

# Band Detailed Practice Chart

Name: \_\_\_\_\_ Dates: From \_\_\_\_\_ to \_\_\_\_\_.

## WEEKLY PRACTICE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

## DETAILED PRACTICE SESSION

Session Date	Session Start Time	Session End Time

## FUNDAMENTALS

Concept	X	Details	Time
Breathing Exercises			
Long Tones			
Lip Slurs			
Range Exercises			
Rudiments			
Tonguing			
Scales			
Articulation Exercises			

## ETUDES

Book	
Exercise	
Measures	
Goal / Focus	
Strategies	
Time	

## LITERATURE

Title	
Measures	
Goal / Focus	
Strategies	
Time	

## GOAL SETTING / REFLECTION

Evaluate today's practice session. Did you complete all of your goals? Do you need to revise your goals to make them achievable? How do you feel about the balance of time between your three areas of practice? Do you need to make adjustments?

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Which strategies were the most effective during this practice session?

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Based on today's practice session, set some goals for your next practice session.

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## Directions

**Weekly Practice:** Place a check in the appropriate box for each day that you had a focused practice session of at least 20 minutes. Practice charts are due at the beginning of the week. The practice week begins Monday and runs through the following Sunday evening.

**Detailed Practice Session:** Complete the bottom section of the practice chart during one practice session each week. Select a practice session where you completed goals in all three practice areas (fundamentals, etudes, literature).

Record the date and your start/stop times.

**Fundamentals:** Place a checkmark in the box next to each exercise you complete. You do not need to do all of them during every practice session. Fill in the specifics about the exercise (e.g. long tones – up chromatic scale, one octave, 10 sec. crescendo and 10 sec. dim for each pitch). Record approximately how much time it takes to complete each exercise.

**Etudes:** All players should be working on building technical skill specific to their instrument. Use any method or etude book appropriate for your skill (Essential Elements, Rhythm Etudes, Arban's, Rubank, Klose). See me for recommendations. Record the specific information for that day's practice including a clearly stated and measurable goal (e.g. perform measures 3-7 at quarter note = 108 three times with perfect rhythm and articulation).

**Literature:** Check the appropriate box for the kind of literature you are practicing. Complete the specific information.

**Goal Setting / Reflection:** Spend a few thoughtful moments analyzing your goals and approach to today's session. Be specific. Use your evaluation to create a set of measurable goals for your next practice session.

## Practice Strategies

Here are some strategies you might want to try.  
Other band members or private teachers might have additional ideas.

Clap and Count	Finger and Say	Simplify the Rhythm	Tizzle	Play Rhythm on One Pitch
Slow it Down	Use a Metronome	Three Times Perfect	Say Articulation Syllables	Pattern Recognition
Chunking	Work Back from the End	Isolate One Aspect	Record Your Playing	Build from the Middle