

## Association of Concert Bands 2018 National Convention

### Percussion Session:

#### **“Developing Performance Skills and Mindset, Artistry, and other Musical Aspects”**

***-A discussion about various topics for performing percussionists.***

**-Larry Dubill, Clinician**

#### **Topics:**

##### **Developing Performance Skills and Mindset**

- recognize that your role is a soloist
- dealing with performance anxiety
- repetition aspects
- letting go, confidence
- acceptance of non-perfection
- forward looking mindset and dealing with good and bad starts...like athletes
- avoidance of negative self talk
- xylo vs marimba vs vibes when practicing vs performing
- practicing the visual aspect of watching a conductor when practicing
- eliminate unknowns, instruments, etc.
- early arrival and set up equals positive acclimation
- routines: for musicians and athletes
- forward thinking, like golf, develop short term memory in performance, don't let one bad shot turn into another

##### Dealing with Performance Anxiety

- play with artistry
- repetition, repetition, repetition
- acclimatize to the environment of being a performer
- fear and energy
- embrace the energy of your risk taking, and performing
- turn fear into fun, enjoy, embrace the energy of your risk taking and performing. Music is filled with risk taking, heart rate increases, perspire, adrenaline, your experience will be enhance as you enjoy your music making and embrace this energy.
- focus on the performance itself, don't think about what not to do, but replace it with other things to think about, like what is coming up next, look ahead, listen to others in the ensemble and how you fit in.
- finding your zone or “Happy Place”, meditate, slow down, find me time, use mindfulness techniques for calmness, body awareness, breathing etc.; playing in the zone is when you are relaxed without stress or fear, and things slow down; your awareness becomes heightened. Practice finding this place,meditate, and enjoy!

### **Developing Artistry:** musical and ensemble aspects

- expanding horizons: listen to recordings, watch youtube videos of repertoire.
- the visual component
- listening to the ensemble. Stylistic matching, rhythm, ensemble, color
- physical logistics, inherent delay
- percussive aspects of performing with wind vs string instruments

### **Developing Your Section:**

- team aspect
- part assignments
- assign to strengths, but be aware of stereotyping
- communication
- instrument Related
  - logistics
  - assess artistic demands, situational doubling, creative sound choices
  - update mallets and sticks

### **Developing the Musician Within-----Finding the Inner Child/Musician**

- typical adult percussionist situation
- time, energy, responsibilities,
- solo studies, rekindle the artist within.
- technical PT: Stone studies, scale patterns/exercises, reading exercises. (mallet tips!)
- again, repetition! The more you do, the better you get! -like a new teacher vs a 20 plus year teacher...more confident, everything you do is better
  - ....so play as much as possible!
- be more score aware and listen to all of the other instruments parts when playing, study scores if possible, listen online
- create an artistic deadline: solo performance, youtube recording, etc.
- attend music conventions where there are percussion vendors, percussion ensembles, soloists, bands, etc.
- join online percussion groups (facebook, reddit, youtube, etc.)

**Get more information at [LarryDubill.com](http://LarryDubill.com) or email [ldubill@hamburgschools.org](mailto:ldubill@hamburgschools.org)**