

DATE:



## “SMART” PRACTICE TOOLS AND TIPS

*It's not necessarily the amount of time you spend at practice that counts; it's what you put into the practice.*

*~Eric Lindros*

- Break up practice into 2-3 daily sessions if possible
- Break up pieces into small sections of 2-8 measures
- "Again, Again, Again!" Practice those small sections multiple times
- Practice in your brain (silent practice)
- Tap and count the rhythm
- Play slowly but with a steady beat
- Practice backwards - start at the end of the song

Items	Sun	Mon	Tue	Wed	Thurs	Fri	Sat

### Practice Reflection

How much effort do you feel you put into your practice this week? \_\_\_\_\_

What did you enjoy the most? \_\_\_\_\_

What did you enjoy the least? \_\_\_\_\_

What did you struggle with? \_\_\_\_\_

What do you still need to work on? \_\_\_\_\_