

Start/Stop and Look

- Start/ Stop Game
 - This approach is most beneficial when the music is already learned. This can be a great polishing step in the preparation for a recital or any public performance.
 - Best with two participants
 - Same premise of the game “Red Light/Green Light”
 - Isolate a large segment or several phrases
 - Use metronome to keep it honest
 - Method:
 - While playing, your partner tells you when to start/stop physically playing, but keep the music going in your head.
 - If using this method alone, just randomize your starting and stopping
 - Begin with coming back in at the beginning of phrase or the next musically logical spot
 - The better you get, try coming back in on off beats and un-logical spots
 - You can vaguely move your body position and arms to allow for ease of coming back in
 - Repeat method for all segments of piece
 - Add another level by applying a hands separately approach
 - Rather than just starting and stopping completely
 - Stop only one hand at a time but continue to play the other hand
 - Incorporate Left Hand Alone, Right Hand Alone, Both
- Look Game
 - This approach is only beneficial when the music is completely memorized. This can be a great polishing step in the preparation for a recital or any public performance.
 - Isolate one phrase at a time
 - Method:
 - Play through the phrase but only look at mallet 1
 - Use peripheral vision for mallet 2 and 3
 - Mallet 4 is muscle memory only
 - Continue until you can play phrase perfectly
 - Play through looking only at mallet 4
 - Use peripheral vision for mallet 3 and 3
 - Mallet 1 in muscle memory only
 - Continue until you can play phrase perfectly
 - Play through looking only at the inside mallets
 - Peripheral/muscle memory for the outside mallets
 - Continue until you can play phrase perfectly
 - Repeat Method for each phrase
 - Gradually string multiple phrases together
- Benefits:
 - Memorization, Accuracy, Musicality, and Recovery
 - Aids with visual and kinesthetic memory
 - Utilizes repetition in a unique way
 - Seeks out unique phrasing structures and details
 - We are playing live music, mistakes will happen, this is a way to practice making mistakes, thus increasing the ability to deal with it better “in the moment”