

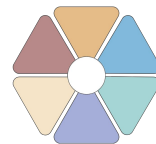
DELIBERATE PRACTICE

A TOOLKIT FOR SUCCESS IN THE PRACTICE ROOM AND ON STAGE

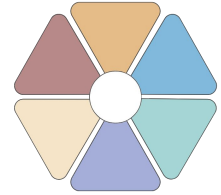
presented by

Linda Piatt

SAA / ASTA Conference 2024

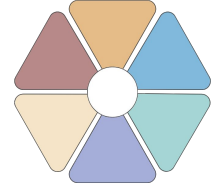


Skills of Practice



- Knowledge of practice techniques
- Connection to music and posture
- Plan time and activities
- Sustained concentration
- Observe yourself
- Evaluate yourself
- Use creativity, imagination and intuition

Goals of Practice



- Understand the plan
- Build skills
- Improve and make it easier
- Master the plan - predictability and control
- Deliver compelling performances
- Channel art intuitively

Parts of Practice



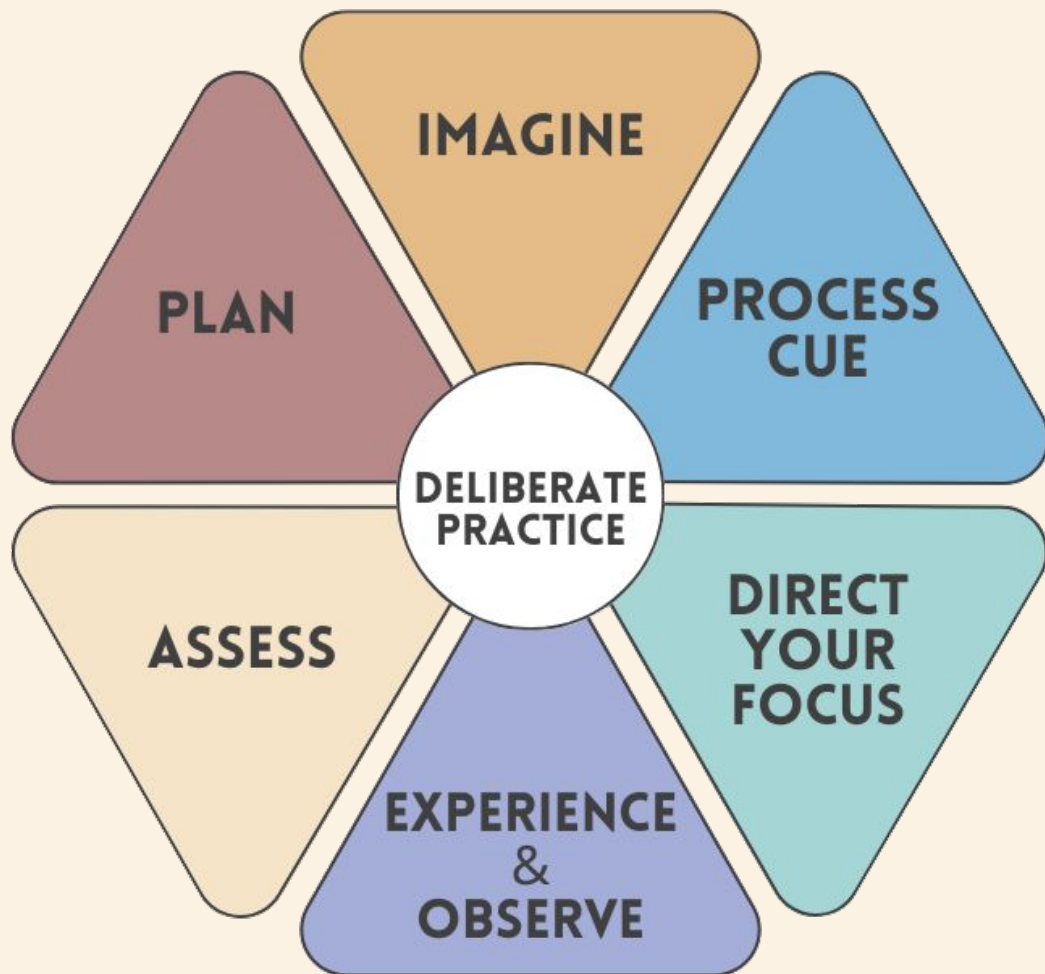
TuRNiP

TECHNIQUE

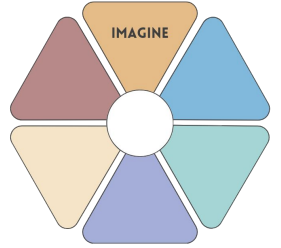
REVIEW PIECES

NEW PIECES

POLISHED PIECES



Imagine



Imagine yourself on stage looking and sounding your best.

- How does it *sound*?
- How does it *feel*?
- How does it *look*?

Troubleshooting:

- Image has flaws
- Image needs more details
- Image is too far ahead
- Image is too far behind

Right Brain vs. Left Brain

LEFT BRAIN

Words

Small parts

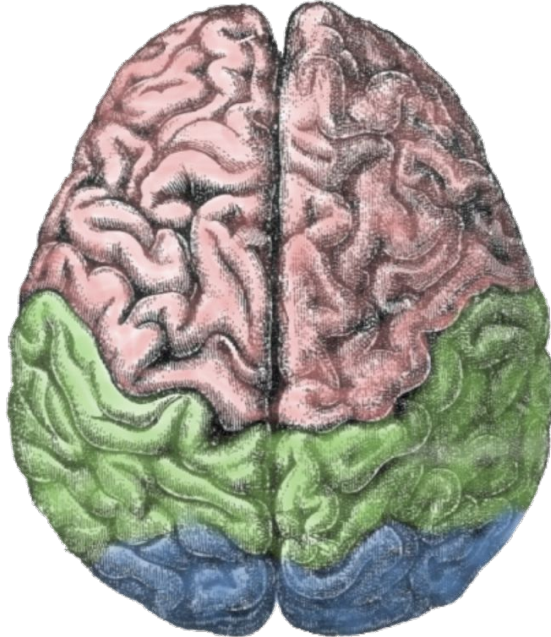
Analysis

Assessing

Judging

Deciding

New pieces



RIGHT BRAIN

Melody

Big picture

Feeling

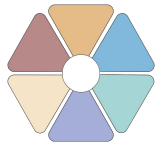
Sensing

Creativity

Imagination

Performing

Centering - *Coordinate the Mind and Body*

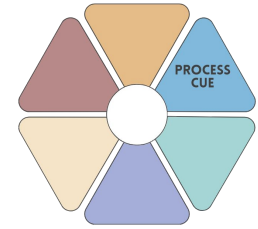


Start with grounded feet, tall spine and arms down

1. Pick a Focus Point
2. Set a Clear Goal, Intention
3. Deep Breathing
4. Scan for Tension and Release
5. Find Your Center
6. Choose a Target
7. Direct Your Energy

You are now ready to perform your best.
~~ Transition seamlessly into performing ~~

Process Cue



- Two words that summarize directions
- Focus on what you want vs. what you don't want
- Use *CAUSE* words (smooth, even, support, flow)
- Do not use *EFFECT* words (beautiful, passionate)

SAMPLE PROCESS CUES:

External:

contact point • smooth bow /
pedal • slow bow / fast bow
• aim hand / arm / fingers

Internal:

steady pulse • support weight •
big breath • phrase direction
• character / tempo change

Direct Your Focus

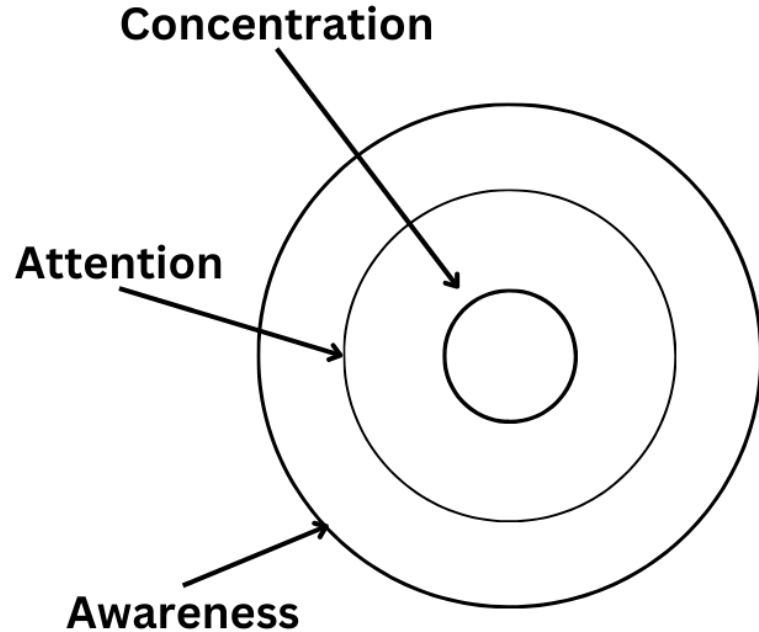


AWARENESS:

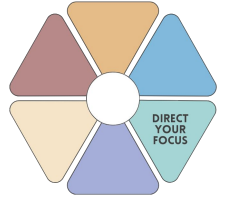
Peripheral vision
Passive context
Non - Judgemental
Bottom-up control

ATTENTION:

Spotlight
Actively examine and decide
Judgemental
Top-down control



3 Aspects of Concentration



INTENSITY

Power of focus

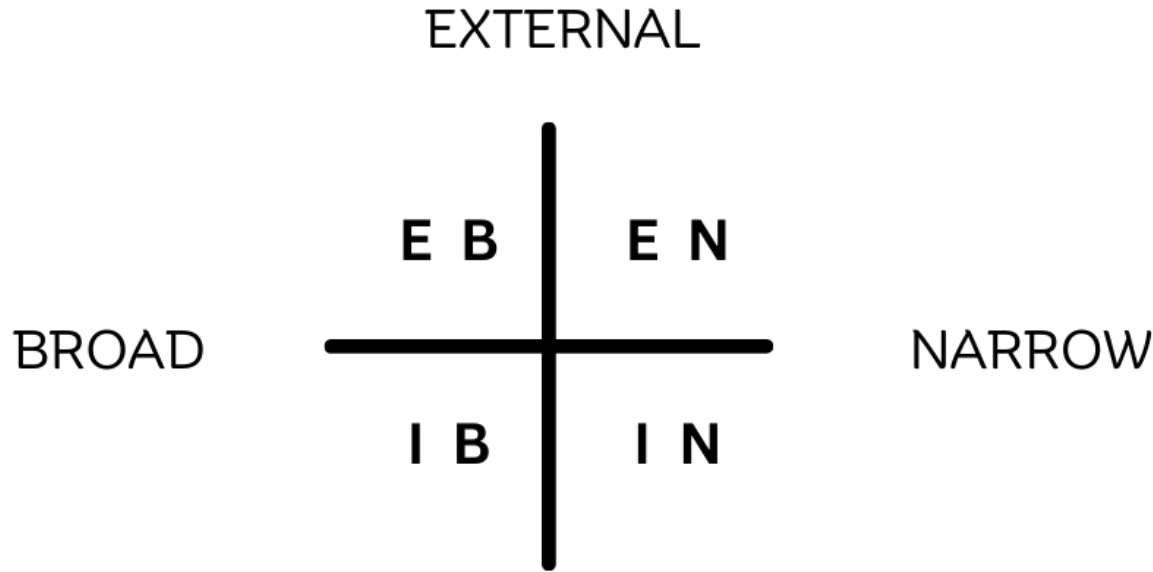
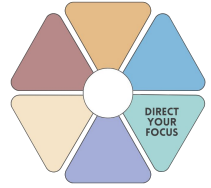
PRESENCE

Keeping your attention in the
present

DURATION

How long you can maintain
concentration

Dimensions of Attention



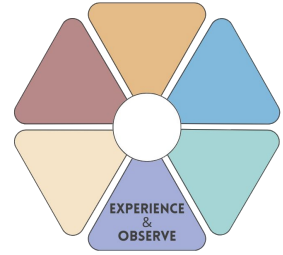
SCOPE OF ATTENTION

Broad to Narrow

DIRECTION OF ATTENTION

External to Internal

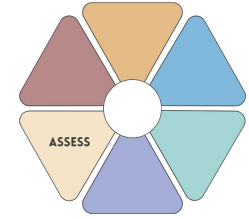
Experience & Observe



Stay present while you play so that you can assess and manage what to do next.

- Manage direction and scope of your attention
- Image ahead. Sing it in your mind
- Maintain positive self-talk
- Manage posture and breath for most accurate assessment

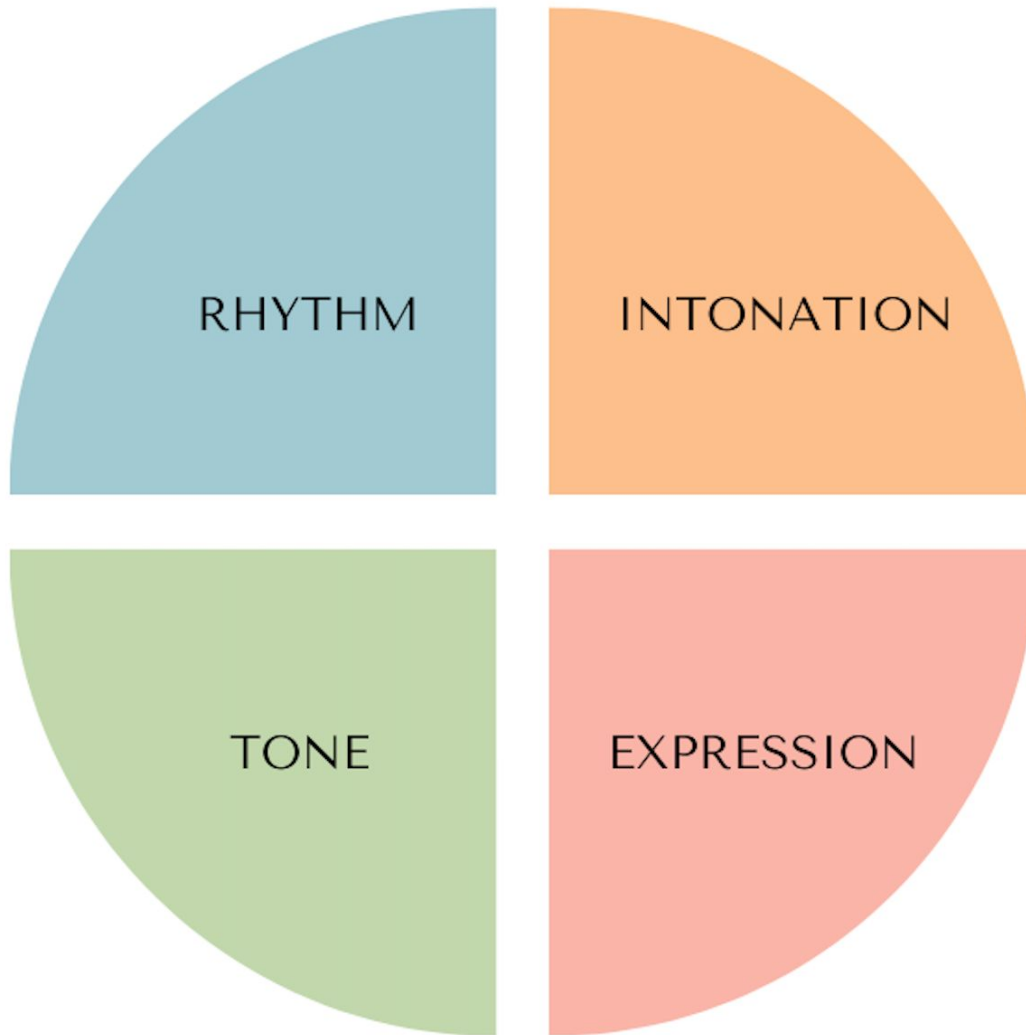
Assess



*“Follow effective action with quiet reflection.
From the quiet reflection will come
even more effective action.”*

~ Peter Drucker

Pie Strategy



adapted from "Practicing for Artistic
Success" by Burton Kaplan

What should I do next?

Pie A



Ideal
Performance

Pie B



First
Repetition

Pie C



Worked on
Intonation

Pie D



Worked on
Expression

Berry Strategy

Tempo
Evenness
Emphasis
Articulation
Musical timing

R

Pitch
Vibration
Key organization
Voicing

I

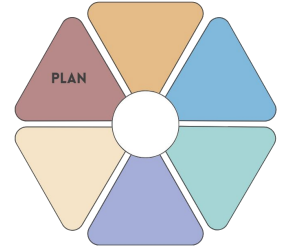
Clarity
Resonance
Consistency
Support
Range
Timbre

T

E

OBJECTIVE	SUBJECTIVE
Style	Color
Dynamics	Sincerity
Phrasing	Compelling
Character	Conviction
Musical timing	Imagination

Plan



TUTORIAL ZONE

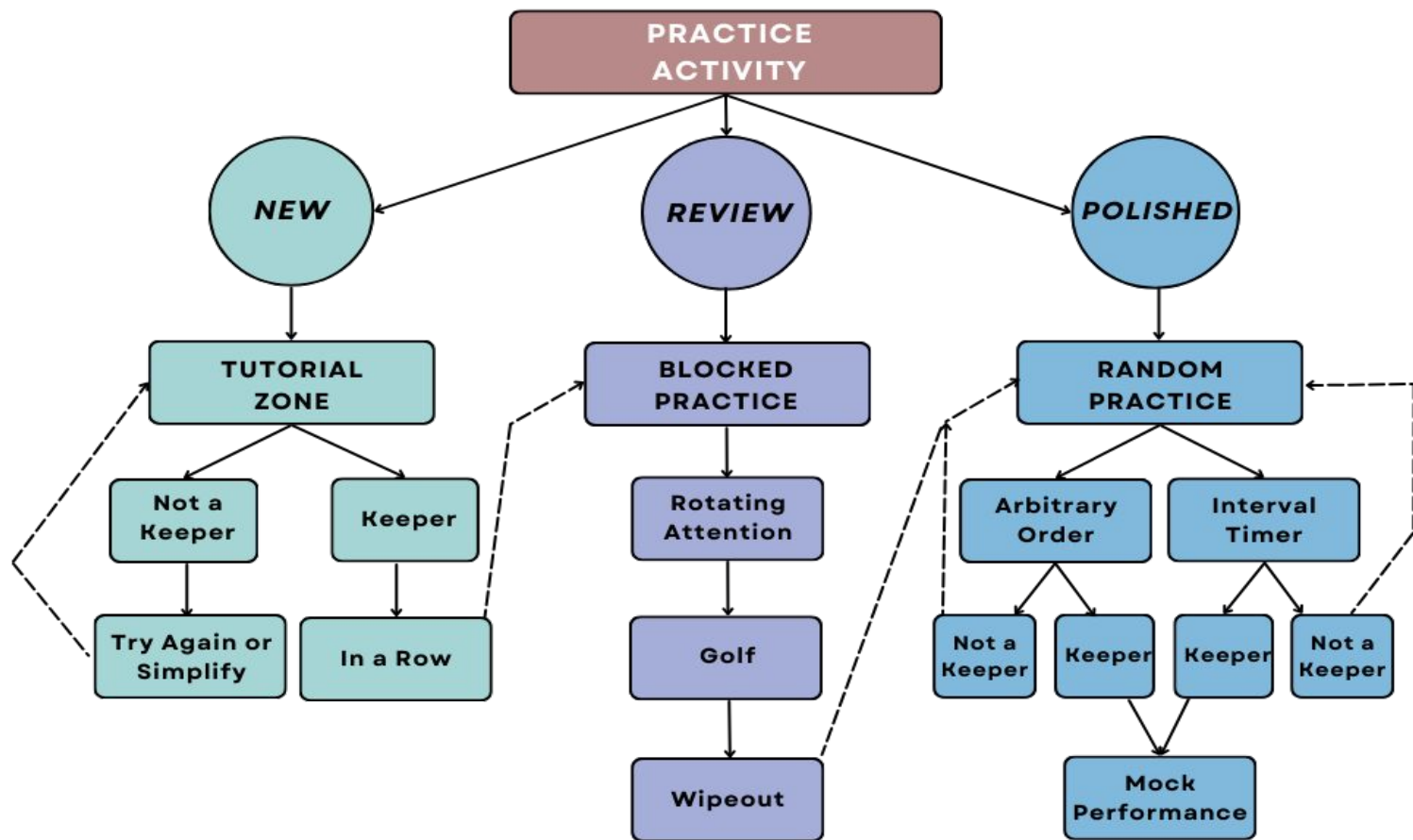
Knowledge Acquisition - Try
Keeper vs. Not a Keeper
Define a correct repetition.

BLOCKED PRACTICE

Skill Acquisition - Repetition
'Rotating Attention' • 'Golf' • 'Wipeout'
Produces superior performance during practice.

RANDOM PRACTICE

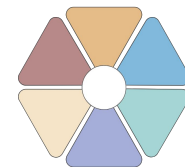
Skill Retention - Retrieval
Repeating Order • Arbitrary Order • Interval Timer • Mock Performance
Produces superior retention following practice



A BRIGHT FUTURE

Self Control
Mindfulness
Executive Function
Cognitive Skills
Leaders
Empathy
Self Trust





Resources

Music Practice Makeover, by Christine Goodner

Performance Success, by Dr. Don Greene

Practice Revolution, by Philip Johnston

Practicing for Artistic Success, by Burton Kaplan

Make it Stick, by Peter C. Brown, Henry L. Roediger III, and Mark A.

McDaniel

Special thanks to my amazing mentors

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