

How to Practice a Musical Instrument

The benefits of playing and practicing music are well documented. Scientifically, it can stimulate brain function at any age. Psychologically, it gives you an opportunity to express yourself, and there is no denying the impact of music on mood. The best way to get comfortable with music, and to get the full benefit of it, is to practice. The key is discipline and establishing a routine.

- The first step is to create an environment conducive to practicing. Establish a schedule and stick to it. Practicing is not effective unless done consistently. Practice for at least a half-hour every day. When you start to practice, make sure you have no distractions so you can focus exclusively on your instrument.
- Start by tuning your instrument and warming up. Warm-ups can include stretching your fingers. Begin by practicing scales, which will make you comfortable with your instrument and the notes you'll be playing. Knowledge of scales is essential to playing more complicated music. Practice scales for about 10 minutes.
- Start working on a certain song or musical piece, or a group of them. Work on sections that you find difficult. Don't become complacent after you have mastered the piece; move on to harder ones that will improve your skill level.
- Always end your practice session with songs you enjoy playing. It is great to end your practicing with things you already know how to play and can do well. This helps you leave your practice session on a strong and positive note.
- When in doubt, follow the structure of our regular band class.