

# PRACTICE

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Each practice session should have a specific goal in mind. Here are some suggestions to enhance your practice routine that you devised yesterday:

- Start by playing the first phrase slowly but accurately.
- Gradually increase the tempo from  $x$  to  $x$  using a metronome.
- Focus on adding dynamic elements and ensuring effective contrasts.
- Pay close attention to articulation or other performance details.
- Work on enhancing one aspect of your technique.
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Remember to be compassionate with yourself, not everyone will achieve a professional level, and that's okay. The journey to your desired standard is unique to you, as long as you see progress with each practice session.

## Mindless Practice vs. Deliberate Practice

Mindless practice involves going through the motions for a set period, perhaps 30 minutes to an hour. It usually entails playing through pieces from start to finish, correcting mistakes as they arise, and continuing until the next error. This type of practice is akin to being on autopilot until you feel satisfied with your practice session.

On the other hand, deliberate practice is a more focused approach with specific objectives in mind. It involves practicing slowly, with ample repetition, critical thinking, and attentive listening. By promptly addressing mistakes and challenges, you enhance information retention in the brain.

