

Ralph Eckert | Jorgen Sandmann | Andreas Huber



POOT

Poolbilliard

LEVEL

3

Pool Billiard Workout

For Beginners,
Advanced Players and Pros

Includes the official WPA playing ability test



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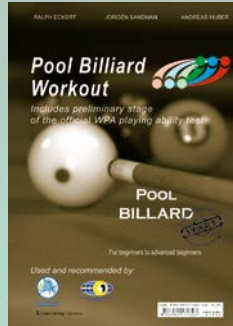




PAT
Poolbilliard

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PAT Workout Start
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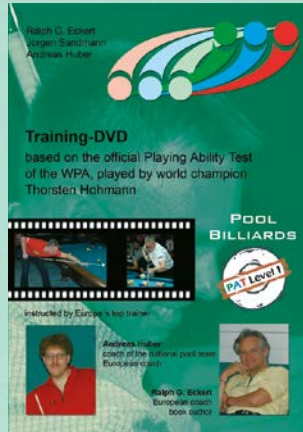


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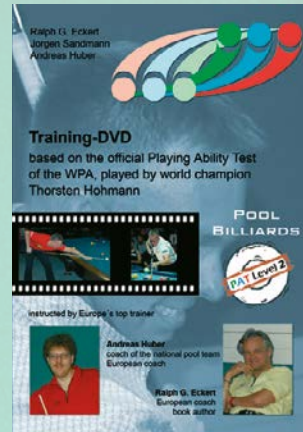


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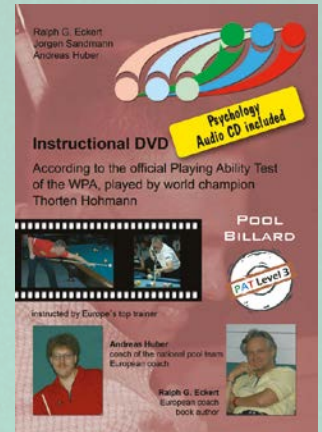
DVDs



PAT 1 Training DVD
GTIN: 4260095330017
System: PAL, 145 minutes,
Language: English/German

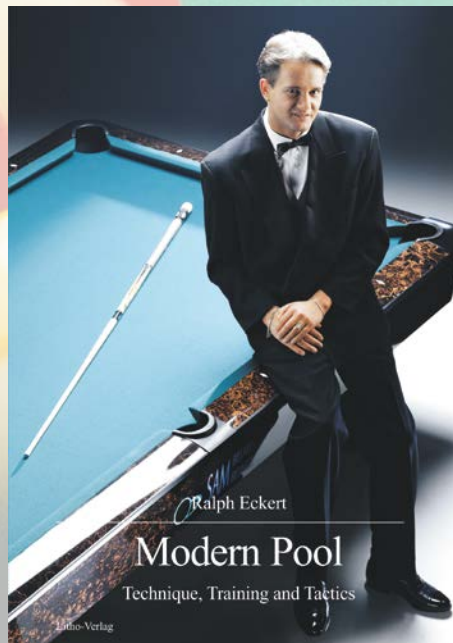


PAT 2 Training DVD
GTIN: 4260095330024
System: PAL, 160 minutes,
Language: English/German

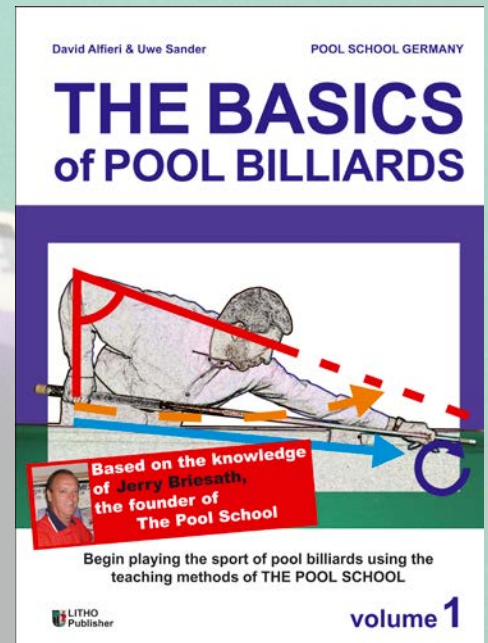


PAT 3 Training DVD
Gtin: 4260095330031
System: PAL, ca. 170 minutes + Psychology-
CD, Language: English/German

Books



Modern Pool
Author: Ralph Eckert
ISBN-13: 978-3980470650
Size: 17x24cm, 320 pages



The Basics of Pool Billiard
Author: Pool School Germany
ISBN-13: 978-3980470643
Size: 16,5x22,5cm, 192 Pages

www.billiardbook.com



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What is PAT?

PAT stands for “Playing Ability Test” and is much more than just a method to test the playing abilities of billiard players.

It is, in fact, a system to assess the skills that one needs to play good pool on the basis of exercises evaluated. Those skills are defined in ten sectors - ten aspects of the game.

Additionally, this system may always be applied as a model to plan short, mid and long term training programmes.

Therefore, in this practice book, printed material for further exercises and training games to record personal performances in training may be found along with the PAT exercises.

Besides being helpful for preparing for the PAT, the whole purpose of this practice book is to assist athletes in training. That this cannot replace a (good) trainer is understood!

How to use this book?

Advanced players, if possible under the guidance of their coach, should start by performing a complete PAT test in training. In doing so the selection of exercises to practice on will be an automatic – simply start working with the exercises upon which the result was the poorest (lowest score).

According to time available for training, a 3-months-target should be formulated (e.g., 50% progress) and pursued till the predetermined result has been reached three times in succession (or, at least, 80% of the PAT target value).

Most score-sheets are designed for 2 x 12 attempts on each exercise (with 5 respectively 3 innings each). Obviously it will be easier to reach the set target average when allowed 5 innings since a failure will be accepted with less consequences. Since the tests as a rule actually consist of 3 innings, the second 12 attempts are presented with only 3 innings. The purpose of the training is to reach the set target three times in a row with only 3 innings at the end of the 3-months period.

With weekly training rounds, a single score-sheet could last up to 6 months if one or two exercises are absolved and recorded. An exercise may, can and should be repeated as often as desired - however, only two recorded attempts should be performed per week to emphasise the “not-to-be-repeated character” of these attempts. It is, in fact, recommended that the attempts to be recorded should be witnessed (e.g., during a club training).

In addition to the exercises we would recommend that one or two of the described practice games should be included in each training period.

Should the set target be reached earlier than planned, the exercises and games may naturally be replaced by others.