



Name

**Lesson
and
Practice Journal**



Best Practice Techniques

Here are some tips to help you practice as well as you can!

Set your goals.

In anything we do, its important to have your goal or purpose for your practice time. What do you need to concentrate on. Is it timing and rhythm? Is it that you want to memorise the piece of music you are practicing? Remember, even the best musicians in the world need to work on their pieces from scratch the same way! If you set the goal, you will concentrate better and be motivated to achieve that goal!

Keep a practice journal.

It is a good idea to record your goals in a journal and reflect on how you achieved these. So important that you reflect on;

What worked

What didn't work?

How did you accomplish the goal?

This is great to revisit next time you practice to know where you left off.

Practicing is NOT just about playing through your music

Its not 'practice makes perfect', its actually 'perfect practice makes perfect'

The process of learning and perfecting a piece, doesn't mean you have to play the piece over and over again from the beginning to end. This can actually harm your progress. Find sections that you may stumble on and concentrate working on the technique. Perfecting smaller sections and then connecting them as a whole will make the practice more efficient.

Repeating a piece with mistakes becomes a habit, its better to make sure the notes are the right pitch, in the right rhythm and expressed in the right manner.

Even research the history of the piece, listen to other artists on YouTube playing/ singing the piece and use a pencil to remind you of markings eg how many beats, what note it is etc.

Make sure your practice area is set up for successful practicing

You need your practice area to be free of distractions with the tools to practice efficiently. Make sure it is quiet (without tv, computers, ipods), has enough light. Turn off your phone so you are not tempted to check your messages and get calls. Make sure you have a metronome, pencils, a tuner, a mirror, your music and technique books, your practice log, and some water.

Break up your practice time into smaller periods.

How long is a good practice? It all depends how good you wish to become. I suggest 20mins a day to 3 hours. It depends whether you are a beginner or advanced but it is good to keep your routines regular. Practicing effectively requires concentration and focus and that can be very fatiguing. I always find that 3 sessions of intense 10 minutes can be better than half hour of waffle! It can also depend on the instrument, a pianist might have the physical stamina to play for two hours straight, but not recommended for a singer.

Warm up

Make sure that you always start your practice with warmups. Don't jump into your pieces straight away. It is in the warmup that you are setting your technique. Like an athlete, you are preparing your body and your mind for the work ahead.

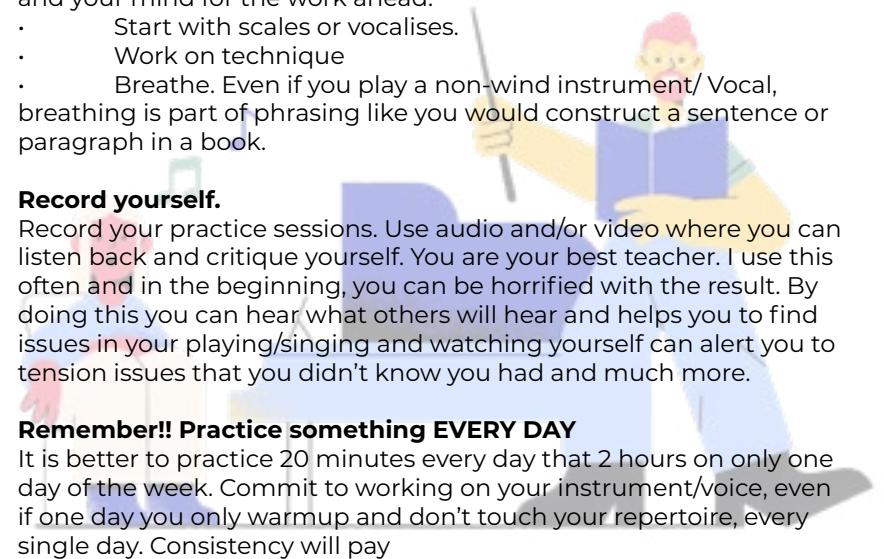
- Start with scales or vocalises.
- Work on technique
- Breathe. Even if you play a non-wind instrument/ Vocal, breathing is part of phrasing like you would construct a sentence or paragraph in a book.

Record yourself.

Record your practice sessions. Use audio and/or video where you can listen back and critique yourself. You are your best teacher. I use this often and in the beginning, you can be horrified with the result. By doing this you can hear what others will hear and helps you to find issues in your playing/singing and watching yourself can alert you to tension issues that you didn't know you had and much more.

Remember!! Practice something EVERY DAY

It is better to practice 20 minutes every day than 2 hours on only one day of the week. Commit to working on your instrument/voice, even if one day you only warmup and don't touch your repertoire, every single day. Consistency will pay



WEEK ____

Parents/Guardians should initial for each day
their child practice at least

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |

WHAT DID I DO WELL WHEN I PRACTICED THIS
WEEK?

WHAT CHALLENGED ME THIS WEEK?

Work to be done:



Parents/Guardians should initial for each day
their child practice at least

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |

WHAT DID I DO WELL WHEN I PRACTICED THIS WEEK?



Handwriting practice lines for the first section.

WHAT CHALLENGED ME THIS WEEK?

Handwriting practice lines for the second section.

WEEK ____

Work to be done:

Handwriting practice lines for the 'Work to be done' section, including musical staves.

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| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |

WHAT DID I DO WELL WHEN I PRACTICED THIS WEEK?

WHAT CHALLENGED ME THIS WEEK?

WEEK ____

Work to be done:



Parents/Guardians should initial for each day
their child practice at least


| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |

WHAT DID I DO WELL WHEN I PRACTICED THIS WEEK?

WHAT CHALLENGED ME THIS WEEK?

WEEK ____

Work to be done:



Parents/Guardians should initial for each day their child practice at least

WEEK _____

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
| | | | | | | |

Work to be done:

WHAT DID I DO WELL WHEN I PRACTICED THIS WEEK?

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WHAT DID I DO WELL WHEN I PRACTICED THIS WEEK?

WHAT CHALLENGED ME THIS WEEK?

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WHAT DID I DO WELL WHEN I PRACTICED THIS WEEK?

WHAT CHALLENGED ME THIS WEEK?

WEEK ____

Work to be done:

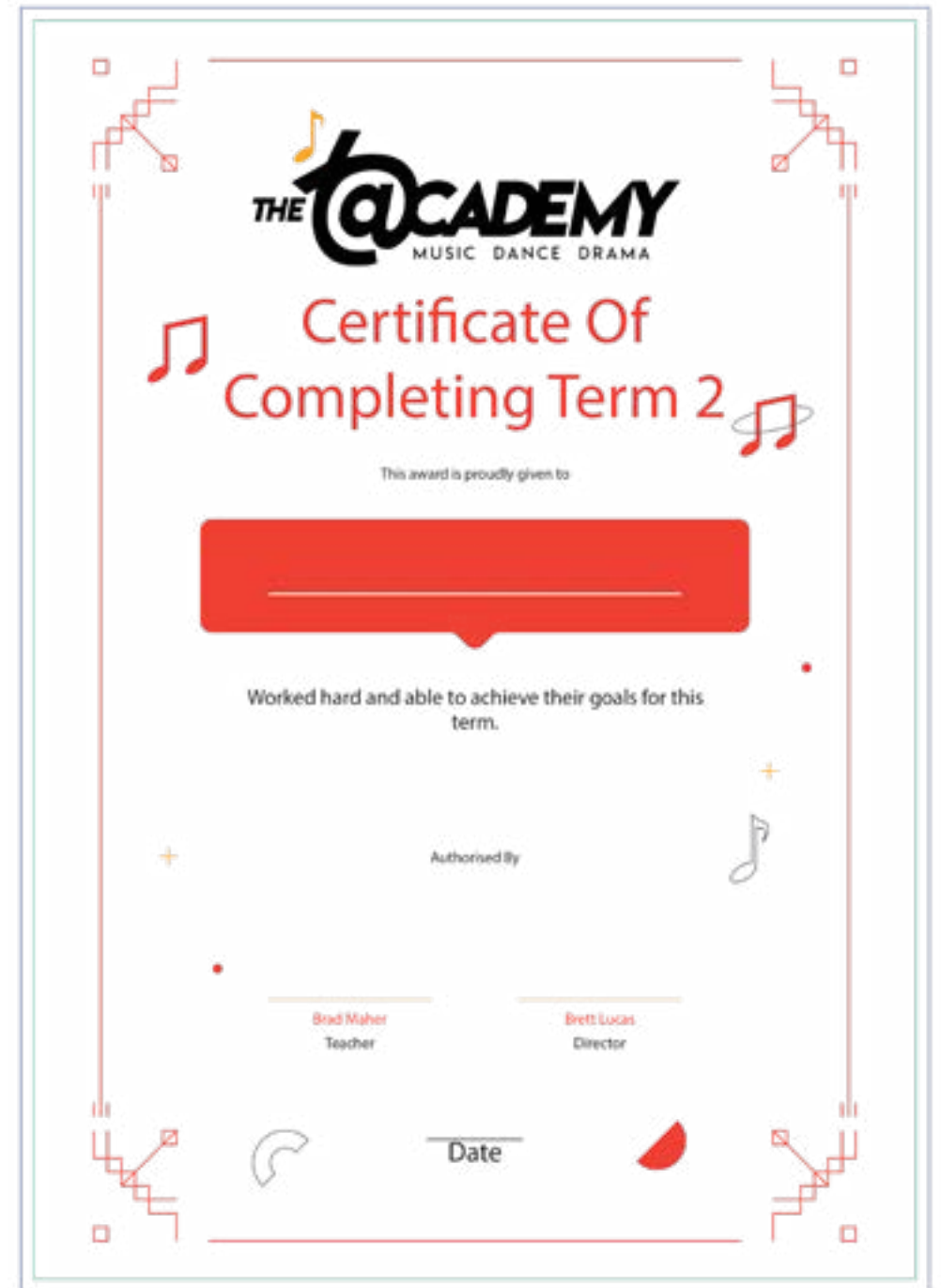
My Term Reflection

What new skills did you learn this term? Name 3

1. _____
2. _____
3. _____

What do you need to work on for next term? Name 3

1. _____
2. _____
3. _____



THE @ACADEMY

MUSIC DANCE DRAMA

musicdancedrama.com.au

admin@musicdancedrama.com.au

02 4268 5033

