

Name:

## Practice Sheet

List the material you plan to practice in each of the five zones.

### **New material**

*Divide into sections*

*Establish interpretive/technical plan*

*Slow tempo*

### **Developing material**

*Refine interpretation*

*Increase tempo*

*Memorize*

### **Performance material**

*Practice performing*

*Maintain memory*

*Renew and innovate*

### **Technique**

*Scales*

*Arpeggios*

*Voice/instrument-specific work*

### **Musicianship**

*Sight-reading*

*Theory/ear training*

*Composition/improvisation*

*Listening/study*