Start/Stop and Look

- **Start/Stop Game**
  - This approach is most beneficial when the music is already learned. This can be a great polishing step in the preparation for a recital or any public performance.
    - Best with two participants
    - Same premise of the game “Red Light/Green Light”
    - Isolate a large segment or several phrases
    - Use metronome to keep it honest
    - Method:
      - While playing, your partner tells you when to start/stop physically playing, but keep the music going in your head.
        - If using this method alone, just randomize your starting and stopping
      - Begin with coming back in at the beginning of phrase or the next musically logical spot
      - The better you get, try coming back in on off beats and un-logical spots
      - You can vaguely move your body position and arms to allow for ease of coming back in
    - Repeat method for all segments of piece
  - Add another level by applying a hands separately approach
    - Rather than just starting and stopping completely
      - Stop only one hand at a time but continue to play the other hand
      - Incorporate Left Hand Alone, Right Hand Alone, Both

- **Look Game**
  - This approach is only beneficial when the music is completely memorized. This can be a great polishing step in the preparation for a recital or any public performance.
    - Isolate one phrase at a time
    - Method:
      - Play through the phrase but only look at mallet 1
        - Use peripheral vision for mallet 2 and 3
        - Mallet 4 is muscle memory only
        - Continue until you can play phrase perfectly
      - Play through looking only at mallet 4
        - Use peripheral vision for mallet 3 and 3
        - Mallet 1 in muscle memory only
        - Continue until you can play phrase perfectly
      - Play through looking only at the inside mallets
        - Peripheral/muscle memory for the outside mallets
        - Continue until you can play phrase perfectly
    - Repeat Method for each phrase
    - Gradually string multiple phrases together

- **Benefits:**
  - Memorization, Accuracy, Musicality, and Recovery
    - Aids with visual and kinesthetic memory
    - Utilizes repetition in a unique way
    - Seeks out unique phrasing structures and details
    - We are playing live music, mistakes will happen, this is a way to practice making mistakes, thus increasing the ability to deal with it better “in the moment”