

PRO SKILLS #1

PRACTICE

TRINITY
ROCK & POP
2018

Professional musicians Will Franden and Talia Cohen explain how practice is your springboard to improving, whether as a singer or as an instrumentalist, and how it helps you be the musician, player or singer that you want to be.

KNOW YOUR INSTRUMENT

Whether you're working on songs or covers, performing alongside other musicians or starting to write your own music, knowing your instrument and your capabilities is really important.



FIND MUSIC THAT INSPIRES YOU

This is really the first step that you should take. Playing music that you like will really help you put in the time and effort that is needed for practice and it will help you to unlock your musical identity as a player or as a singer.

'I THINK FIRST OF ALL, FINDING MUSIC THAT INSPIRES YOU IS REALLY THE FIRST STEP THAT YOU CAN TAKE IN PRACTISING AND FINDING OUT WHAT YOUR MUSICAL IDENTITY IS AND WHO YOU WANT TO BE AS A PLAYER OR SINGER.' WILL

PLAY EVERY DAY

Spend some focused time with your instrument each day. This means sitting and really focusing. It doesn't need to be two hours every day, because you still want to enjoy it, but just spending focused time and really honing in and listening to yourself is really important. Explore lots of different types of music that interest you, and really listen to yourself as you play.

Having some *relaxed* time to sit and play your instrument is important too. This can help you step out of the technical mindset of everyday practice, and will help you to think musically.

DON'T BE AFRAID TO MAKE MISTAKES

Making mistakes is a huge part of improving. You have to make errors. Music isn't about being perfect, it's about feeling it and learning from your mistakes. You also need to be open-minded when it comes to constructive criticism - you always have room to improve so listening to the people around you is crucial.

'IF YOU THINK WHAT YOU'RE DOING IS PERFECT, IT'S NEVER PERFECT. WE'RE STILL LEARNING EVEN THROUGH WE'RE PROFESSIONAL MUSICIANS - YOU NEVER STOP.' TALIA



SET CLEAR PRACTICE GOALS

Having clear and precise practice goals makes your practice manageable. The Trinity Rock & Pop graded books and practice app are ideal for this. For instance, you might build up your technique through speed exercises, or breaking a song up into chunks.

When learning a new song, concentrate on the verse and chorus in turn, and then work on the solo sections, listening to interpretations of the song from different artists for ideas.

‘GOALS I MIGHT SET MYSELF MIGHT BE LEARNING 10 SONGS IN TWO WEEKS, MAKING SURE I KNOW THEM. AND THEN I’LL SET SMALLER GOALS AND SPLIT EVERYTHING DOWN INTO CHUNKS.’ TALIA

SEE AND LISTEN TO LOTS OF MUSIC

Live music is so important. Going out and listening to music can be hugely inspirational and push you to see what you want to do and where you want to be.

Watching a live video is great, and can be inspirational, but actually being there and hearing music that can't be replicated is absolutely fantastic.

‘EVERY TIME I GO AND SEE A GIG I FEEL IN SOME WAY INSPIRED, OR I SEE SOMETHING THAT I WANT TO DO.’ TALIA



ABOUT WILL FRANDEN

Will is a London-based bassist who regularly performs in both studio and live settings in a range of musical styles. He studied electric and double bass and has a Bachelor of Music (Hons) from Kingston University and the University of Colorado. He also teaches both electric and double bass.

ABOUT TALIA COHEN

Talia is a singer/songwriter based in East London. She has played at the likes of Ronnie Scott's, Scala, the Hippodrome Casino and has worked with an array of musicians and producers recently including Turner Prize nominee James Richards. She fronts the 'Duke Street Big Band' and regularly performs with the 'Denmark Street Big Band', as well as her own band 'Moth Trap'.

ACCESS ALL AREAS...

For further support resources visit the Rock & Pop Practice Room at trinityrock.com/practice-room.

- ⚡ **Producer's Notes:** Handouts which look at Rock & Pop 2018 songs and include notes on the artist, genre, production, and much more.
- ⚡ **Rock & Pop Sessions:** Performances of Rock & Pop 2018 songs by the professionals.
- ⚡ **Demo videos:** Videos looking at specific skills and techniques.
- ⚡ **Improvisation articles:** Articles looking at how to approach improvising in different styles.

KEY POINTS

- ⚡ **Know your instrument**
- ⚡ **Find music that inspires you**
- ⚡ **Play every day**
- ⚡ **Don't be afraid to make mistakes**
- ⚡ **Set clear practice goals**
- ⚡ **See and listen to lots of music**

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