15 Ways to Optimize Violin Practice

(please see correlating video on YouTube for explanations)

1- Left hand only (finger pop, violin up or down).
2- Right hand only (air bow or open string reduction).
   3- Use the “hand bow.”
4- Play air violin to work on choreography.
5- Videotape self & watch.
6- Walk while playing.
7- March while playing.
8- Sing for intonation, phrasing, dynamics & memorization.
9- Use an abacus or counting stones to count repetitions & set goals.
10- Add in some type of a technical for 30-60 seconds (i.e. spider crawls, bunny flips, vibrato exercises & open string warm-ups).
11- Play with eyes closed to engage other senses.
12- Vision in your imagination.
13- Watch your sheet music while listening to a professional performer.
14- Create a practice log (i.e. 1 pro & 1 con from that day’s practice session).
15. Make it personal with your own idea.