

How to Squeeze 90 Minutes Into 30

A Strategy to Effective Practice Sessions

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- A. Time – “We are all busy. Deal with it. It doesn’t get any easier.”
1. Time management is the key to keeping up with all aspects of your college career.
 - a. Schedule practice sessions.
 - b. **Tool #1 - Calendar.**
 - c. Keep yourself busy.
 2. How much can I really accomplish in 30 minutes?
 - a. More than you think.
 - b. The 8-minute rule.
 - c. Puzzles have small pieces.
 - d. Plan your practice and stick to it!
- B. Psychology – “Know your mind, body, and spirit.”
1. Effective Practicing
 - a. Why do we practice?
 - i. Do we practice to get better?
 - ii. Do we get better because we practice?
 - b. It is all about your focus.
 - i. Do you look at what you have to accomplish?
 - ii. Do you look at what you have accomplished?
 2. Practice has to be fun to be effective.
 - a. You cannot process information creatively in a tense state.
 - b. Getting tired of exercises? – Stop thinking of them as exercises!
 - c. Streamline your practice session.
 - d. Planning is the key!
- C. Schedule – “So, I can do what?”
1. Prepare (0:00-5:00)
 - a. Need to prepare the body for a practice session.
 - i. Getting off to a bad start.
 - ii. The body’s ability to hold tension – everywhere...
 - b. Making for a more productive practice session.
 2. Fundamentals (5:00-10:00)
 - a. Have fun with fundamentals.
 - b. The pyramid of tone.
 3. The Three Chunks (10:00-25:00)
 - a. You will be amazed what you can do in 5 minutes.
 - b. Getting bogged down.
 - i. Not spending enough time. – “I’ll get it later.”
 - ii. Spending too much time. – “I’ll get it if it kills me.”
 - c. **Tool # 2 – Timer.**

- d. Make it interesting.
 - e. Don't forget your different areas of study!
 - i. Technique
 - ii. Tone
 - iii. Repertoire
 - iv. Excerpts
 - f. Baby steps to accomplish something HUGE!
 - g. Streamline your goals.
 - h. Stay on task and don't allow yourself to get sidetracked!
4. The Last 5 (25:00-30:00)
- a. Make sure that you don't waste it.
 - b. Does it all make sense?
 - c. Evaluate your practice session.

D. Tools – “I have two friends – my tuner and my metronome.” – Dan Perantoni

- 1. Calendar
- 2. Timer
- 3. Metronome
- 4. Tuner
- 5. Recording Device

E. Words of Wisdom

- 1. Effective practicing = less time in the room.
- 2. You can practice too much.
- 3. Listen to your body.
- 4. “Remember, above all else – have fun.” – Sam Pilafian