Many musicians avoid the metronome because it feels strict. But it remains one of the quickest ways to tighten your playing.

1. It shows you where you rush

Most people *metronome* speed up in easy passages and slow down in hard ones without realising it. A steady click exposes it instantly.

2. It develops internal time

Practising with a steady pulse builds the inner pulse that makes bands sound tight.

3. It makes progress measurable

Going from 88 to 96 BPM on the same passage, you know you are improving.

4. It helps you build speed safely

Small, regular **metronome** tempo increases keeps technique relaxed and accurate.

5. It prepares you for bands and recording

Recording sessions often use a click, and every ensemble depends on shared time.

6. It improves rhythm reading

Subdivisions such as eighth notes and triplets help you decode tricky rhythms.

7. It costs nothing

Online metronomes run in any browser, on phone, tablet or laptop.