

Minimum Time, Maximum Achievement

A Guide to Good Practice Habits

Place

- Musicians need a place to practice that is quiet and minimizes interruptions.
- Musicians need a music stand, a metronome, and a straight back chair.

Duration

- It is better to practice often for short periods of time than seldom for long periods. This is for skill and muscle development that needs frequency for best results.
- Twenty minutes to a half an hour each day is perfect for students who are working on lessons and band music.
- Students taking private lessons and/or working toward an audition should practice half an hour to an hour a day.

Method

- Start with a warm-up for about 5 minutes.
- Review scales (rudiments for percussionists).
- 5-10 minutes of lesson material where musicians should be working out difficult passages, slowly and with a lot of repetition.
- 5-10 minutes of band music where musicians should be working out difficult passages, slowly and with a lot of repetition.
- End with something fun...Just play through a favorite selection.
- Brass players should cool down.

Suggestions for Parents

- For most students and adults practice is not fun. Playing your instrument is fun but practice is tedious work and is difficult. Most students will not practice without encouragement.
- Occasionally, take time to sit with your child and listen to the practice.
- Set up a convenient time each day for practice.
- Never use music as a punishment.
- Intervene if you don't hear the type of practice session outlined here.

Also, for **Home Practice Online**, please see the following:

www.psdweb.parklandsd.org/hpo

www.metronomeonline.com