

Practice Routine

Here are some of my tips about a practice routine for you to use. I have broken this routine down into 3 sections. The first consists of warm-ups, the second consists of practicing your goals, and the third consists of improvising and reflection. It is up to you to divide your time practicing these sections, however, an example could be a 10 minute warm-up, 10 minutes practicing goals, and 10 minutes improvising/reflecting. Depending on how long you practice for at a time will determine how long you approach each section. Timewise, not all sections need to be practice evenly.

Warm-ups

Your practice session should typically begin with warming up, such as an athlete would stretch etc. Warm-ups can include scales, studies, and exercises to get a feel for the fingerboard but also to lightly work on your technique. There are three main focuses when looking at technique. Slurs (hammer-on and pull-off), scales, and stretching. Again, these can be practiced in the form of studies and exercises specific to each of those techniques.

Practicing your Goals

In this section you want to focus on the goals you have set for yourself. Whether that is working on a section of a piece or focusing more on a technique that you want to improve. Here you will concentrate and focus mainly on achieving that goal as efficiently as possible by concentrating on the problem, practicing slowly, incorporating musical elements, and gradually building up speed as you become more confident and comfortable with that problem.

Improvising and Reflecting

I think it is always good to improvise and explore the possibilities on the guitar, trying new things, and exploring what you are capable of. The idea here is to engage and connect with your instrument in a fun and enjoyable way of self-exploration. The two previous sections (warm-ups and practicing your goals) need a lot of focus and concentration so ending on something light, and fun is a good way to relax and settle out of the practice session. I also recommend reflecting on your practice session, asking yourself some questions such as "How did I go?", "Did I achieve my goal(s) today?", "Could I have practiced more efficiently?". This reflection can help you understand with more depth how your progress is going and how you want to improve your practice for the next session.