



## Purposeful Practice Makes Permanent!

We recommend that you do a little practice, or some sort of musical activity ***EVERY DAY!*** However, **individual practice is most effective when a goal is established BEFORE practicing begins**. Plan a strategy of how to achieve weekly improvement, which should include a quiet place to practice, and a music stand to promote good playing posture.

Using the **Daily Practice Goal** form (click [HERE](#)), identify why you are practicing - in other words, what is going to be improved upon in each practice session? This pacing guide might help you:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Tone	Tone	Tone	Tone	Tone	Tone	Tone
Pulse/Rhythm	Pulse/Rhythm	Pulse/Rhythm	Pulse/Rhythm	Pulse/Rhythm	Pulse/Rhythm	Pulse/Rhythm
Note Accuracy	Note Accuracy	Note Accuracy	Note Accuracy	Note Accuracy	Note Accuracy	Note Accuracy
Articulation	Articulation	Articulation	Articulation	Articulation	Articulation	Articulation
Intonation	Intonation	Intonation	Intonation	Intonation	Intonation	Intonation

Rotate the **FOCUS** each day of your practice to help you develop all of your skills. You can also have multiple focus areas each day! (Aim for 5-7 DPGs every week for maximum practice benefits!)

### Daily practice session

- Tune/Warm-up
- Scales
- Rhythm Sheet
- Method Book
- Pieces/Solos
- Fun Music

### During your daily practice have a plan of what you want to improve such as:

- Spelling and fingering every passage before you play for **note accuracy**
- If you are working on **pulse/rhythm**, use a metronome throughout your practice session
- Isolating a small section in one of your pieces to address **dynamic markings**
- Play your scales using whole notes to focus on getting your best sound from every note for best **tone quality**
- Playing scales with different **articulations** and paying close attention to articulation markings in all music
- Have a “blueprint” for longer **phrases** (anticipate how much air or pace your bow stroke)