

Brandon Valley High School Orchestra

Detailed 20 Minute Practice Session

Name: _____ Start Time: _____ End Time: _____

Checkmark daily practice sessions completed for 20 minutes or more using Focused Practice.

Date: _____ Day: _____

T	W	Th	F	Sa	Su	M

FUNDAMENTALS

CONCEPT	X	SPECIFIC APPLICATION	TIME SPENT
Bowing Exercises: Fr. M. tip WB			
Scales: Name _____			
Vibrato:			
Playing in Position: II III IV V VI VII Adv			
Bowing: Technique - Articulation			
Left Hand Facility: Speed Accuracy			
Shifting:			
Double Stops & Intervals:			

ETUDES

EXERCISE	
MEASURES	
GOAL/FOCUS	
STRATEGIES	
TIME	

LITERATURE

GOAL SETTING & REFLECTION

LITERATURE			GOAL SETTING & REFLECTION
	Orchestra Music X	Solo/Ensemble Music X	
TITLE			Evaluate today's practice session. - Did you complete all your goals? - Do you need to revise your goals to make them achievable? - How do you feel about the balance of time between your three areas of practice? - Do you need to make adjustments Based on today's practice session, set some goals for your next practice session. Which strategies were most effective during this practice session?
MEASURES			
GOAL/FOCUS			
STRATEGIES			
TIME			

Weekly Practice:

Place a check in the appropriate box for each day that you had a focused practice session of at least **20** minutes. Practice charts are due each Tuesday, so the practice week begins Tuesday and runs through the following Monday evening.

Detailed Practice Session:

Complete the detailed practice chart one practice session each week. Select a practice session where you will complete goals in all three practice areas (fundamentals, etudes, literature).

-Record the date and your start/stop times.

-Fundamentals: Place a checkmark in the box next to each concept you work on in your practice. You do not need to do all of them during every practice session. Fill in the specifics about the exercise (e.g. Vibrato – quarter note values or greater at 60 b.p.m) Record approximately how much time it takes to complete each exercise.

-Etudes: All players should be working on building technical skill specific to their instrument. If you have a private instructor, utilize the etudes given to you by your instructor. I will recommend etudes for you to be working on each quarter. Record the specific information. Make sure to have a clearly stated and measurable goal (e.g. perform measures 3 – 7 at quarter note= 108 three times with perfect rhythm and bowing direction)

-Literature: Check the appropriate box for the kind of literature you are practicing. Complete the specific information.

-Goal Setting/ Reflection: Spend a few thoughtful moments analyzing your goals and approach to your focused practice session. Be specific. Use your evaluation to create a set of measurable goals for your next practice session.

S. Specific
M. Measurable
A. Attainable
R. Realistic
T. Timely

Goals

Practice Strategies

Clap and count	Finger and say	Simplify the rhythm
Long – Short - Long	Play rhythm on one pitch	Slow it down
Use a metronome	Three times perfect	Say articulation syllables
Pattern recognition	Chunking	Work back from the end
Isolate one aspect	Record your playing	Build from the middle

SCORING:

There are 20 points possible. You must complete both the Daily 20 minute practices and the detailed chart to receive a score.

1. **Daily 20 Minute Practices** – 3 points each day of focused practice of 20 minutes or more (up to 15 points)
2. **Detailed Practice Session** – a complete, detailed account of your practice session including specific, measurable goals, effective practice strategies, and thoughtful goal setting/reflection. You earn 1 point each for fundamentals, etudes, literature, and 2 points for goal setting/reflection.