

VoSci Skill Lab

Week of June 1, 2025



Messa Di Voce (Crescendo)

Why this matters	If we had to recommend only one exercise to a singer, the <i>messia di voce</i> –“mass of the voice”–might be it. This exercise builds precise coordination between the cricothyroid and thyroarytenoid muscles and develops deep control over breath support and airflow. While directly connected to dynamic shaping like crescendos and diminuendos, the skill it cultivates has far-reaching benefits for expressive range, vocal balance, and technical precision.
Daily Practice Plan – Just 2 Minutes a Day	<ol style="list-style-type: none">1. This week, we’re focusing on a soft-to-loud crescendo only.2. Choose a comfortable starting pitch–somewhere in the middle of your range.3. Pick a vowel. If you’re unsure, /u/ (“oo”) is a stable starting point.4. Sing a single, sustained note, beginning at pianissimo and gradually increasing to forte over 5–10 seconds.5. Repeat on a different pitch or with a different vowel.6. Avoid rushing. The slower and more even your crescendo, the more you’ll develop control and awareness.
For Beginners	No modification for beginners. Set a soft dynamic you can sustain and build from there. Ultra-soft singing will come with consistent practice.
Intermediate Variations	<ul style="list-style-type: none">• Work toward an even, seamless crescendo without sudden jumps in intensity.• Practice the exercise on high and low notes in your range.• Cycle through all vowel sounds–some will be more challenging to control than others.• Self-assess: Are you reaching equivalent softness and loudness across vowels and pitches? <p>Record yourself and listen back with a critical ear.</p>
Common Pitfalls to Watch For	<ul style="list-style-type: none">• Rushing the crescendo–quick changes hide instability and limit control.• Sudden gear shifts in volume that interrupt the smooth progression.• Vowel inconsistency–certain vowels like /a/ or /e/ can be harder to manage softly.• Tension creep–don’t push louder with force; increase airflow and resonance instead.

Weekly Practice Log – Track Your Progress

Day	Practiced?	What Key(s)?	Challenge?	Notes
Sun				
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				

Reflection: What improved this week? What still needs work?



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