

Learn with Nicky – Salut d'amour – Lesson 4

PRACTICE PLAN

I know that during these times, self discipline and personal organisation is extremely difficult, so today I'm here help you plan out 1 hour of practice

For anyone who's used to practising more, please add 15 minutes to each of the timings I give you. For anyone who's super young or only used to practising for 30 min, you can decrease the times I give you, but make them roughly proportionate and try to be strict with your time.

I would watch this quick video and write it out, with specific timings for each section to help you stay organised.

Get a phone or a clock ready. Turn it on to 'do not disturb'!

You can either set alarms or just keep an eye on when you start each section so you stick to the timings.

Place your instrument down but close to you

PRACTICE SESSION BEGINS

I want you to spend **1 minute** focused on being positive.

We are going to start with a can do attitude and we are going to rise above and over any mistakes or things that go wrong. Pick ourselves up and try again. OK?

The next **10 minutes** are focused on the body

- Breath (this is important anyway but this piece, slower music, in particular requires a slower more patient heartbeat)
- Bob on the spot
- Stretch the hands
- Lift the body and FLOP
- Swing the LEFT arms into position
- Drop the right hand into position – shake and relax it
- Bob in position
- Return to the ground and feel the weight of your body
- Return to breathing

Do the whole thing again, or whatever you need to do to fill the 10 minutes

Next **5 minutes**

- Make sound on all strings
- Feel right hand flowing and comfortable
- Imagine painting
- Sway with the stroke
- Let the instrument ring

Next **2 minutes**

- Scoop up and down the instrument
- Wiggle fingers
- Drop them onto string

Put instrument down again

Next **5 minutes**

Find one recording of the piece, sit down comfortably with the music in your hand and listen through to it.

Try as hard as possible not to daydream and to really concentrate on what you're hearing and how to apply it to your playing.

Next **2-5 minutes**

Look at the music and ask yourself 'what have I been finding most difficult?' Stop this video and answer this question just now. What keeps going wrong? Try to write this down, and circle the parts of the music that keep going wrong.

Now, while looking at the music draw up a plan. Mine is an example of what I imagine is going wrong, but you can choose your own.

1. Rhythm
2. Notes/intonation
3. Tone/sound
4. Tricky bars/shifts
5. General feel

Write out **4 or 5 categories of things that are going wrong, and allocate 5 minutes** to each category. They can be general categories, or they can be specific notes or bars or a really specific place in the piece.

Examples:

- Rhythm – clap, but clap musically
- Notes/intonation – no rhythm or vibrato, slow steady clear notes
- Sound – control and then breath
- Tricky bars/shifts

Last 5 minutes - ADDRESS CONTINUITY

We're now going to practise going from the beginning of the piece to wherever you have managed to learn, without stopping and with the most positive attitude ever.

We are not allowed to stop or retake *no matter what happens*. You have to keep going. Promise me!

We are going to do this just twice. When you are finished, note down the things that weren't good and what could be better. But we're not going to work on them straight away. Save this for your next session.

We're going to end how we started.

Put the instrument down and stand grounded. Breathe in and out for 2 minutes and try to be calm and review what you did so you can do it better next time.

Good luck and hope this is helpful. Keep sending us videos of your progress with the #salutnicky.

See you tomorrow!

Nicky