

Steve Goss: Time Management in Practice

Effective practice (5:37)

Focus and drive are crucial in becoming a pro. musician. (9:52)

Basis of Good Practise (10:54)

Emotional detachment: detach yourself from anxiety. And disturbing thoughts about your ability to play or having a bad day. (11:13)

Objective Observation. Something in the practise of the piece is not working. Why is it not working? (12:13)

Ease of action - everything should be comfortable. (13:37)

Negative factors that affect practise (16:38)

PRE RHYTHMIC: slowly shifting position and observing with your eyes the shifts. (18:30)

19:34-57 AUDIO LOST

Negative factors that affect practice - TEMPO (20:01)

NEVER PLAY YOUR FASTEST IN CONCERT. (23:14)

2B - Intangible or psychological factors (24:45)

27:07-28:07 AUDIO LOST

Repetition of 2B due to audio lost. (30:01)

3 - Purpose and Method of Good Practice (33:07)

Putting your practice in your diary. Planning ahead for next week.

All you have to do is to decide how to spend the time you are given. (39:16)

🍅 Pomodoro technique. (41:45) 👍😊

Do something else when you are distracted. Stop practising. (44:52)

If you don't know when you are going to stop, you will not practise efficiently. (46:28)

Time management: building time (48:13)

Focusing on the problems in the piece and not the rest of it, which is fine and you can play. Physically getting around the piece.

Interpretive time: When your hands can play the piece. Knowing the piece by heart.

NEVER PRACTICE WITHOUT WITH THE SCORE. (50:13)

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Recording yourself detaches yourself from your actual performance. You hear what you really sound like, which is a great way to analyse your technically and musically playing and improving it. (57:01)

Practise Goals (58:35)

Be patient.

Don't rush practice. (1:05:35)

Choose how to spend the time you're given.

Changing your attitude towards practise and what kind of place it has in your life. (1:09:30)

4 - Problem solving (1:10:00)

You don't need to practise the parts of the piece you know well. (1:10:49)

Practising the right movement: stopping and analysing what went wrong. (1:13:25)

5 - Visualisation exercise (1:16:00)

6 - How to learn music more quickly and efficiently (1:21:00)

Questions (1:31:00)

1. Are there tips to maintain focus in practise? (1:31:20)
2. You suggest visualising the best audience - how about later also the worst audience and still playing amazingly? (1:38:33)
3. Which books on topics of practicing, memorising music, and stage fright would you recommend? (1:41:41)
4. Checking the time on the phone draws you in because you see all the notifications - they distract you. (1:34:41)

Find the most valuable time for practise. (1:36:32)