

HOW TO PRACTISE FOR SUCCESS!

1. **HAVE A PLAN** – first select one or two pages to practise

*Then focus on **one** of the following aspects for your practice session:*

2. FINGERING

- a) Say fingering out loud of one bar only without playing – do that 3X
- b) Memorise fingering – say it out loud – do 3X
- c) Then say it and play it at the same time (if instrument permits).
- d) You repeat this for any bars that are technically demanding

3. RHYTHM

- a) Select one bar with tricky rhythm
- b) Work out how notes fit into the smallest beats e.g. in 6/8 work out which notes are on counts 1 – 6.
- c) Clap or articulate the rhythm of the bar – do that 3X
- d) Then play the bar (counting out loud if instrument permits) – do 3X

4. TEMPO – getting it fluent

- a) Select 2 bars at a time – focus only on 2 bars
- b) You've already done some fingering and rhythm work – focus now on clapping or articulating the rhythm of whole 2 bars – repeat 3X
- c) Play it – do 3X
- d) Repeat this process until a complete phrase has been practised
- e) Now play the whole phrase –repeat 3X. If there's hesitation anywhere go back to doing one bar at a time – until becomes fluent within the whole phrase
- f) Repeat a) – e) for the whole page or 2 pages.

5. INTONATION – without vibrato – CORRECTING WRONG NOTES (for pianists/percussionists)

- a) Select a bar where your intonation or note accuracy need work. Play only that one bar (no vibrato). Work out if there's a shift (for strings) or a leap (for pianists/percussionists) or need to adjust embouchure/breath (for woodwind/brass/singers). Focus on this reason to get bar in tune/notes accurate.
- b) Now play from one bar before that – so 2 bars in all – repeat 3 X
- c) Now play all 3 bars listening to tuning - one bar before + bar + one bar after
- d) Repeat a) – c) for your page or two chosen for that practice session

Stick to your plan! It works 😊

If you'd like to be taken through this plan individually, contact Robin for a coaching session.

Coaching programmes available –

For School Music Scholarships, Competitions and Exams

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