

How Much Practice* is Required for Beginners?

You choose!

If you practice this much:	You may achieve this:
2 times a week for 20 minutes	Very slow to no progress
3 times a week for 20 minutes	Slow progress
4 times a week for 20 minutes	A little more progress.
5 times a week for 20 minutes or more	Moderate progress, this is pretty good.
6 times a week for 20 minutes or more	Good progress, this is great!
DAILY for 20 minutes or more	Excellent progress! You're going places!
<i>What are really good musicians doing as they progress with several years of lessons?</i>	
6 times a week for 40-60 minutes	Intermediate level and skills - playing more difficult songs
DAILY for 1-2 hours	Advanced level and skills - playing just about anything you wish! Students in competitions or wanting to study music in college
DAILY for 5-6 HOURS a day	This is what PROFESSIONAL musicians do!

**See next page for HOW to practice!*

“Practice with your fingers and you need all day. Practice with your mind and you will do as much in 1 1/2 hours.” ~Leopold Auer

Deliberate Practice is practicing with your Brain, not just your Fingers!

- ❖ Put "orchestra practice" on your daily schedule. Practice without distractions! No TV, other noise, no gum in your mouth, or siblings interrupting you.
- ❖ Always warm up your fingers with scales, arpeggios, or whatever your teacher has assigned for a warm up; then move on to your assigned pieces....
- ❖ Play slowly; repeat small and specific sections.
- ❖ Do not just play from beginning to end.
- ❖ Pay attention to what your teacher wrote on your music! Look at and study any notes written in, fingerings, things that are highlighted, etc.
- ❖ Note where and when mistakes occur - how can you fix them? Circle them if you need help at your next lesson.
- ❖ "Cut out" hard spots and work 'em a lot, then back up a bit and paste them back in.
- ❖ Keep your head in the game.
- ❖ Engage your ear! Listen to the music you are producing. Is it beautiful?
- ❖ Keep practice sessions limited to a duration that allows you to stay focused. This may be as short as 10-20 minutes for younger students, and as long as 45-60 minutes for older individuals.

