# **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

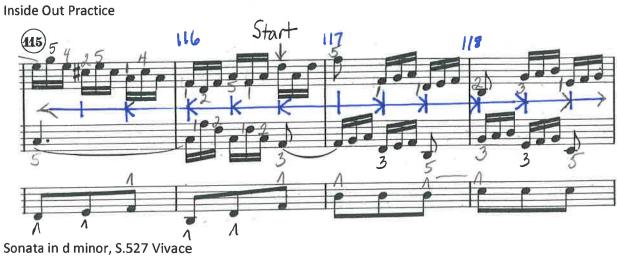
- 1. Hands Alone.
- 2. Feet Alone.
- 3. Hands Together.
- 4. RH and Pedal Together.
- 5. LH and Pedal Together.
- 6. All Parts Together.

Organ Practice Checklist	4/15/14	4/16/14	4/17/14	4/18/14	4/19/14	4/20/14	4/21/14
Sonata in d minor , S.527 Vivace							
Check all that apply:							
Practice Strategies							
Metronome	x	x	x		х	х	
Slow Practice	x	x				х	х
Rhythms	x	x	х	x	х	x	х
Different tempi	x	х	x		х	х	
Backwards Practice	x	x		х			
Inside Out Practice		x		х			
Slow to Fast Practice			x			х	
Troublespot Isolation		x	х	x		x	x
Odd Registrations					х		х
Record Yourself							
Visualization							х
Dead Manual Practice							х
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	х	x	x	x	x	x
Pedal Scales	х	х	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



Sonata in d minor, S.527 Vivace



Slow to Fast Practice

