



Home Practice Guide



Why Practise at home?

- Practising your instrument at home will help to improve your skills as a player and musician.
- You have to master the basics before you can move on to the music you might recognise.
- You won't see results if you don't practise!
- Practising for just 10-15 minutes every day can be more beneficial sometimes than one long practice, so make sure on the days you don't have a lot of time have a short practice at least.
- Playing every day will not only strengthen your musical abilities, but will strengthen your brain, as playing an instrument engages nearly every part of your brain at the same time!

Tips for Home Practice!

- Set yourself goals each week. (Please see the attachment - MMA's Practice Planner - that you might like to use to record this).
- Before you do anything, warm-up and make sure you are holding your instrument correctly with a good posture.
- Start slowly and once you can play a part slowly try speeding it up a little.
- **Most importantly - Don't give up – You will get there!**
 - Practice playing one bar on its own and then add the bar before and the bar after.
 - Record yourself and you will be so happy when you hear how much you have improved.
 - If you need to, walk away for 5 minutes and then come back and try again.

Other fun things to help with practice

- Listen to and watch recordings and videos of the pieces you are learning.
- Try out a practice app like Music Tutor or Rhythm Trainer and see if you can beat your previous scores.

Happy practising from all at MMA!