Bowed strings make timing problems obvious: a late bow change or a shift after the beat are instantly noticeable.

Bow control

Hold **free metronome** each note for four clicks with a full bow, then eight beats, with a steady tone.

Shifting on the beat

Practise shifts so you arrive exactly with the click, not after it.

Building speed in études

Raise the tempo a few BPM every eight bars for détaché and spiccato studies.

Before rehearsal

Practise parts at the conductor's likely tempo with a gap click so you can hold time on your own.