

Type of Music	Time	Goal	Crucial techniques
Scale	10-20 min	Intonation, well-timed shifting, tone quality Experiment with multiple fingering options Correct any un-natural posture	Finger block, keeping idling finger above the strings Use intermediate notes when shifting down Play with and without vibrato
Arpeggio	10-20 min	Intonation, well-timed shifting, tone quality Experiment with multiple fingering options Correct any un-natural posture	Avoid finger hopping Slow down bow when shifting Use intermediate notes when shifting down Playing double stops is helpful
Etudes	30 min	Intonation, well-timed shifting, tone quality Experiment with multiple fingering options Bow placement and distribution Note reading, accidentals	Lift fingers high and tap with force for finger exercise Use metronome to gain control
Open strings	5-10 min	Solely work on tone quality and right hand posture Experiment with bow placement (whether it's near the fingerboard or bridge)	Play in front of a mirror Keep bow absolute parallel to the bridge Avoid using full bow hair Use pinkie to balance the bow when playing at frog Use full bow, play at various speed
Misc. music	??? min	Good mix of general run through and sectional practice Listen to recordings Experiment with your own musical interpretation Record yourself to examine what you like/dislike Check for discrepancy against reliable recording sources	A lot of extremely slow practice Use the two dotted rhythm patterns to practice any fast passage to ensure evenness, clarity, and coordination. Experiment with the factors of tone quality: Bow speed, bow pressure, bow location, Vibrato speed and range of motion. Variations of tone quality create musical expression