



The Bands of Valdosta High School

How to Practice/Daily Practice Routine

Prepare to Practice - 5 minutes

Practice in a room where you won't be disturbed (no TV, computer, little brothers or sisters, etc.) Have the following out and ready to use: straight backed chair, music stand, metronome, music, mirror & pencil on stand, instrument and accessories (reeds, spray bottle, oil, etc.)

Long tones, register slurs, natural slurs: 4-5 minutes

Slow scales (in whole notes) for sound production, intonation, breathing, embouchure and scale knowledge.

Finger Work: 5-7 minutes

Hands should be relaxed and fingers should be curved whether up or down (good guide position). Check contact points of thumbs and sides of fingers. Finger motion should be small and precise.

Tonguing exercises: 5 minutes

Tongue should be relaxed and allowed freedom of movement. Avoid moving the jaw while tonguing. Tongue only with the very tip of the tongue and do not allow the tongue to move far from the tonguing position.

Scale and arpeggios: 7-9 minutes

Scales must be played in very even rhythm with a metronome. Work on scales slowly and gradually increase speed every two days. Scales should extend into extreme registers.

Etudes: 15 minutes

Work on two contrasting etudes at a time or alternate working on slow and fast. Stress correct rhythm and articulation.

Solo Repertoire: 10-15 minutes

Have two solos you can rotate in practice sessions.

Band Music: 5-10 minutes

Always stress the difficult passages that seem to be a problem.