

# PRACTICE matters



## **Module 4: How To Practice Effectively (Part 1)** *TOOLS, TIME & TACKLING SONGS YOU'VE ALREADY LEARNED*

### **The Tools Of Practicing**

1. Music - charts and recordings
2. Instrument
3. Metronome (everybody loves this one!)
4. Tuner
5. Pen/Pencil
6. Playback Device
7. Recording Device
8. Timer
9. Water/Throat Spray

### **Practice Time & Space**

1. Time:
  - schedule it
  - It becomes *real* and you're more likely to see it as a true commitment
2. Physical Space:
  - comfortable, quiet spot with no distractions
  - watch your posture
3. Mental Space
  - MONO-task (not multitask)
4. Getting Started
  - Set a timer to help get you motivated
  - Warm-up
  - Worship
5. Managing Your Time
  - Intentionally work towards moving each song to a "3" by rehearsal.

## **Module 4: How To Practice Effectively (Part 1) *(continued)***

### **Steps To Practice Songs You've Played Before**

- 1. *Initial Run-Through***
- 2. *Identify Any Challenges***
- 3. *Isolate The Challenges***
- 4. *Internalize It***

### **The 24-Hour Rule**

- Play/sing through a song within 24 hours before rehearsal.
- Play/sing through a song within 24 hours before the first service.

### **NOTES:**

## REFLECTION QUESTIONS

### *HOW TO PRACTICE MORE EFFECTIVELY*

Do you do better with several short bursts of practicing, or longer, focused times?

Looking at your typical week, when are some times you could practice before rehearsal?

Is there anything you can give up or cut back on to create the time you need for practicing?

\_\_\_ Entertainment: TV/Movies/Sports/News

\_\_\_ Social Media: FB/Pinterest/Twitter/Snapchat

\_\_\_ Sleep: wake up a little earlier or stay up a little later

\_\_\_ Other: \_\_\_\_\_

Think about where you practice. What can you improve about your practice space?

Do you allow yourself to multi-task during practice. What would it take to be solely focused on practicing?

What can you do to be more intentional about warming up your voice or on your instrument.

Type to enter text

**NOTES:**