

# TOP TEN 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 fear into confidence

## WRITE IT DOWN

Get the most from your practice log—See your goals and accomplishments

## SLOW IT DOWN

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

*Always Fix*

## 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

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