Many bands perform with a click track in their in-ear monitors, particularly with backing metronome tracks.

Who needs it

The drummer almost always does, and often the whole band does too.

Getting comfortable

Rehearse every song with the click before the show, set a tempo for each song, and write it metronome on the set list.

Practical advice

Choose a cutting sound and set the volume just loud enough. Use a one-bar count-in.

Practising at home with a browser metronome makes playing to a click on stage feel natural.