

# Deliberate Practice Planner

Here's a simple outline of deliberate practice you can use to practice *anything*.

## Discovery phase

- **Plan:** Pick a tune or skill that needs work.
- **Do:** Practice it slowly.
- **Reflect:** What was hard? Identify 1-4 chunks that need work.

Piece (Tune or skill):

	Chunk description (name, bars)	Notes (BPM, insights)
1		
2		
3		
4		

## Refinement phase

- **Plan:** Pick one chunk to work on.
- **Do:** Practice. Pay close attention
- **Reflect:** Do you need to dive deeper on this? Or are you ready to move on to the next chunk? Use the notes section.

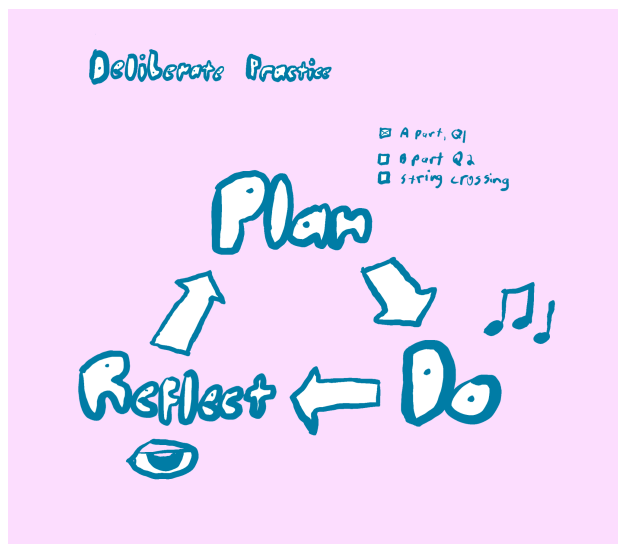
- Repeat: Plan what you'll do next (practice the same chunk or move on). Do. Reflect. etc.

### Integration phase 🌳

- Plan: What surrounding parts will you add to each chunk?
- Do: Practice transitions between chunks and surrounding parts. When complete, practice the whole tune
- Reflect: Did you improve at least one small thing? What do you need to practice tomorrow?

### Retrieval practice 🧠

- At the end of a session, play through all chunks from all pieces, ONCE AND ONLY ONCE.



Created by FiddleHed 🎻