

Sure-Fire Practice Techniques

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Lecture posted on www.faythefreese.com

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When Pablo Casals (then age 93) was asked why he continued to practice the cello three hours a day, he replied, "I'm beginning to notice some improvement."

Introduction: There are no short cuts to learning repertoire.

Music education research suggests that there are four components of self-regulated learning that are especially important for academic performance:

- a. **Metacognitive Strategies**
- b. **Management and Control**
- c. **Specific Cognitive Strategies**
- d. **Self-Efficacy**

Eternal Principles:

1. Keep practice fresh.
2. Practice immediately after your lesson.
3. Avoid playing incorrect notes.
4. Build tempo.
5. Practice at a steady tempo.
6. Bracket troublespots and focus on these areas.
7. Take frequent breaks.
8. Practice with registrations and pistons as soon as notes are learned.
9. Practice on consecutive days, skipped practice cannot be made up.
10. Practice away from the organ with the score.
11. Play your music for others.
12. No distractions: Turn off your phone.

B. Practice Management Plan: Set Goals. See Sample Organ Practice Checklist, Page 3.

C. Getting Ready! Score Preparation:

1. Mark Fingering.
2. Mark Pedaling.

D. Warm-up Your Hands and Feet! Daily!

1. Manual Scales on Piano and Organ.
2. Pedal Scales.
3. Arpeggios on Piano and Organ.
4. Hanon, Czerny etc.

E. Learning the Notes

1. Hands Alone.
2. Feet Alone.
3. Hands Together.
4. RH and Pedal Together.
5. LH and Pedal Together.
6. All Parts Together.

Organ Practice Checklist	4/15/14	4/16/14	4/17/14	4/18/14	4/19/14	4/20/14	4/21/14
<i>Sonata in d minor , S.527 Vivace</i>							
Check all that apply:							
Practice Strategies							
Metronome	x	x	x		x	x	
Slow Practice	x	x				x	x
Rhythms	x	x	x	x	x	x	x
Different tempi	x	x	x		x	x	
Backwards Practice	x	x		x			
Inside Out Practice		x		x			
Slow to Fast Practice			x			x	
Troublespot Isolation		x	x	x		x	x
Odd Registrations					x		x
Record Yourself							
Visualization							x
Dead Manual Practice							x
Play at 1/2-3/4 tempo							x
Monitor Your Progress							
Progress made 1=None, 5=Excellent	4	3	2	5	2	4	3
Rate Concentration: 1=Poor, 5=Excellent	3	3	3	5	3	4	4
Each piece has its own checklist							
Exercises/Etudes:							
Manual Scales	x	x	x	x	x	x	x
Pedal Scales	x	x	x	x	x	x	x
Arpeggios	x	x	x	x	x	x	x
Piano Practice	1 hour	1.5 hours	45 m	1 hour	30 m	1 hour	1.5 hours

Prelude in e minor, S.548

Backwards Practice

Sonata in d minor, S.527 Vivace

Inside Out Practice

Sonata in d minor, S.527 Vivace

Slow to Fast Practice