

Two-Hour Practice Schedule



Date_____

| Rotate Blocks | 10 minutes | 20 min. |
|---------------|--|--|
| 1 | <p>Warm Ups-Left Hand/ Right Hand; Schradiack or Sevcik</p> <p>Focus: Relaxation, flexibility, physical aspects of your playing you are trying to improve.</p> | <p>Scales & Arpeggios</p> <p>Focus:</p> <p>Bowings:</p> |
| 2 | <p>Shifting (including shifting isolations in pieces)</p> | <p>Double Stops & Etudes</p> <p>(including double stops, runs, technical challenges in pieces)</p> |
| 3 | <p>Newest Piece/s – play for musical interpretation</p> | <p>Newest Piece/s – isolations & creative repetitions of challenging spots.</p> |
| 4 | <p>Polishing of next performance piece; performance practice.</p> | <p>Repertoire by phrase: Play slowly in tune, 5- way practice on trouble spots, play for technical/musical integraton.</p> |