

Table 2.4 - Selected Practice Strategies & Definitions

Strategy	Definition
Chaining/adding on	Play a small passage (e.g., 2 counts or 1 measure). Repeat, increasing the duration of the passage incrementally—one small bit at a time.
Chunking	Play a passage (e.g., 1 measure up to a partial or full phrase). Repeat. Move on to the next passage of similar or identical length. Repeat. Combine the two passages into a larger chunk. Repeat.
Clapping/tapping/patting	Use some type of tactile/audible body movement to rehearse rhythm separate from playing.
Counting rhythms	Use verbal, numeric, or syllable system to rehearse rhythm separate from playing.
Fingers with air	Without buzzing or blowing forcefully enough to engage the reed, blow air through the instrument while moving through the fingerings of the written notes.
Play rhythm on a single pitch	Play the rhythm of a selected passage on one pitch.
Pizzicato	Play the left-hand portion of a passage as written, removing the bow and plucking instead
Repetition	Play a single passage more than once.
Silent fingering	Without air or bow, moving through the fingerings of the written notes.
Sizzle	Place tip of tongue behind teeth, making a valve that starts/stops air. Airflow creates an audible “sss” sound. Typically used for rhythmic practice.
Use of fingering chart	Consult a printed or online resource that includes instrument fingerings.
Use of metronome	Employ metronome to keep visual or audible beat/subdivision.
Use of tuner	Employ a device or app for the purpose of checking or verifying pitch.
Varying articulation	Alter performed articulation (e.g., breaking slurs in a slurred passage or adding slurs to an articulated passage).
Varying tempo	Play slower and/or faster than marked—most often starting slower and gradually increasing tempo as mastery is attained.
Whole-part-whole	Within a single piece, movement, or phrase, play from beginning to end, play smaller section(s) that present challenge, play from beginning to end again to recontextualize the challenge.
Write fingerings or note names	Annotate music, adding note names, sharp or flat symbols, finger names, numbers, etc.