



FINGERBOARD MAPPING: TRUSTING WHERE YOU'RE GOING

VIDEO 2: ACCURACY & TRUST

REPLACE GUESSWORK WITH CLARITY SO SHIFTS FEEL PREDICTABLE AND CALM.

GEOGRAPHY OVER GUESSWORK

YOUR EAR CORRECTS; YOUR MAP GUIDES

**ANCHOR → RELEASE & TRAVEL → SET ("ARTS") FRAMEWORK
SIMPLE FINGERBOARD MAPPING DIAGRAMS**

EXERCISES

- Silent mapping drill (using LH pizzicato to check intonation)
- Interval landing drill (increasing intervals by a half step... to be worked on with each finger in turn)

suggested Technique Checklist:

- Rounded fingers
- Fingers move in a straight line above the same string
- Floating elbow
- Release left thumb and allow its movement to be a continuation of the arm movement
- Soft LH
- Allow bow to sink into the string versus "pushing down"
- As you move into 7th position and above, place the thumb down firmly on the string before you shift
- Remember to stay slow, deliberate and present





INTERVAL LANDING DRILL
(SILENT MAPPING WITH LH PIZZICATO OR WITH BOW)

lower 2nd upper 2nd. lower 3rd upper 3rd. 4th

lower 5th. upper 5th. lower 6th. upper 6th. lower 7th. lower 7th. "thumb" pos

“
MAPPING BECOMES
MORE FLUID WHEN
PRACTICED
REGULARLY INSIDE
MUSIC.
”

- CHALLENGE #1:** TRY TO SAY THE POSITION NAMES OUT LOUD FOR EACH ARRIVAL NOTE
CHALLENGE #2: TRY STARTING ON A HIGHER PITCH AND DOING THIS EXERCISE DOWNWARDS

WHAT FELT MORE PREDICTABLE WHEN YOU MAPPED FIRST?

.....

.....





INTERVAL LANDING DRILL CONTINUED
(USING ALTERNATE FINGERS FOR ARRIVAL NOTES)

**FOCUS ON 2ND FINGER
FOR ARRIVAL NOTE**



**FOCUS ON 3RD FINGER
FOR ARRIVAL NOTE**



**FOCUS ON 4TH FINGER
FOR ARRIVAL NOTE**





DR. SOPHIE'S CELLO LAB ABOUT SOPHIE AND THE CELLO LAB



SOPHIE WEBBER



Dr Sophie has performed across the States and in the UK, has received numerous awards and prizes for her playing, and has released three critically acclaimed albums.

With over 25 years of teaching experience, she is a sought-after pedagogue and is frequently invited to give masterclasses across the USA and beyond.

She is also the Founding Artistic Director of Fused Mused Ensemble, a music and mixed media non-profit organization with a mission to amplify voices too often left unheard.

THE CELLO LAB



Inside the Cello Lab, you'll find two distinct paths to grow your playing and artistry: one for deep, foundational focus (*the PRACTICE ROOM*), and one for expressive exploration with high-level support (*the STUDIO*).

the PRACTICE ROOM: For cellist of all levels seeking fresh, focused and foundational exploration for their “practice room” with access to a community of other adult cellists.

Offers monthly themed practice companions, topical trainings, live Q&A (P.L.A.Y) interactions, a supportive community, as well as community cello chats.

the STUDIO: For cellists ready to explore artistry, expressive themes, score analysis, interpretations along with foundational focuses.

Offers a creative growth space in a professional online studio environment that includes master classes, small group instruction, private lessons and performance opportunities.

[>>CLICK HERE TO LEARN MORE ABOUT THE CELLO LAB<<](#)

