

Making the Most of Your Practice

Watch the following video or discuss the Bruce Lee quote: "I fear not the man who has practiced 10000 kicks once, but I fear the man who has practiced one kick 10000 times."

INSPIRE

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How much does the student practice every day?
Do they think that they are practicing effectively?

PRACTICE

Design a practice schedule for the week with your student.

- List the goals that you want them to achieve.
- Find multiple exercises that lead to the same goal.
- Instead of practicing each exercise for an extended period of time, practice each exercise for a few minutes before moving onto the next – then begin the exercises again. It has been shown that practice is more efficient when the player is engaged. Rotating through a collection of lessons helps this.
- If you are learning an entire song, don't play the whole song over and over, but spend time concentrating on different parts that the student finds difficult. Again, make sure to keep varying what you practice.
- Try and practice multiple times a day for short bursts, rather than one long practice. For instance, three 20-minute practices are likely better than one 60-minute practice. This also helps to keep the student engaged.

Attached on the right is a collection of exercises for practicing the G major scale on the guitar.

RECORD

Record the practice schedule.

REFLECT

How well did you perform the exercises?

Take time to look through previous sessions of the same practice material.

How have you improved over time?

Are there still areas that you could improve in?

TAKE IT FURTHER

If the practice routine becomes too easy, try and create your own exercises that lead to the same goal.

MATERIALS NEEDED

- iOS, Android, or Chromebook device.
- Guitar.

DIFFERENTIATIONS

If you're caught without your guitar, imagine playing through your practice routines. This is almost as beneficial as real practice.

TAGS

SUBJECTS

Modern Band

GRADE LEVELS

Advanced

Intermediate

SKILL LEVELS

Beginner

SKILLS

Critical Reflection

Decision Making

Effective Communication

Memory

Planning

Problem Solving Skills

Self-Awareness & Confidence

MUSICAL SKILLS

Articulation

Expression

Individual Performance

Instrument Motor Skills

SUGGESTED ASSIGNMENTS

Practice your weekly schedule all the way through, at least once a day.

ACTIVITY

Look at the most efficient ways to practice and develop a schedule for your week.

SKILLS

MUSICAL

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EXTRAMUSICAL

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Problem Solving Skills
Self-Awareness & Confidence