



# preparationlog glossary

(in case you forget which is which)

## (1) Deliberate Practice Model

1. Define the goal
2. Go for it
3. Evaluate the result
4. ID the problem (what you heard)
5. ID the root cause (the underlying technical issue)
6. ID possible solutions
7. Test solutions

## (2) Random/Interleaved Practice

Pick a few different sections or pieces to work on.

Set a timer for 3-5 minutes.

1. Give first passage a go; work on things until timer rings.
2. Move onto second section/piece, work until timer rings.
3. Move onto the third section/piece, work until timer rings.
4. Go back to #1.

After 3 sets of 3, you're done. Move onto three new sections/pieces, or take a break.

## (3) Variable Practice

Practice playing a piece differently than you typically might. Faster. Slower. Louder. Softer. More dynamic contrast. More rhythmic flexibility. Less. Different characters. Different moods. Try removing vibrato or dynamics and see if you can communicate the same thing using different musical tools.

Expand your range; push your technique to the limits of what you can produce via your musical vocabulary.