

# PRACTICE GUIDELINES

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## TIME

The amount of time you should spend practicing depends entirely on how efficiently you practice. You should think less about how much you practice and more about how you practice. Set practice goals. If it takes you two hours to meet your goals, you should practice for two hours. If you can do it in 30 minutes, that is enough. You will end up rewarding yourself for good practice with shorter practice sessions.

That said, a good general guideline is that you should practice at least 5 minutes per day per grade in school (see chart below). If you are planning to major in music, you should try to practice double the amount below.

Remember to take short practice breaks to clear your head, stretch your hands, and get some water.

Grade	Recommended Daily Practice Time
1	5 minutes
2	10 minutes
3	15 minutes
4	20 minutes
5	25 minutes
6	30 minutes
7	35 minutes
8	40 minutes
9	45 minutes
10	50 minutes
11	55 minutes
12	60 minutes

## GOALS

Set yourself several goals at the beginning of each practice session. You should have technical and musical goals. You should have a long-term goal, which should be broken down into short-term goals or steps. They should look something like this:

1. Technical - play through the piece start to finish without stopping
  - a. See "Practice Techniques – Passage Work" for specific instructions and short term goals
2. Musical – add the extras
  - a. Articulations
  - b. Phrasing
  - c. Dynamics