

# Practice Tracking

by Rick Trankle © 2016

There are many things one can work on during practice time but often too much time is spent in one or two areas and not in others. Therefore, total skill development time is not well rounded.

The idea here is not to list anything specific things to practice. It is to take all resource material and fit them into no more than five major categories or areas for tracking time spent. Everything chosen to work on then falls in one of them.

The iPhone aTracker app logs time spent and gives a daily, weekly or monthly report using a bar or pie chart showing percentages of time spent in each category. Tracking apps are common and the Android platform has them too.

What is important is caring about the quality of what is done and less about what is chosen to work on as long as you cover all these major areas each week.

## **When choosing a practice category always:**

- 1. Practice and master small things.*
- 2. Always pick up where you left off the day before.*
- 3. Use extreme dynamics - ppp -fff*

Practice Category Examples:

### **TECHNIQUE**

Mechanics, scales, rudimental exercises, etc.

### **FREE PLAY**

Play with absolutely no regard for any rules

### **PLAY ALONG**

Records, Radio, Styles, Study/Free

### **SONGS**

New and review

### **EAR TRAINING**

Active listening to recordings, identify and play back what you hear using ear training tools, e.g., Earmaster, E's EarTrain.

### **\* PERFORMANCE**

Gigs, etc. (\*This is an optional tracking category. Have fun!)