

Virtual Band Camp

Video 4 Skill Sheet - Flute Hand Position Exercises

1. Hand Puppets

- Great flute players need to know which direction their hands face to play the flute.
- First, make an imaginary puppet with your right hand. Make it face AWAY from you.
- Now, make a puppet with your left hand, and make it face TOWARD you.
- Do this 5 times each day, making sure your hands are facing the right direction each time.

2. One Hand at a Time

- After you do your puppets, practice putting one hand at a time on the flute.
- Use the pictures in the video to make sure your fingers are on the correct keys.
- Remember to put your fingertips in the center of each key.
- Do this 5 times each day on each hand, seeing how quickly you can get everything correct!

3. Put it down, Pick it up.

- Put your flute down in your lap, then pick it up and see how quickly you can correctly position both your hands.
- Time yourself. Can you get the correct hand position in 5 seconds? 3 seconds? *1 second?*

4. "You Belong to Me."

- Remember, each finger belongs to a specific key on the flute, and can only move up or down.
- Practice lifting each finger off its home key, and then putting it right back down.
- Can you put down or pick up 2 fingers at once? How about 3, 4, or all of them??

Practice Chart

Each time you do one of the exercises above, check it off below. The more checks you get, the better you'll become at playing flute.



Exercise	Checks
Hand Puppets	
One Hand at a Time	
Put it down, Pick it up	
You Belong to Me	