#### **BULLETPROOF**MUSICIAN

# A Better Way to Practice?

Deliberate Practice w/Rubber Ducking

### I: Deliberate Practice

• The problems with "autocorrect" practice

## II: Self-Regulated Learning

- 3-part process
  - 1. Plan
  - 2. Play
  - 3. Reflect

### **III: Rubber Ducking**

- 2 principles
  - 1. Talk out loud
  - 2. Talk in third person