

# Improving A New Song Workshop

What we'll learn and practice (short outline)

## Warm up

- Getting A Good Sound
- Scale

## Deliberate Practice

- Break down hard parts into smaller Chunks and play slowly until they are no longer hard.
- Focus On Movement

## Mental Triggers to aid recall

## FUNdamentals

- Practice skills on single notes, scales, chunks
- Make Your Own Exercises
- Transpose them
- Chain together

## Conversation

- Sing What You Play
- Audiation
- Call-and-response
- Song <> Improv

## Music Journal

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Full outline

## Warm up - 5 minutes

### Get a good sound

Play the first note: G1. Make it sound as good as you can. Relax the body, breathe evenly.

### Scale

Do a simple scale warm-up with D Dorian. Play each variation at least twice. Notice how it feels different when you repeat.

- Half, quarter notes, eighth notes
  - **Add Variation (Rhythmic)**
  - **Add Variation (Texture)**
  - Different Volumes
  - Repeat with the **Metronome** 🕒
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## Deliberate Practice: First Hard Part - 10 minutes

Break into smaller chunks.

- **Bigger and Smaller Chunks:** D1-0-G3-D0-G3-0 > D0-G3
- **Focus On Movement.** Start downbow, then upbow

## Mental Triggers

Say the title, then play the first few notes. Repeat this throughout your own practice sessions to improve recall.

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## FUNdamentals - 10 minutes

What **FUNdamentals** are needed to improve the song? Independently practice the skills on single notes and scales.

What's a skill that you need to work that's used in your current song? We'll practice Slur 3.

### Make Your Own Exercises Let's practice the Slur 3 bowing with LOTM bars 5-6

- G3-2-3
  - Transpose: D3-2-3, A3-2-3

- **Chain** these little exercises into a bigger exercise: G3-2-3 | D3-2-3 | A3-2-3 | E3-2-3
  - D1-0-1
    - Transpose: G1-0-1, A1-0-1, E1-0-1
    - Chain
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## **What we've done so far - 5 minutes**

- Warm up our sound and fingers
- Deliberate Practice
- Mental Trigger
- FUNDamental skill: Slur bowing

## **Reflect**

- Any questions or comments so far?
  - What's challenging about this?
  - How can you apply it to a song or skill you're currently learning?
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## **Review the Mental Trigger - 1 minute**

## **Conversation**

### **Sing What You Play - 5 minutes**

- Play bars 9-10
- Alternate between singing and playing.

### **Audiation - 5 minutes**

- Play bars 9-10
- Alternate between audiation ("hearing the tune in your head" and playing.)

### **Call-and-response - 10 minutes**

- Play bars 13-14
- You can do this on your own by having a conversation:
  - Bowing <> Plucking
  - Bowing <> Singing
  - Song chunk <> Scale

 **Review the Mental Trigger - 1 minute**

 **Music Journal - 3 minutes**

Write down any questions or challenges you have. Take note of the hardest parts.

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## Other options

Add or substitute these practice modules.

**Metro-Gnome** 

Do anything or everything in this routine with a Metro-Gnome. I suggest starting at 60 bpm, then play with slower and faster tempos.

### Song Chunk <> Improv

- Play a song chunk.
- Play the scale of the song.
- Using a drone track, play with the order and phrasing of the scale notes to create new ideas.
- Continuously alternate: Song Chunk <> Improv

**Take this routine and do it on your own.**

You'll get the most out of this routine if you make it your own. Try it on other songs and skills. Experiment and personalize it. Share what you discover with other FiddleHeds.

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## Notes

Times are a rough estimate. Adjust according to your own needs and time frame