



auckland

guitar

What and When

Scheduling Your Practice for Success



Goals



Think BIG!

What are my long-term goals

Goals

- Write them down
- Focus
- Reasons
- Consistency
- What's the “Next Step”





The 3 areas of Practice

- Core
- Creative
- Repertoire

Core

- Core skills
- Concepts
- Basic tools



The background of the slide features a close-up, slightly blurred image of musical notation on aged, cream-colored paper. The notation includes treble clefs, staves, and various musical notes and symbols, creating a textured, artistic backdrop for the text.

Creative

- YOUR music
- Composing, song writing, arranging music
- Improvising, writing solos



Repertoire

- Songs
- Solos
- Vocabulary
- Narrow vs wide focus



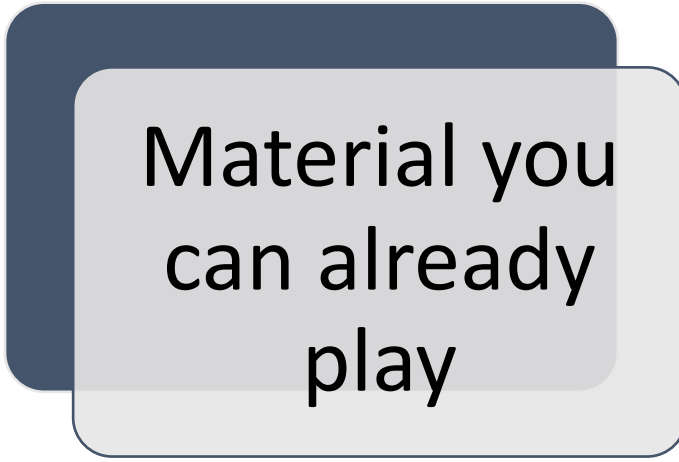
You Play What You
Practise



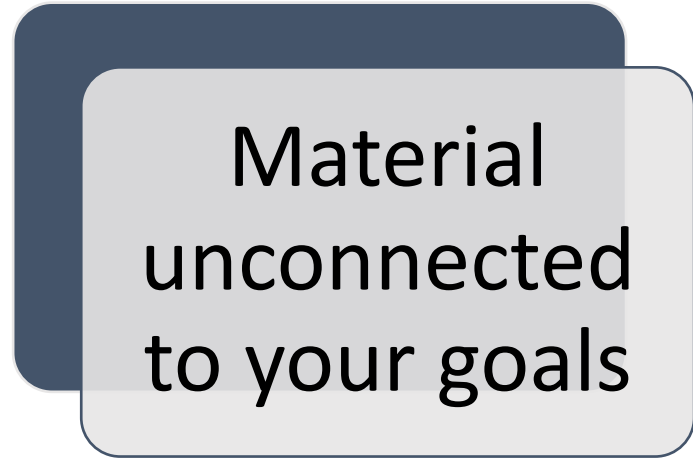
What NOT to Practise



Mistakes




Material you
can already
play



Material
unconnected
to your goals



Stay focused, avoid distractions

A glass bottle with a cork and a rolled-up message inside, floating in the ocean under a cloudy sky.

Be clear about what
NOT to practise

How much to practise

- Frequency
- Time – 8 hrs per day?
- Amount of material





Regular Practice is
Essential to Develop Your
Guitar Skills

An hourglass with orange sand is centered on a light-colored wooden shelf. The hourglass is made of clear glass and is partially filled with a vibrant orange sand. The sand is flowing from the top bulb to the bottom bulb, with a small stream visible in the narrow neck. The background is a solid, muted green color. The text "When to Practise" is written in a white, sans-serif font across the middle of the image, overlapping the hourglass and the background.

When to Practise



Make Practising Your Guitar A Habit

Your Practice Schedule

- Do you need a schedule?
- What kind of schedule works – app, notebook
- Define goals
- How much time do you have - make time!
- Write your schedule
- Kill two birds
- Eat That Frog (Mark Twain)
- Play “real” music...!
- Breaks
- Practice plan, musical discoveries, journal

Sample Practice Schedule #1

Beginner – 30mins/day

- Core (15m)
 - Rhythm *eg crotchets*
 - Chord vocab *eg new chords applied to rhythm exercise*
 - Technique *eg fingerpicking applied to new chords*
- Repertoire (10m)
 - New song
- Playing (5m)
 - Old song



Sample Practice Schedule #2

Advanced – 90mins/day

- Core (25m)
 - ET *eg 7th chords*
 - Fretboard *eg mixo shapes*
- Repertoire (30m)
 - Transcribing *eg blues solo*
- Creative (30m)
 - Vocab *eg applying blues vocab*



What does practising music look like?

- The Practice Room
- Getting organized
- Book time
- Remove distractions





Eliminate distractions –
the world can wait!

