

Plan Your Practice

You Need:

Schedule

Timer

Metronome

Tuner

Journal

Step 1: Preparation

- Fill in your Practice Schedules.
- Ask your teacher to help set priorities for this week.
 - For daily exercises, scales etc.:
 - Subdivide each exercise or technique into 3 to 10 minute segments.
- For your repertoire:
 - Decide how long you will practice each piece.
 - Divide the time and piece into manageable practice sessions.
 - Determine one priority to work on today for each piece. (ex. intonation, shifting, dynamics, etc.)

Step 2: Practice

- Set the timer for your first planned practice session. Begin practicing. Don't stop until the timer rings.
- Set the timer for the next practice session and continue to practice.
- Important: Do not exceed or shorten the time you've planned for each exercise. You can make changes on tomorrow's schedule.
- Use your metronome! You will develop an impeccable sense of rhythm.

Step 3: Review Your Progress

- Rest for at least 15 minutes after every hour of practice.
- Review what you've accomplished and write changes for tomorrow.

How Much Should I Practice?

If you play for fun

- Age five: 30 minutes
- Age eight: 45 - 60 minutes
- Age ten: 60 - 75 minutes
- Age twelve to adult: 90 - 120 minutes

If you want to be a professional

- Age five: 30 - 45 minutes
- Age eight: 90 - 120 minutes
- Age ten: 2 hours
- Age twelve: 3 hours
- Age fourteen to eighteen: 3 - 4 hours
- Violin major in college: 5 hours