ADULT LEARNERS

How to use this planner

I have taught piano for many years, and the students who progress most steadily are rarely the ones who practice the longest. They are the ones who practice **a little, almost every day**. This planner is built around that idea.

Print the tracker pages and keep them by the piano. Filling in a day takes under a minute.

1. Warm-up

A few minutes of scales, five-finger patterns or simple exercises. It wakes up your hands and your ears.

2. New piece

Work on the new material while your mind is fresh. Small sections, slow tempo, hands separately if needed.

3. Review

Return to pieces you already know. Review is how music becomes secure.

4. One fun piece

Something you simply enjoy playing. Always finish here.

My teacher's rules

- **Short and daily** beats long and occasional. Six short sessions a week will do more than one long one.
- **Same time each day.** Attach practice to something that already happens: after breakfast, before dinner, before bed.
- **Write the minutes** in the grid and tick each part you completed. A few ticks are better than none.
- **Take one day to rest** if you need it. A missed day is just a blank box, not a failure.

For parents of young students

You do not need to read music. Sit nearby for the first minutes, ask your child to show you the new piece, and listen with interest. Help them pick the practice time, keep the grid on the piano, and tick the boxes together. Praise effort and specific details ("that left hand was so steady"). Please keep practice calm and positive; a happy five minutes is worth more than a tense twenty.

Bring the finished pages to the lesson so the teacher can see how the week went.

How long should we practice?

Every student is different, but these are the starting points I give my own students and families. They are a teacher's rule of thumb, not a strict requirement. Begin at the lower end and build up as playing becomes a habit.

Student	Daily session	What it usually looks like
Ages 4–6	**10–15 min**	Short, playful sessions with a parent nearby. Two five-minute visits to the piano can work better than one long one.
Ages 7–9	**15–20 min**	A simple routine: warm-up, new piece, review, one favorite. Parent checks in at the start and end.
Ages 10–13	**20–30 min**	More independence. Pieces grow longer, so work in sections and use the notes line to track what to fix.
Teens & adults	**30–45 min**	Can be split into two sessions. Adult beginners often do best with a fixed daily slot and a clear goal each week.

A few reminders

- Consistency matters more than minutes. Ten focused minutes every day is a strong start.
- If a session turns frustrating, stop, play something you love, and come back tomorrow.
- Your own teacher may adjust these numbers for your goals and schedule. Follow their advice first.

Week 1

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 2

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 3

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 4

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 5

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 6

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 7

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 8

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 9

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Week 10

Date: ___ / ___

Goal for this week _____

Pieces & exercises _____

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Minutes							
Warm-up	☐	☐	☐	☐	☐	☐	☐
New piece	☐	☐	☐	☐	☐	☐	☐
Review	☐	☐	☐	☐	☐	☐	☐
Fun piece	☐	☐	☐	☐	☐	☐	☐

What went well

What was hard

Teacher / parent note _____

Eight practice tips

These are the habits I come back to again and again in the studio. Pick one or two to focus on each week.

1 Practice slowly

Slow enough that you never stumble. Speed is a result of accuracy, not a goal in itself.

2 Hands separately

Learn each hand alone until it feels easy, then put them together at a gentle tempo.

3 Use a metronome

Start slower than feels necessary and raise the tempo only a little at a time.

4 Practice in small chunks

Two bars at a time is plenty. Fix the hard spot, then connect it to what comes before.

5 Listen to the piece

Hear a recording before and during learning, so you know where the music is going.

6 Record yourself

A quick phone recording tells you things you cannot hear while playing.

7 Celebrate small wins

A passage that worked today is worth noticing. Tick the box and enjoy it.

8 End on something you love

Finish every session with a piece you enjoy. It makes tomorrow's practice easier to begin.

Want a teacher's ear on your playing?

A planner keeps you on track. A teacher listens, spots what you cannot hear yet, and shows you exactly what to do next. If you would like that support, I would be glad to hear from you.

Private piano lessons

One-to-one lessons at my studio in Las Vegas, or online from wherever you are. Children, teens and adults are all welcome, beginners included.

Lesson packages

10-lesson packages are available for steady progress. See the options and book here:

lasvegaspianoschool.com · Book Lessons / Prices

Gift certificates

Give the gift of music to someone you love.

lasvegaspianoschool.com/piano-gift-certificate

Recommended keyboards, books & accessories

My picks for what to practice with and learn from at home.

lasvegaspianoschool.com/piano-gift-guide

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