

Practice Routine

Percussion 2nd year

A successful practice session should be organized into 3 parts: **warm-up, technique** and **repertoire**. Each part should be practiced with the idea that it will make the next part more successful. A musician should also make certain that their practice area is quiet and has sufficient light. A music stand should always be used. Use of a metronome is essential.

Warm-Up 3-5 minutes

- * Single stroke rolls to loosen wrists and develop strength/coordination.
- * Quarter notes, eighth notes, sixteenth notes, up beats with metronome (begin at 60 beats per minute)

Technique 5-10 minutes

- * Scales (Bb, Eb, F, C, Chromatic) should be practiced slowly at first, with careful attention to key signatures and/or accidentals. Gradually the scales should be practiced at a faster tempo. Memorization of scales is a good long-term goal. Using a metronome is most helpful here.
- * Rudiments, played slow-fast-slow (single stroke roll, 5/9/17 stroke rolls, flam, flam taps, paradiddles, single drag).
- * Assignments from method book.
- * Other assigned exercises/sightreading.

Repertoire 10-15 minutes

Concert music should be practiced slowly at first, clapping the rhythm and fingering the notes if needed. It is always advisable to practice the difficult sections of a piece first and often, and not to waste time practicing parts of the piece that are already mastered. Using a metronome, particularly for difficult sections, is a good idea. It's also a good idea to save a few minutes at the end of your session to play music of your own choosing.