A metronome is one of the simplest practice tools in music. It plays a steady pulse at free metronome MetronomeWorld a set speed, measured in beats per minute (BPM), and trains you to play **metronome** in time.

Step 1: Set the tempo

Start slowly. For a new piece, 60 BPM, one click per second, is an easy place to begin. If the music has a tempo marking, begin at about 70% of that speed.

Set the beats per bar

Most pop and rock songs are in 4/4, so the first beat of every four is accented. Waltzes use 3/4, and many folk tunes are in 6/8.

Count a bar first

Listen to a full bar and count along out loud. Start playing on the accented beat and aim to hide the click under your notes.

Step 4: Increase the tempo gradually

Once a passage feels easy, raise the tempo by 2 to 5 BPM. Small steps keep your technique relaxed. Online tools like MetronomeWorld can even raise the tempo for you with a speed trainer.

Practise like this for ten minutes a day will improve your timing faster than you expect.