Using a click *free metronome* badly can waste practice time.

1. Practising too fast

Setting the tempo too high ingrains errors.

2. No subdivisions

Slow clicks leave room to *metronome* rush. Add subdivisions.

3. Total dependence

Practise without the click too to build independence.

4. Wireless delay

Wireless audio lags, so prefer wired audio.

5. No records

Log your tempos to see real improvement.