

# Perfect Practice

There's just one more thing before you start practice planning. You need to know what and how to practice! These are the 5 elements of a perfect piano practice session:

- 1 Warm up:** First, stretch and take some deep breaths. Then, do something that helps you arrive mentally and physically at the piano—practicing a dexterity exercise, playing a favorite riff, or practicing a simple scale.
- 2 Technique:** Incorporate technique into your practice; this includes major and minor scales, triads, arpeggios, and diatonic chords. Technique will help you to become better at everything you play. You can pick one key signature to work on at a time or rotate between key signatures as often as you like.
- 3 New learning & sight reading:** Use the Pianote Method or other lessons in the Pianote members' area to develop new skills like sight-reading, hand independence, or new styles. Sight reading is an important aspect of your daily practice routine because it takes time and consistency to master. (Note: You'll learn to sight read in Level 5 of the Pianote Method with specific lessons and exercises to help you develop your skills.)
- 4 Songs:** Reconnect regularly with songs you love—after all, we learn the piano so we can play the songs we love, right?!? Review a favorite song you learned a while ago, or begin working on something new.
- 5 Improvising & free play:** Spend some time just having FUN at the piano. End your practice sessions on a creative note by exploring a new chord progression or improvisation concept.

Now let's take a look at how your weekly plan will look. On the next page, I've filled in an example of what my weekly practice might look like.

# Lisa's Sample Week

## TIME MANAGEMENT:

If I am too busy for a full practice, I will spend 5 minutes on:

*I will spend 5 minutes practicing*

*"Hallelujah". Just the first 8 bars.*

## KEY SIGNATURE OF THE WEEK:

*G*

MONDAY

WARM UP: *Hanon Number 1 in G*

SIGHT READING: *The Pianote Method Level 5, Course 2, Lesson 3 (5.2.3)*

SONGS: *Hallelujah - first verse, La Vie En Rose - first 8 bars.*

IMPROVISATION: *The 1-5-6-4 chord progression in G major.*

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

TUESDAY

WARM UP: *Hanon Number 1 in G - staccato*

SIGHT READING: *Method - 5.2.3 review and lesson 5.2.4 \*new\**

SONGS: *Too busy today!*

IMPROVISATION: *Too busy today!*

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

WEDNESDAY

WARM UP: *Harmonic Intervals exercise - hands together*

SIGHT READING: *Method 5.2.4*

SONGS: *Hallelujah - verse and chorus*

IMPROVISATION: *5-6-4-1 chord progression in G*

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

GOALS: *- Goal is to be able to play through*

*Hallelujah this week, even if it isn't perfect.*

*- I'd also like to play the full score of La Vie En Rose up to measure 11. I struggled with La Vie En Rose hands together so I worked on lots of H/S and can play H/T up to measure 7.*

*- Level 5 of the method is going well and I hope to finish level 5, course 2 by the end of next week.*

## I PRACTICED ON:

- Monday
- Tuesday
- Wednesday
- Thursday
- Friday
- Saturday
- Sunday

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H  
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S  
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A  
Y

WARM UP: The "Claw" in G

SIGHT READING: Skip

SONGS: La Vie En Rose - 8 bars.

IMPROVISATION: 6/8 arpeggio improv using 1-4-5 chords of G

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

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A  
Y

WARM UP: \_\_\_\_\_

SIGHT READING: \_\_\_\_\_

SONGS: \_\_\_\_\_

IMPROVISATION: \_\_\_\_\_

Skip - Free day!

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

S  
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WARM UP: G Scale with dynamics

SIGHT READING: Method 5.2.4 and 5.2.5

SONGS: La Vie En Rose - 11 bars

IMPROVISATION: \_\_\_\_\_

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

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WARM UP: \_\_\_\_\_

SIGHT READING: \_\_\_\_\_

SONGS: \_\_\_\_\_

IMPROVISATION: \_\_\_\_\_

Skip - Free day!

TECHNIQUE:  Arpeggios  Major Scale  Minor Scale  Triad Inversions  Diatonic Chords

### REFLECTION:

The thing I enjoyed practicing the most was: Improvisations. I loved playing through the chord progressions and just seeing what I could come up with!

The thing I was most challenged by was: Putting La Vie En Rose hands together

After practices I generally felt (circle one): Happy Calm Accomplished

Other: \_\_\_\_\_