10 Minute Practicing Guide

(Start the timer AFTER you assemble your instrument)

3 Minutes: Warm Up

- Play our first 5 notes as slow whole notes - these are called “long tones”
- Play our first five notes more quickly, going up and then down one note at a time - this is part of a “scale”
- ***Focus on*** posture/ hand position, tone, and articulation

6 Minutes: Repertoire

- Pick out 4-8 measures of music that need improvement
- Set a **goal** for those 4 measures. *Examples: tongue every note, hold the half notes for two full beats, alternate sticks*
- Break the measures down into smaller chunks. Once you can play each chunk correctly several times in a row, start to put them together
- ***Pro tips:*** practice in the mirror, use an online metronome, record yourself and listen back to it, perform for your family or pets

1 Minute: Cool Down

- Play something that makes you happy!

When the timer goes off, swab your instrument, pack everything up, and put your supplies by your backpack so you remember them tomorrow.