

# How Do I Practice?

## *Practice Tips for JYMS Band Students (Percussion)*

- Find a regular time to practice throughout the week – maybe every weekday, five days a week, or every day of the week! Pick a reasonable amount of time to practice (start with 20 minutes).
- Find a comfortable place to practice without any distractions.
- Have your supplies nearby – practice pad, sticks, music, pencil, tuner, metronome, etc. (You could practice mallets if you happen to have a piano or keyboard at home)
- Set a *realistic* practice goal(s) – figure out what you want to achieve by the end of your practice session.
- Some practice sessions will be better than others – commit to getting better!

### 1. Warm Up

- Play “16 on a Hand” – Play 16 eighth notes on your right hand followed by 16 eighth notes on your left hand (repeat both hands). Start at a very slow and controlled tempo. Repeat this exercise multiple times while increasing the tempo each time.
- Play through two or three technical warm ups that are used in class.
- Review mallet notes in the treble clef – improve your note reading ability

### 2. Concert Music (or other sheet music)

- Practice smarter, not harder – do not play the song all of the way through
- Pick a small section(s) of the music that needs work
- Practice this section SLOWLY before you speed it up. A metronome will help you keep a steady tempo.
- Increase the tempo when you are ready and put it into context with other sections of the music

### 3. FUN!

- Play your favorite piece of music
- Play along to your favorite song from the radio or a movie
- Try making up your own music
- Challenge yourself by learning a new rudiment