

For guitarists, basic practice exercises often consist of scales and arpeggios, but for violinists, basic practice exercises consist of scales, arpeggios and *trills*. Trills are good for developing finger strength, coordination, and flexibility.

How to practice:

- Pick only the first note of each line. Execute the trills as hammer-ons and pull-offs.
- Start at a slow tempo and gradually work up.
- Repeat on each string. Vary the starting fret.

