



# HOW TO PRACTICE EFFECTIVELY AT HOME



# WHAT TO I NEED?

## 1. YOUR INSTRUMENT

## 2. A MUSIC STAND

## 3. USE A PROPER CHAIR FOR A PROPER POSTURE



Set clear goals before you start you play

1. How long do I practice on a regular basis and at the beginning stages of your playing?
2. What do you want to achieve in each practice session?

# WHERE DO I START?



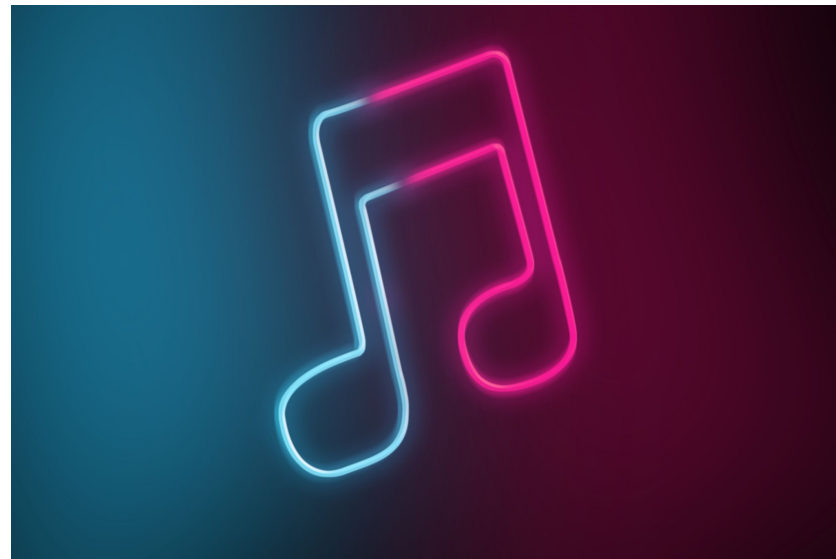
## **Start with warm-up exercises.**

Breathing exercises: Inhale (nose) for 4 beats then exhale (through the mouth) using 'sssss' for 8 beats

Long tones: on any note you have learned

Excite the tongue by tonguing any note on a steady beat on quarter notes (use a metronome if needed)

IN THE BEGINNING,  
PRACTICE SLOWLY TO  
BUILD ACCURACY





## FOCUS ON DIFFICULT SECTIONS OF THE MUSIC.

1. Don't waste time repeating what you already know.
2. Break the music into parts to fix weak areas
3. When you are just learning, isolate bars that are challenging you and start rehearsing
4. When you can play these challenging parts 3 times without error at a slow tempo. If you make an error, start again.
5. When you can play the part then increase the tempo slightly using a metronome and start again.

## USE FOCUSED AND CONSISTENT TIME BLOCKS

1. Try 15-20 minutes per session at the beginning stages
2. Avoid long, tiring, distracted sessions but use short, focused practices.



## TRACK YOUR PROGRESS REGULARLY

Tracking helps you stay  
consistent and more  
effective at home  
practice

Record your session,  
listen and self-assess  
your progress

Write notes on your  
progress



# Celebrate your successes



# COMMON MISTAKES

NOT SETTING GOALS

PLAYING TOO FAST

IGNORING MISTAKES

SKIPPING THE BASICS

BEING INCONSISTENT





# TO IMPROVE

PRACTICE WITH NO DISTRACTIONS

STAY CONSISTENT

FOCUS ON QUALITY, NOT THE NUMBER OF HOURS

