



# How to Rehearse Music

Author Info

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It's unbelievable what music can do. It makes people more intelligent, makes them happy and the cows give more milk.

The best way to benefit from music is to make music. The basis for that is to exercise regularly - and that is also the most difficult part. It's easy for you to forget to rehearse or just to have no free time. And quite soon you've forgotten what you had learned, you have no successes and you're not in the mood to exercise - a vicious circle. This instructions can't help you to pull yourself together and rehearse, but it'll help you to make it a lot more efficient.

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### Method 1

## Preparation

- 1 Adjust everything that you can start quickly and that everything is visible.**
- 2 Put your music instrument somewhere, where you see it several times a day although it doesn't disturb you.** If you've got a stand for your music instrument, use it. Otherwise open your instrument's case so that your instrument is visible.
- 3 Prepare the stand.**
  - Adjust the height.
  - Put the scores you have to rehearse on it.
  - Put some pens on it.
- 4 Procure that your rehearsal place keeps how you've adjusted it.** So if you had music lessons or an external rehearsal, don't put your instrument away. Start instead with the preparation for your next rehearsal.

### Method 2

## Rehearsal

- 1 Plan your rehearsal time.** Set a time when you will rehearse each day. Try to get a routine.
  - Alternatively you can split your rehearsal time. Whatever task you're doing, you can only do it efficiently for about an hour. Rehearse for a short period and move on with your previous task. Use this method several times a day.
- 2 Warm up.**
- 3 Rehearse in small units.** Just rehearse the first four bars. Then rehearse from the third bar to the sixth bar. If you've rehearse two lines that way, try to play those two lines non-stop. Move on until you've finished the whole piece. Now play the whole piece non-stop.
- 4 Exercise slowly and accelerate slowly the tempo.** Play the score only as fast as you can play it without making any mistakes. This may sound hard at the first time, but you need even more time to correct the mistakes you make over and over again. If you recognize that you're making a mistake, repeat the passage two times in a slower tempo.
- 5 Change your way of playing.** Until now you've learned that you have to repeat very often parts of your music piece in a slow tempo when you rehearse. That sounds boring. But there are in practice other ways

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want to learn something. That's why you should change the way you play after the second repetition. You can try to accelerate the tempo, exaggerate the dynamics, focus on the articulation and much more.

**6 Rehearse mentally.** Put your instrument away. Imagine to play the piece. Try to visualize it as definitely as you can. You should use this technique early - for example when you have to repeat a passage. This method seems strange at the first time, but the results will teach you a different lesson.

**7 Solve the hard parts.**

## Tips

- Take music lessons. Join a band. Arrange the circumstances in a way that you have to and want to rehearse.
- Hear a record of the piece that you're rehearsing several times.
- Make your music scores colorful. Why do musicians always play from copies? In order to insert notices or to change parts of the piece. Note all directions of your music teacher or conductor and your own findings - musicians forget quickly. Mark all parts of the piece that you have to rehearse thoroughly. This is very important if you have to rehearse lots of pieces.

## Warnings

- Do not disturb others while you rehearse. What you think is music can be noise for your neighbor.

## Things You'll Need

- ☐ a music instrument
- ☐ a music stand
- ☐ scores
- ☐ pens
- ☐ a stand for you music instrument