



SfP Pointers

#1: Rehearsals

- ❑ **Plan rehearsals carefully to get the best out of them.**
Whether it is a 30-minute lunchtime rehearsal or two-hour evening rehearsal, similar principles work well.
- ❑ **Be demanding about starting punctually.**
Humour can go a long way here.
- ❑ **Start with a warmup** that relaxes the body, engages the voice and flexes singing muscles so everyone is ready to sing well.
- ❑ **Move on to something very familiar** so that the rehearsal's dynamic and confidence is quickly established.
- ❑ **In the middle of the sandwich**, put your most challenging work.
- ❑ **Be ambitious yet realistic** about how much can be achieved in the time you have.
- ❑ **Try the rule of three.** If there's a problem, try fixing it up to three times. After that, move on; come back to it at another point with perhaps, a different teaching strategy. Any more than three attempts and you may enter a downward spiral in confidence.
- ❑ **Finish off with something the choir knows relatively well** but always aim to make an already good performance excellent, so that everyone leaves the rehearsal smiling.