

Mental leadership (by Johnson, 2003)

This technique is especially suited to help let the mind guide the muscles instead of letting motor memory take over.

- Take a simple excerpt from the piece
- While playing, stay mentally ahead by thinking the sound and fingering of the next note immediately before it occurs
- Suggested is to think ahead with the value of an eighth note, but when playing slow, this could also be a quarter or half note
- The main goal is to think ahead rhythmically to maintain strength in the meter