

# Suggested High School Band Practice Routine

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Warm Up (5-10 min)</b>	<b>Warm Up (5-10 min)</b>	<b>Warm Up (5-10 min)</b>	<b>Warm Up (5-10 min)</b>	<b>Warm Up (5-10 min)</b>
Long tones, scales, lip slurs, rudiments.	Long tones, scales, lip slurs, rudiments.	Long tones, scales, lip slurs, rudiments.	Long tones, scales, lip slurs, rudiments.	Long tones, scales, lip slurs, rudiments.
<b>Play Something You Already Know (15-20 min)</b>	<b>Play Something You Already Know (15-20 min)</b>	<b>Play Something You Already Know (15-20 min)</b>	<b>Play Something You Already Know (15-20 min)</b>	<b>Play Something You Already Know (15-20 min)</b>
Play band music, solo/ensemble music, SWIHMB audition music, anything in your band folder or binder (Consider: focus on rhythm, dynamics, articulation and tone)	Play band music, solo/ensemble music, SWIHMB audition music, anything in your band folder or binder (Consider: focus on rhythm, dynamics, articulation and tone)	Play band music, solo/ensemble music, SWIHMB audition music, anything in your band folder or binder (Consider: focus on rhythm, dynamics, articulation and tone)	Play band music, solo/ensemble music, SWIHMB audition music, anything in your band folder or binder (Consider: focus on rhythm, dynamics, articulation and tone)	Play band music, solo/ensemble music, SWIHMB audition music, anything in your band folder or binder (Consider: focus on rhythm, dynamics, articulation and tone)
<b>Listen to a Professional (5-10 min)</b>	<b>Listen to an Ensemble/Band (5-10 min)</b>	<b>Listen to a Professional (5-10 min)</b>	<b>Listen to an Ensemble/Band (5-10 min)</b>	<b>Listen to a Professional (5-10 min)</b>
<a href="#">List of Professionals</a>	<a href="#">List of Ensembles/Bands</a>	<a href="#">List of Professionals</a>	<a href="#">List of Ensembles/Bands</a>	<a href="#">List of Professionals</a>
<b>Play Something Different! (5-10 min)</b>	<b>Play Something Different! (5-10 min)</b>	<b>Play Something Different! (5-10 min)</b>	<b>Play Something Different! (5-10 min)</b>	<b>Play Something Different! (5-10 min)</b>
Explore music online that you want to play; a pop song, stand tune, free sheet music, etc. Sight Reading Factory <a href="#">Click Here</a> Smart Music <a href="#">Click Here</a>	Explore music online that you want to play; a pop song, stand tune, free sheet music, etc. Sight Reading Factory <a href="#">Click Here</a> Smart Music <a href="#">Click Here</a>	Explore music online that you want to play; a pop song, stand tune, free sheet music, etc. Sight Reading Factory <a href="#">Click Here</a> Smart Music <a href="#">Click Here</a>	Explore music online that you want to play; a pop song, stand tune, free sheet music, etc. Sight Reading Factory <a href="#">Click Here</a> Smart Music <a href="#">Click Here</a>	Explore music online that you want to play; a pop song, stand tune, free sheet music, etc. Sight Reading Factory <a href="#">Click Here</a> Smart Music <a href="#">Click Here</a>
<b>Scale Work (5-10 min)</b>	<b>SR Factory (5-10 min)</b>	<b>Scale Work (5-10 min)</b>	<b>SR Factory (5-10 min)</b>	<b>Scale Work (5-10 min)</b>
Review scales you know, but make them BETTER, try multiple octaves. (Consider: Good Tone, SLOW TEMPO) OR try a brand new scale!	Sight Reading Factory is currently FREE to everyone. Use this site to hone in on your sight reading skills! Sight Reading Factory <a href="#">Click Here</a>	Review scales you know, but make them BETTER, try multiple octaves. (Consider: Good Tone, SLOW TEMPO) OR try a brand new scale!	Sight Reading Factory is currently FREE to everyone. Use this site to hone in on your sight reading skills! Sight Reading Factory <a href="#">Click Here</a>	Review scales you know, but make them BETTER, try multiple octaves. (Consider: Good Tone, SLOW TEMPO) OR try a brand new scale!
<b>Music Theory (5-10 min)</b>	<b>Music Theory (5-10 min)</b>	<b>Music Theory (5-10 min)</b>	<b>Music Theory (5-10 min)</b>	<b>Music Theory (5-10 min)</b>
Enjoy an interactive music theory lesson! Music Theory <a href="#">Click Here</a>	Enjoy an interactive music theory lesson! Music Theory <a href="#">Click Here</a>	Enjoy an interactive music theory lesson! Music Theory <a href="#">Click Here</a>	Enjoy an interactive music theory lesson! Music Theory <a href="#">Click Here</a>	Enjoy an interactive music theory lesson! Music Theory <a href="#">Click Here</a>

[MORE FREE BAND RESOURCES, CLICK HERE!](#)

If you have any questions please feel free to contact Ms. Todd or Mr. Matuszeski at any time via email.

[jtodd@cbcsd.org](mailto:jtodd@cbcsd.org)

[tmatuszeski@cbcsd.org](mailto:tmatuszeski@cbcsd.org)