On guitar, sloppy picking is often a timing issue. A metronome fixes that.

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 patterns

Turn on eighth notes at 70–100 BPM. Keep your hand moving down and up even when you miss the strings, so the rhythm stays even.

Building picking speed

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

Shuffle feel

For a shuffle, switch to triplets or swing to lock into the lilt.

Ten focused minutes a day with a click beat *MetronomeWorld free metronome* long, unstructured practice.