

Cello Practice Strategy

practicing to improve



Read the instructions on the first two pages and fill in your answers on the 3rd page.

THE PROBLEM

Identify the problem.

- **Select one of your trickiest passages.** Nothing too long – not more than a couple measures.
- **Record yourself on your phone playing THAT passage.** ONE time. No re-do's.
- **Put the cello down and listen objectively & intently to the recording** (note-taking devices in hand). No trash-talking your playing.
- **List three of the most problematic spots you heard that you want to improve.** Be VERY specific. Examples are:
 - * accuracy in hitting the shift from Bb to E in measure 6,
 - * the string crossing from the A string to the D string on the B and G.

THE FIX

Ask yourself specific questions – and then answer them. One Q&A for each problem spot. Some examples might be:

- * *What exactly was wrong with it?*
- * *Was it an issue with the bow or the left hand?*
- * *What skills have I learned so that I can play it better?*



Let's *fix* these problem spots

Do the routine below once for **EACH** problem spot. At the end of the routine, make a check mark for the problem spot you have been working on.

PRACTICING TO IMPROVE **ROUTINE**



1. Relax the head, neck and shoulders.



2. Breathe deeply.



3. Play the problem spot in your **head** while you **watch** the music. Hear it in tune and played really well.



4. Work through the problem spot, under tempo, for 5 minutes. Set a timer.



5. Record the whole problem spot again.

How was it this time?

- If you checked “the same or worse” for any of the passages, you still have work to do.
- Record yourself again then repeat the steps in “The Fix”.
- Continue to do this until you have heard some noticeable improvement.

THREE EXCELLENT REPETITIONS

Once you've heard **noticeable** improvement, challenge yourself to **THREE excellent repetitions** in a row. (✓ the boxes when you've succeeded).

Once you've succeed with three in a row for each passage, congratulate yourself. You did effective practice to improve! Now go take a well-deserved break. ❤️

Cello Practice Strategy

PRACTICING TO IMPROVE



Name of piece I am working on:

Date:

THE PROBLEM

1	
2	
3	

THE FIX

	QUESTION	ANSWER
Problem 1		
Problem 2		
Problem 3		

HOW WAS IT THIS TIME?

	Better	Worse	Same
Problem spot 1			
Problem spot 2			
Problem spot 3			

THREE EXCELLENT REPETITIONS

	Excellent 1x	Excellent 2x	Excellent 3x
Problem spot 1			
Problem spot 2			
Problem spot 3			