



How Professional Singers Control Their Voice

KS3 MUSIC

Ages 11-14 ⌚ 3 min read

What Makes a Professional Singer Different?

Have you ever noticed how professional singers can hit really high notes, hold them for ages, and make their voices sound so smooth? They're not just naturally talented — they use special **techniques** to control their voices like a musician controls an instrument.

Your voice comes from **vocal cords** in your throat. When air passes over them, they vibrate and make sound. Professional singers learn to control how tight these cords are, how much air they push through, and how they shape their mouth. It's like learning to play the violin — you need practice and the right technique.

Breathing is Everything

Breath control is the number one skill all professional singers learn. They don't just breathe the way you do normally. Instead, they breathe deeply from their **diaphragm** — a muscle under your lungs that helps you breathe.

Think of it like blowing up a balloon. If you use short, quick breaths, the balloon barely fills. But if you take one long, deep breath and control how you release the air, you can blow it up properly and keep it steady.

Professional singers breathe in deeply before they sing a long phrase, then release the air slowly and evenly while singing. This gives them the power and control to hit high notes without straining.

Warming Up and Training

Just like athletes warm up before a game, singers do **vocal warm-ups** before performing. These are special exercises like humming, scales, and lip trills. Warm-ups help get the vocal cords ready and prevent injury.

Singers also do **voice training** with teachers who show them:

- How to **project** their voice (make it loud without shouting)
- How to reach different **notes** and **ranges**
- How to shape sounds using their mouth, lips, and tongue
- How to stay relaxed instead of tensing up

Posture and Tension

How you stand matters too! Professional singers keep good **posture** — standing tall with shoulders relaxed. When you slouch or tense up, your vocal cords can't move freely.

Think of it like a garden hose. If you kink the hose, water can't flow smoothly. But if you keep it straight and relaxed, everything works perfectly.

Singers learn to stay relaxed in their neck, jaw, and shoulders while singing. They also use their **resonance** — special spaces in your head, throat, and chest that make your voice richer and louder naturally, without strain.

Practice Makes Perfect

Most professional singers practice for hours every day. They work on **pitch control** (hitting the right notes), **tone** (making their voice sound beautiful), and **stamina** (being able to sing for a long time). With practice, these techniques become automatic, just like how you don't think about how to walk anymore.