

Practice plan example

Here is an example of a possible practice schedule. Notice how each session is based on an event, rather than a time. Session 2 on Wednesday is an 'if' situation allowing for life's variables to creep in and Friday is a no practice day. I'm not necessarily advocating a day off a week (although I don't think it is a bad thing for most people.) The student concerned knew he wouldn't want to practice on a Friday. He often had a play rehearsal after school and went out in the evening. Instead of planning practice that day, missing it and having to catch up he simply accepted that he wouldn't be able to practice that day. This stopped him feeling negative about practicing (which he had done in the past) and enabled him to concentrate on his play rehearsal and relaxing, rather than feeling he should have been practising.

Day	Session 1	Session 2
Review on day of lesson TUESDAY	<i>After arriving home from piano lesson and having a sandwich</i>	
Day after lesson WEDNESDAY	<i>As soon as I arrive home from school</i>	
5 days before lesson THURSDAY	<i>As soon as I arrive home from school</i>	<i>After dinner if I have no homework</i>
4 days before lesson FRIDAY	<i>No practice</i>	
3 days before lesson SATURDAY	<i>30 minutes after I wake up</i>	<i>As soon as the football has finished on TV. N.B. 2 scales to be reviewed before credits finish!</i>
2 days before lesson SUNDAY	<i>After breakfast</i>	
<i>Day before</i> lesson MONDAY	<i>Arrive home from sports practice. Have a shower. Practice straight away</i>	

There is a blank version of this table on the following page. Print it and fill it in your practice sessions. Remember: a review session following your music lesson each week will increase your recall and mean more progress throughout the whole week! For more information on the essentials of effective practice go to www.essential-music-practice.com

Practice plan chart

Remember: Plan your practice around *events* as far as possible. See the PracticeMakesPerfect book for further information on how to use this table.

Day	Session 1	Session 2
Review on day of lesson		
Day after lesson		
5 days before lesson		
4 days before lesson		
3 days before lesson		
2 days before lesson		
Day before lesson		