For guitarists, sloppy picking is often a timing issue. Practising with a click solves much of it.

## Clean chord changes

Set the metronome to about 60 BPM and change chords exactly on beat one of each bar. This is the fastest way to clean up changes.

## Strumming

Turn on eighth notes between 70 and 100 BPM. Keep the strumming hand moving constantly, so the rhythm metronome stays even.

## Building picking speed

Pick a scale *free metronome* in sixteenths at a clean tempo, then add 5 BPM every few bars. A speed trainer can do this automatically.

## Shuffle feel

For blues shuffles, use a swing or triplet subdivision so you feel the long-short rhythm.

Short daily sessions with a metronome will do more than an hour of unfocused noodling.