

Rehearsal Technique Essentials

1. Lesson Plans
2. Daily Routine
 - a. DAILY
 - b. All chairs, stands and other equipment set-up PRIOR to class
 - c. Bell rings – be at door, then move to front of class (Tardy Policy)
 - d. NO playing !!!
 - e. 3 minutes after bell (exactly) – downbeat (Tardy Policy)
 - f. Breathing exercises
 - g. Daily Warm-up & Development – DAILY (A scale or two is NOT a warm-up!)
 - h. Announcements
 - i. Lyrical piece of music
 - j. Music piece to focus on for the day
 - k. Work on a second piece – shorter segment and less intense or review yesterday’s focus piece
 - l. Run-thru (1. synthesize/emphasize/focus 2. students love to play music!)
3. POSTURE – **every time you start**
 - a. Perfect posture
 - b. Perfect instrument position
4. Rehearsal Techniques
 - a. “Moment of Silence” (see Handout)
 - b. Rehearsal Etiquette (Behavior)
 - i. “Silence is Golden”
 - ii. Silence before you conduct EVERY time
 - iii. Silence when you speak EVERY time
 - iv. Silence when you stop/cut off EVERY time
 - c. Inner Game of Music - fix ONE thing at a time
 - d. Let them play (or sing) longer segments sometimes – don’t always be stopping and nit-picking
 - e. VERBAL → ACTION
 - i. Telling them is NOT teaching. (“You missed the Db.”)
 - ii. You can not just say it and expect them to do it later. You must teach to solve the problem and play it correctly.
 - iii. “Write that in your music” Routine - From Day 1
 1. Pencil check – Grade them
 2. First time – turn in music (names on top) and grade it
 3. End of concert/quarter – turn in music and grade it
 4. Keep track of pencil markings in YOUR score to remember
 - f. Video your rehearsals regularly