Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Practice - week of \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|  |  |  |  |  |  |  |

**Detailed Practice Session - Winds**

|  |  |  |
| --- | --- | --- |
| Session Date | Session Start Time | Session End Time  |
|  |  |  |
|  |  | ***Fundamentals*** |  |
| *Concept* | ✓ | *Specific Application* | *Time (in Minutes)* |
| Breathing exercises |  |  |  |
| Long tones |  |  |  |
| Lip slurs (brass) |  |  |   |
| Range exercises |  |  |  |
| Dynamic exercises |  |  |  |
| Scales |  |  |  |
| Articulation exercises |  |  |  |
| (other) |  |  |  |
| ***Etudes*** |
| Book/page(s) |  |
| Exercises |  |
| Measures |  |
| Goal/Focus |  |
| Strategies |  |
| Time |  |
|  |  |
| ***Literature (check off one)*** |
| Solo (✓) |  | Ensemble(✓) |  | Band Music(✓) |  |
| Title |  |  |
| Measures |  |  |
| Goal/Focus |  |  |
| Strategies |  |  |
| Time |  |  |
|  |  |  |
| Goal Setting/Reflection  |
| Evaluate today’s practice session. Be specific and use this space for thoughtful reflection. (What went well, what didn’t, what needs more work). Do you need to revise your goals to make them achievable? |
|  |
| What strategies were most effective during this practice session? |
|  |
| Based on today’s practice session, set some **specific** goals for your next practice session. |
|  |

**Directions**

**Weekly practice** – Write the amount of time you practice (minimum 20 minutes) in the box under the day of the week. Practice sheets are due each Monday (or the first day the class meets that week), so the practice week begins Monday and runs through the following Sunday evening. Rehearsing with any RBR instrumental group on your band instrument counts as half time (i.e. – a 2 hour rehearsal counts for 1 hour of practice). Practice time on a 2nd instrument also counts as half time

**Detailed practice session** – Complete the rest of the practice sheet during ONE practice session each week. Select a practice session where you can complete goals in all three practice areas (fundamentals, etudes, literature). Don’t forget to fill out the date and start and stop times for that session

**Fundamentals** – place a check mark in the box next to each exercise you complete. You do not need to do all of them during every practice session, although you should do most of them. Fill in the specifics about the exercise (e.g. Long Tones – up F chromatic scale, one octave, 10 sec. cresc, and 10 sec. dim. for each pitch). Record approximately how long it takes you to complete each exercise.

**Etudes** – All players should be working on building technical skills specific to their instrument. Use any method or etude book appropriate for your skill level. See me if you are not sure if you have an appropriate book. Record the specific information for that day’s practice including a clearly stated and measurable goal (e.g. perform measures 3-7 at quarter note = 108 three times with perfect rhythm and articulation).

**Literature** – Check the appropriate box for the kind of literature you are practicing (Solo, ensemble music, or band music).

**Goal setting/reflection** – Spend a few thoughtful moments analyzing your goals and approach to that day’s practice session. Be specific. Use your evaluation to create a set of measurable goals for your next practice session.

Practice Strategies

Here are some strategies you might want to try.

Other band members or private teachers might have additional ideas

|  |  |  |
| --- | --- | --- |
| Clap and count | Finger and count | Simplify the rhythm |
| Play rhythm on one pitch | Slow it down | Use a metronome |
| Three times perfect | Work back from the end | Isolate one aspect |
| Record your playing | Build from the middle | Write your own below |
|  |  |  |

**Practice Sheet Scoring (10 points possible)**

There are 5 points possible for each section (Daily practice and detailed practice session). You must complete BOTH sections to receive credit.

1. Weekly practice – practice sessions must be at least 20 minutes in length. Points are awarded as follows: More than 100 minutes = 5 points. 80-100 = 4 points. 60-80 = 3 points. 40-60 = 2 points. Less than 40 = 1 point. Practice must take place on at least 3 different days.
2. Detailed practice session – a complete, detailed account of your practice session including specific, measurable goals, use of effective practice strategies, and thoughtful goal setting/reflection. You can earn one point for fundamentals, one point for etudes, one point for literature, and two points for goal setting/reflection..

**Etudes/Literature**

**Book/pages and Exercise** – Be specific so I know what you’re working on. Note that Sound Innovations is not an etude book. Exercises from that book can be part of your fundamentals. You will receive an etude book from me. If we cannot find one appropriate for your level, than Sound Innovations (or similar) may be acceptable. Example – Klose, p. 16, Ex. #3

**Measures** – Write down the specific measures you are focusing on today. This doesn’t mean you can’t (or shouldn’t) play more when you’re done, but there is a huge difference between “playing” and “practicing”. Narrow your focus to something small that you can improve immediately. Unless it is a very short etude, please do not write “all”. This is simply a waste of your practice time. Example – mm. 27-35.

**Goal** – This needs to be a specific and measurable goal. You should be able to objectively determine whether or not you have succeeded at the end of your practice time. “Get better” is not specific nor is it easily measurable. Use S.M.A.R.T. goals

*S* – specific

*M* – measurable

*A* – Attainable (today)

*R* – relevant (to your instrument and growth as a player)

*T* – time-bound (the goal needs to be reasonable within the amount of time you are practicing for this session.

Example – perform with a steady beat (no note/rhythm mistakes) without stopping at quarter note = 100 (this would apply only to the target measures indicated above).

Strategies – List the strategies that your are applying to the target measures in order to achieve your goal. There is a list of popular strategies on the back of the practice sheet. Select strategies that are directly related to the goal. If your goal is to work on playing the rhythm correctly then there are several strategies that might be useful (slow it down, clap and count, play rhythm on one pitch). Simplify the rhythm would not be a good one since your are trying to learn the correct rhythm.

Example – slow it down, clap and count, play rhythm on one pitch).

Practice *doesn’t* make perfect – but perfect practice makes the music way better!![C:\Documents and Settings\Kevin Pryor\Local Settings\Temporary Internet Files\Content.IE5\ZCZU5G7W\MCj04061200000[1].wmf]()

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Practice – Week of \_\_\_\_\_\_\_\_\_\_\_\_

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|  |  |  |  |  |  |  |

**Detailed Practice Session – Percussion**

|  |  |  |
| --- | --- | --- |
| Session Date | Session Start Time | Session End Time  |
|  |  |  |
|  |  | ***Fundamentals*** |  |
| *Concept* | ✓ | *Specific Application* | *Time (in Minutes)* |
| Rudiments |  |  |  |
| Rhythm reading  |  |  |  |
| Sticking |  |  |   |
| Speed control |  |  |  |
| Dynamic exercises |  |  |  |
| Scales |  |  |  |
| Endurance |  |  |  |
| (other) |  |  |  |
| ***Etudes*** |
| Book/page(s) |  |
| Exercises |  |
| Measures |  |
| Goal/Focus |  |
| Strategies |  |
| Time |  |
|  |  |
| ***Literature (check off one)*** |
| Solo (✓) |  | Ensemble (✓)  |  | Band Music (✓) |   |
| Title |  |
| Measures |  |
| Goal/Focus |  |
| Strategies |  |
| Time |  |
|  |  |
| Goal Setting/Reflection  |
| Evaluate today’s practice session. Be specific and use this space for thoughtful reflection. (What went well, what didn’t, what needs more work). Do you need to revise your goals to make them achievable? |
|  |
| What strategies were most effective during this practice session? |
|  |
| Based on today’s practice session, set some **specific** goals for your next practice session. |
|  |