

# Rock Combo Rehearsal Phases

## Reference Sheet

**Phase 1- tune up/set up** - try to spend as little time as possible on this phase. You should ultimately be able to get this down under 10 minutes, especially if there is no drum kit set up required.

**Phase 2- Warm Up** - You should pick one or two songs that everyone knows and is comfortable with to warm up on. These songs may or may not be from your current set and should not be terribly demanding to perform. The goal is to loosen up, get everyone moving, playing, and most importantly, LISTENING, not showing off or blowing through chops. Again, these should be chosen prior to rehearsal at the "band meeting time."

**Phase 3- Intro New Material** - This can often be accomplished outside of rehearsal in the meeting time. If you are going to intro new original material that has not been recorded or demoed, provide charts and any explanation, then let everyone take the tune home & work on it. Try not to take up too much time here. If you need to "jam out" an idea, do it in Phase 7-free swim.

**Phase 4- Check Problem Areas** -As is explained in the Phase 5, often times you will identify passages that will be marked as "needs individual attention." During this phase you will review these passages and see if it is worth attempting to run the song in the next phase or if more "IA" is needed before it can be re-integrated.

**Phase 5- Development** - In this phase you will work on songs and sections of songs. If you can run a song satisfactorily, then you will move it to Phase 6. If you discover that the song does not sound quite right, you will identify problem sections, diagnose the problems, and try to correct and/or tighten them up. If, however, the mistakes are the result of one or more members needing more INDIVIDUAL PRACTICE on a difficult passage or, worse, NOT HAVING LEARNED their part, then there is NO REASON TO WASTE MORE REHEARSAL TIME on it. Mark the section as "Needs Individual Attention" and MOVE ON! Review the passage during the "review mistakes" phase of next weeks rehearsal.

**Phase 6- Run The Set** - This is the objective. The point of this phase is to run as much of your set as possible, **just like you would on stage**. Initially this may only be 2 or 3 songs , ultimately it will be the entire set, start to finish, most likely once per rehearsal. You will only add songs to the set when you feel that they have been perfected in the previous Phase. When you run the set, you DO NOT STOP in the middle of tunes. If you discover that a tune still has some problems, discuss them AFTER you finish and then decide whether to move it back to phase 5 or not.

**Phase 7- Free Swim ?** - This phase is **NOT** essential. If you wish to budget your rehearsal time to include some free time to jam, or re-run tunes, or try a new lick, feel free, but it should come at the END of the session, after you **TCB!** (Take **C**are of **B**usiness )

**Phase 8- Tear Down/Pack Up** - **DO NOT NEGLECT THIS PHASE!!** You will need to account for some time to at least pack up, if not tear down any gear that you set up in Phase 1. If you only have 1 hour of total rehearsal time, this step must figure into that time, especially if you share space with another band.