

PRACTICE STRATEGIES

Slow Practice

Adding On

Whole-Part-Whole

Chunking

Work Backward

Change Rhythm

Change Articulation

Sing & Fing

10 Ways To Optimize Music Practice

1. Find somewhere **quiet**.

2. Have your **supplies** nearby.

3. **Technology** can be an amazing aid!

4. **Begin with the end in mind:**

Have a goal for each practice session before you start playing.

5. Map a **practice session** out like a **workout**.

6. Practice **smarter**, not necessarily **longer**.

7. Don't always start at the **beginning**

8. **Challenge** yourself - **physically**.

9. Practice **away** from your instrument

10. **Reward** hard work in positive ways to help your brain automate **good habits**.