

ALL INSTRUMENTS//



**MUSIC
PRACTICE
TRACKER
&
PRACTICE
STRATEGIES GUIDE**

Practice Tracker

Week: _____

Name: _____

Instrument: _____

	Date	Piece(s)	Tempo (BPM)	What I Worked On . . .	Practice Strategies Used
Entry 1					
Entry 2					
Entry 3					
Entry 4					
Entry 5					
Entry 6					
Entry 7					

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Practice Strategies Guide

In order to improve in our skills as musicians, we need effective practice strategies that will help us get better.

In this *Practice Strategies Guide* you will find suggestions for how to practice effectively so you can utilize your time in the practice room efficiently and make real improvements.

Before you practice, carve out a designated place that is quiet and free of distractions. Keep your practice accessories on hand and in your practice space. This includes:

- metronome
- tuner
- pencil
- Practice Tracker

Utilize the strategies below in your practice sessions to help you improve.

These strategies will help you to be more efficient with your time and get better faster!

Practice Strategies

1. **Isolate The Hard Spots** - Before you begin to work on a piece of music, identify the difficult spots in the music. Circle those spots and practice them until they become more comfortable.
 2. **Slow Practice** - Start by practicing at a slow tempo that will allow you to get through the entire piece or phrase without any mistakes. Slow will eventually equate to faster as you build up your muscle memory.
 3. **Mark Your Music** - Take your pencil and mark in any tempo changes, key signature changes, fingerings, dynamic markings, or articulations. Do this before you practice your music.
 4. **Just The Notes and Rhythm** - Remove the slurs, articulations, and dynamics and only practice nailing the correct notes and rhythms. Once you are confident with those basics - add them back in.
 5. **Air Bow** - "Air bow" a difficult rhythm to get the feel in your bow before incorporating the left hand notes
 6. **Just Left Hand** - Finger the notes in your left hand only without the bow. This will help to build muscle memory in your left hand.
 7. **Record Yourself** - Record your practice, listen back, and critique your performance. Make corrections.
 8. **"Chunk It"** - Practice short sections of music. Take one, two, or four measures at a time and focus only on those challenging measures. Repeat those measures till you master them.
 9. **Use a Metronome** - Use a metronome to keep your rhythm honest and to build your internal sense of time. Start slowly and gradually increase the tempo of whatever you are working on as you get more confident.
 10. **Whole - Part - Whole** - Run through your entire piece of music without stopping. Now, go back and practice those sections you may have made errors on. Lastly, perform the entire piece again and assess your progress.
 11. **Other:**
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THANK YOU

I'm so glad you downloaded this resource. I hope this resource will greatly help you and your students.

If you have any questions or comments, please feel free to reach out any time using the information below.

Mark Przybylowski

String Educator/Double Bassist

www.markprzybylowski.com

mark@markprzybylowski.com