

Practice Checklists

- Deliberate Practice & Attention Endurance
- 27 min Interleaved Practice
- Pre-Performance Routine
- Practice Performance

Deliberate practice & Attention Endurance

My Practice Place

| | | | |
|----------------------------|--------------------------|--------------------------|--------------------------|
| Phone is on Flight Mode | <input type="checkbox"/> | Practice Calendar & Pen | <input type="checkbox"/> |
| Computer is on Flight Mode | <input type="checkbox"/> | Recording Device & Timer | <input type="checkbox"/> |

Musical Excerpt I Work On:



1st Recording

Observations: What do I hear? What do I want to change?

1,

2,

3,

How can I change it?

1,

2,

3,



2nd Recording implementing the changes

Observations: Did it work?

1,

2,

3,

Conclusion & Changes I keep
Take notes in your Practice Calendar.

1,

2,

3,

27 min Interleaved Practice

3 Musical Excerpts I Work On:

A

B

C

Use the timer for this practice, set it up to 3 min

3 min each

1, A

4, A

7, A

2, B

5, B

8, B

3, C

6, C

9, C

You can make it 45 min by playing for 5 min each.

Pre-Performance Routine

Write down your pre-performance routine.

My Pre-Performance Routine:

Repeat it several times until it becomes a habit and takes you to the Zone.

Practice Performance

Organize a performance for your family and friends to put into action all that you learned during this practice.

Date & Time

Venue

Invitations