

“We’re talking about practice. I mean listen, we’re sitting here talking about practice. How silly is that? I know it’s important, I honestly do but we’re talking about practice. We’re talking about practice man. When you come to the arena, and you see me play, you’ve seen me play right, you’ve seen me give everything I’ve got, but we’re talking about practice right now. Hey I hear you, it’s funny to me to, hey it’s strange to me too but we’re talking about practice man, we’re not even talking about the game, when it actually matters, we’re talking about practice.”

-Allen Iverson, Philadelphia 76ers

HOW DID ‘THE ANSWER’ GET IT SO WRONG?!

Some Helpful Tips about Practice, by Dan Cherry

Learn what works for you – practicing is an individual art and the key to performance success.

Do you work better in the morning, afternoon or evening?

Can you work through frustration, or do you need to walk away?

Are you more effective with short breaks or long practice sessions?

Always work on the basics: think about the “Big 4”.

Tone Quality

Intonation

Rhythmic Precision

Musicality and Expression

Stay organized.

Plan your practice sessions

Set short and long term goals

Use a practice log or journal

Be efficient and manage your chops as well as your time.

Warm up and warm down

Balance high with low, loud with soft, fast with slow, etc.

Practice without playing (sing and finger)

Be your own best teacher.

Listen critically to your own playing (record yourself)

Practice what needs improvement, not what is already good

Slow down, simplify and separate individual issues

Use all your skills, including theory and aural skills

Scales, scales and more scales – they are your best friends

Have fun!

Play something you like to play every single day

Play duets, with Smart Music, improvise, with your favorite recordings, etc.