Daily Practice Guide

Typical Practice Session

1. Start with long tones (5 minutes)
    a. To be played in the lower register
    b. Try to obtain the best, clearest tone possible
2. Scales (5-10 minutes)
    a. These can be found in the back of Essential Elements 2000
    b. To be played only as fast as you can play it cleanly
    c. To be played with different rhythms and articulations
3. Etudes and/or Band Music (10-15 minutes)
    a. Work on the problem areas
4. End with something fun (5 minutes)

The Do's and Don'ts of Practice

Do provide a quiet environment to practice.
Don't practice in a space with noise and distractions.

Do plan a specific time to practice each day.
Don't cram all practice in the last day.

Do practice slowly and accurately.
Don't rush and practice sloppy.

Do practice to work out any mistakes or errors.
Don't repeat mistakes! Repetition reinforces them, thus makes it more difficult to get rid of them later.

Do play for someone. Share what you have learned. Have fun with it!
Don't discard songs that you have learned. After all of that work, the music and individual accomplishments must be shared with others.

Aim to achieve small goals in your daily practice.