

POWAY HIGH SCHOOL PRACTICE TIPS

Practice Every Day

Help your long-term memory—Improve your learning curve

Have Specific Goals

Create specific, attainable goals before you practice

Begin With The Basics

Go over technique first—Always have a warm-up plan

Focus On The Tough Stuff

Spend your time on what you cannot play—turn your fear into confidence

Tune It Up

Improve intonation by knowing the pitch tendencies of your instrument

Slow It Down

Muscle Memory—Never make mistakes—Learn it right the first time

Break It Down

Identify musical sections—Don't always start at the beginning—Help memorization

Use A Metronome

Always work on improving your time—Don't stretch time for the "tough stuff"

Practice Away From Your Instrument

Visualize yourself playing successfully—Hear the music in your mind

Accentuate The Positive

Use positive language in the practice room—Focus on solutions, not problems