

The 12 Keypoints to Effective Practice
Sally Bonkrude Professional Speaker, Trainer and Coach
www.positiveinnerchange.com www.sallybonline.com
sally@positiveinnerchange.com 303-717-9580

Why music...

Music Nurtures Body, Mind and Spirit

Piano Skills translate to life skills: focus, creativity, breath, discipline, perseverance, confidence, and the know how to excel.

Why practice

It's no fun not to be good!

The 12 Keypoints to Effective Practice

Key Point 1: Hope and a Can-Do Attitude

- "When the brain thinks something is possible, it will sketch out the route for achieving it. Hope is necessary for action." Life Unlocked, Srinivasan S. Pillay, M.D.
- Watch how you feel, what you say and how you say it...go with "Let's make a plan." See it and believe it. Take time to imagine the success of each student.

Key point 2: Warming Up

- Activate the Breath

"..breathing techniques can imitate chemical antidotes to stresses of tension and distress. This is accomplished through the release of chemicals with an opiate-like effect called endorphins" James E. Loehr, Ed.D. & Jeffrey A. Migdow, M.D., Breathe In, Breathe Out

- Engage...Move the Body

"All the evidence points in one direction: Physical activity is cognitive candy."
John Medina, Brain Rules

Key Point 3: Model Evaluating and Setting Goals

- "When you're practicing deeply, the world's usual rules are suspended. You use time more efficiently. Your small efforts produce big, lasting results. You have positioned yourself at a place of leverage where you can capture failure and turn it into skill. The trick is to choose a goal just beyond your present abilities; to target the struggle. Thrashing blindly doesn't help." The Talent Code, Daniel Coyle

Key Point 3 continued...

Teach How to target the "sweet spot" in practice.

- "Why is targeted, mistake-focused practice so effective? Because the best way to build a good circuit is to fire it, attend to mistakes, and then fire it again, over and over." Coyle
- Pick a target
- Reach for it
- Evaluate the gap between the target and the reach
- Return to step one

From: The Talent Code, Daniel Coyle

Key Point 4: Deep Practice...Chunking

- Meadowmount School method of chunking. Find your scissors
- ..."break a skill into its component pieces (circuits) memorize those pieces individually, then link them together in progressively larger grouping (new, interconnected circuits)."
- ..."going slow allows you to attend more closely to errors, creating a higher degree of precision with each firing. - and when it comes to growing myelin, precision is everything." Talent Code, Daniel Coyle

Key Point 5: Repeat

- "Repetition is invaluable and irreplaceable. When, you depart the deep-practice zone, you might as well quit." The Talent Code, Daniel Coyle

Key Point 6: Deep Practice...Learn to feel it and make it automatic

Sensations from various talent hotbeds of their most productive practice feelings: Attention, Connect, Build, Whole, Alert, Focus, Mistake, Repeat.

From the Talent Code by Daniel Coyle

Keypoint 7: Ask the Question

"How are you going to practice this at home?"

Answer: Target What You Can't Do!

Key Point 8: Body Awareness

- What's your body telling you?
- What are you going to do about it?

Key Point 9: Motivation...A Primal Cue

Belonging

"Everything depends on collective effort and cooperation. When we get a cue that we ought to connect with a group, it's like a hair trigger, like turning on a light switch." Dr. Geoff Cohen of the University of Colorado

- I belong...I have a tribe
- I have something to work toward...competitions, recitals, group practices
- Collaboration: I don't want to let my team down
- Team shares music, supports and challenges each other, brings in excitement, and grows together
- "Want to catch up with a desirable group? Better hurry up!" Coyle

Key Point 10: Create an environment that cries out...It's tough and hard, but together we can do...A Primal Cue

- "If we're in a nice place, easy, pleasant environment, we naturally shut off effort." Bargh said, "Why work? But if people get the signal that it's rough, they get motivated now." From the talent code, Coyle

Key Point 11: Encourage creativity and innovation...play

- "...when he plays for approval, plays for prestige, plays to meet the expectations of his teacher or to avoid shame, there is always something lacking. But when he has nothing to gain and nothing to lose, then he can really play." Free Play: Improvisation in Life and Art by Stephen Nachmanovitch

Key Point 12: Parent Information Meetings

- Education
- Questions
- Brainstorming

- Motivating

Opportunities to Learn More

Phone Performance Coaching with Sally. Sign up today for complimentary session. (Value is \$100)

Great Performance System Training Teleseries- August 3-10-17-24-31 & September 7 (6:30-8:00 pm mountain time) **Lowest conference price ever...only time offered, when paid today.** \$40.00 Credit card or check (regular price \$169.00)

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Sign up today for Sally's complimentary bi-monthly ezine, complete with gems that will inspire and motivate you to reach your potential in business and live.

Thanks for having me present in Texas...so fun!

Please call me if you have questions or just want to chat

Sally Bonkrude

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