

RSL Level 3 Subsidiary Diploma – Unit 387

Rehearsal Skills and Live Music Performance

STRATEGIES FOR EFFECTIVE REHEARSAL

Analyse strengths and areas to improve-develop a few robust strategies that focus on improving these areas specifically.

Adapt when you need to – don't keep using a strategy that doesn't work after a week or so or shows no sign of improvement. Analyse why it doesn't work, develop a new strategy and write all of this in your rehearsal log.

Rehearse regularly and make sure you are using the strategies you developed – this will affect your performance

Play tricky sections on their own and slowly using a metronome. Do this until you have achieved muscle memory!

Reflect on teacher and peer feedback analytically-use this to improve and develop strategies moving forward.

Use a metronome to ensure you keep a steady speed-this will help when you work as an ensemble

Be organised – make sure you learn all the parts you have to play for your ensemble set.

REHEARSAL SKILLS - KEY TERMS

Repertoire Rehearsal Personnel Strategies Rationale Evaluation Innovation

EVALUATING YOUR WORK

- After watching your performance carefully analyse strengths and areas for development. Write in detail about this and be balanced.
- Listen to feedback from the audience, peers and teachers. In your writing reflect carefully on the feedback and everything you have learned.
- In your written evaluation consider carefully the improvements you want to make in the future. Reflect on what you would do differently next time.

Tips and helpful thoughts:

Don't practice bad habits. Try to make your practice routine exciting – change it up whenever you are getting bored. *Self-discipline will enable you to turn your goal into a reality.* Even when you don't feel like doing something – just do it and promise yourself a nice reward for persevering when you have finished. *Inaction will never help - even on your worst day do at least one thing you can be proud of 😊*