

PRACTICE SESSION PLAN

KEY OF THE DAY _____

GOAL

Learn 5 positions of Blues Scales in a few keys. Keys are E, A, C, F and G (choose one each day or so). Be able to play each of the patterns in position and learn where the roots are located in each of them. Build good alternate picking technique.

TASK 1

Starting from the position that starts closest to the nut, play the first Blues Scale shape. Slow and clean with metronome and alternate picked (1st note down, next up, next down etc).

TIMEFRAME

2 minutes

TASK 2

Move up to the next position. Play the next Blues Scale shape. Slow and clean with metronome and alternate picked (1st note down, next up, next down etc).

TIMEFRAME

2 minutes

TASK 3

Move up to the next position. Play the next Blues Scale shape. Slow and clean with metronome and alternate picked (1st note down, next up, next down etc).

TIMEFRAME

2 minutes

TASK 4

Move up to the next position. Play the next Blues Scale shape. Slow and clean with metronome and alternate picked (1st note down, next up, next down etc).

TIMEFRAME

2 minutes

TASK 5

Move up to the next position. Play the next Blues Scale shape. Slow and clean with metronome and alternate picked (1st note down, next up, next down etc).

TIMEFRAME

2 minutes

TASK 6

Starting with the first position you played, identify where all the Roots (1 of the Major scale) are located. Play the scale shape up and down once, then play all the roots.

TIMEFRAME

1 minute per position

APPLICATION

Play for 20 minutes. More if you like!

Using selection #3 on the Jam Along CD play all of the 5 Blues Scales shapes over the tune. "Lean" (play them a lot) on the roots, invent new phrases, move through all of the 5 positions up and down the neck. Think melody and allow quiet time between notes.

Total Time for tasks would be 35 minutes. Allowing 20 minutes for application.