

Ralph Eckert | Jorgen Sandmann | Andreas Huber



POOT

Poolbilliard

LEVEL

2

Pool Billiard Workout

For Beginners,
Advanced Players and Pros

Includes the official WPA playing ability test

Used and recommended by



The European Pocket
Billiard Federation



WORLD POOL-BILLIARD
ASSOCIATION



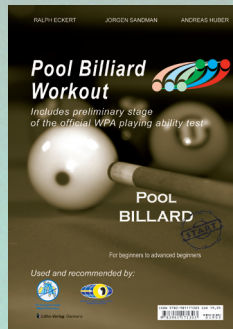
World Champion
Thorsten
Hohmann



PAT
Poolbilliard

Available PAT Products & Billiardbooks

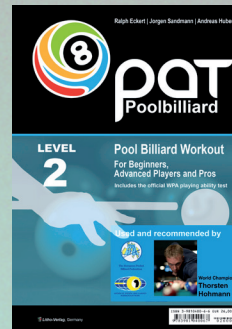
Workbooks



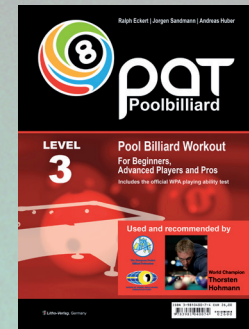
PAT Workout Start
ISBN-13: 978-3981171303
Size: DIN A4, ring-bound, 64 pages



PAT Workout 1
ISBN-13: 978-3981040050
Size: DIN A4, 68 pages



PAT Workout 2
ISBN-13: 978-3981040067
Size: DIN A4, 72 pages



PAT Workout 3
ISBN-13: 978-3981040074
Size: DIN A4 or Usletter, 44 pages

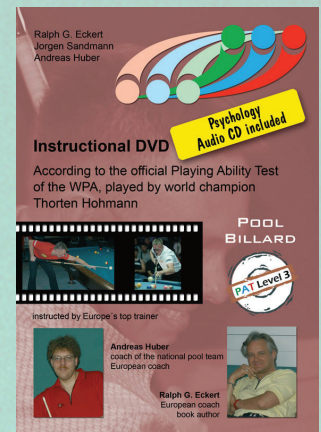
DVDs



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

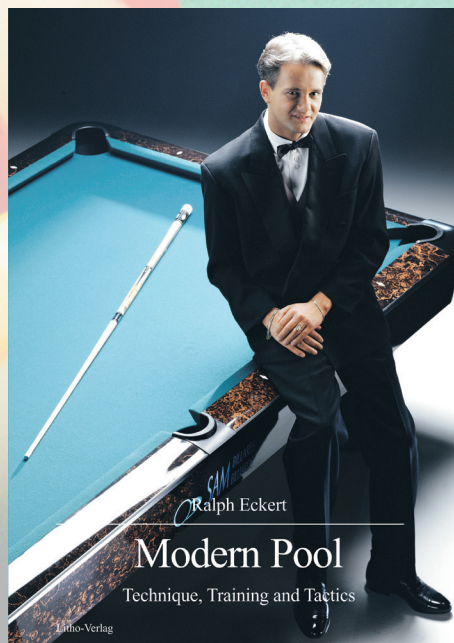


PAT 2 Training DVD
GTIN: 4260095330024
System: PAL, 160 minutes,
Language: English/German

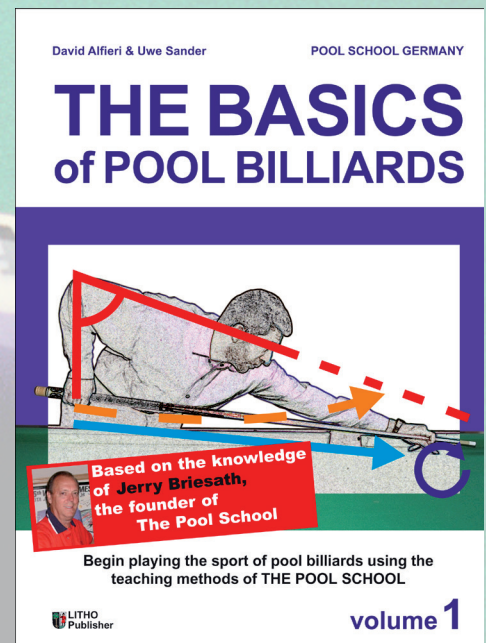


PAT 3 Training DVD
Gtin: 4260095330031
System: PAL, ca. 170 minutes + Psychology-
CD, Language: English/German

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



Preface4
 What is PAT?4
 How to use this book?.....4
 Playing Ability Test7
 General conditions for a PAT event:8
 Procedure:8
 The PAT Principle:.....9
 Highest possible score for PAT 2:10

Playing Ability Test (PAT - 2/3)11
 1. Speed Drill12
 2. Stroke Straightness13
 3. Follow Shot Drill.....16
 4. Draw Shot Drill17
 5a. Small Area Position Drill 320
 5b. Small Area Position Drill 421
 6a. Large Area Position Drill 324
 6b. Large Area Position Drill 425
 7a. Frozen Rail Drill 3.....28
 7b. Frozen Rail Drill 4.....29
 8. Endless Position Drill 332
 9. Standard Position Shots34
 10. 9-Ball Situation Drill.....37

TECHNIQUE Training39
 Speed40
 Straight and Focus 1.....41
 Angle and Focus Drill 141
 9-Ball Situation Drill 243
 Endless-Position Drill 443
 Direction Drill 2.....45
 Direction Drill 1 (from “modern Pool” diagram no. 76)45
 Standard Position for Intermediates as Workout.....47
 2 x 12 Units Training Plan with 5 and 3 Innings (for own Exercises).....49

TRAINING Games53
 Equal Offense54
 Bowliard57
 Progressive X-Ball60
 15 Units 14.1 Penalty Play63
 12 Units Straight 8-Ball.....66
 4 Table Blanks for Personal Notes72



© Litho-Verlag e.K. Germany 2006-14
 All rights reserved
 1. Edition
 Printed in Germany
 Print: ISBN 978-3-981040-06-6
 PDF: ISBN 978-3-941484-65-8
 Epub: ISBN 978-3-946128-05-2
 www.billiardbook.com

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted, in any form or by any means, electronic, mechanical, photocopying, recording or otherwise, without the prior permission of the publishers.
 This publication is sold subject to the condition that it shall not, by way of trade or otherwise, be lent, re-sold, hired out or otherwise circulated without the publisher’s prior consent in any form of binding or cover other than that in which it is published.



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.

In this notebook, 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 notebook is to assist him in training - that this cannot replace a (good) trainer is to be understood!

How to use this book?

Proficient players start with a workout on the complete PAT - picking out the first exercises comes by itself: those exercises with the worst results (least points) are dealt with primarily.

According to the time available for training, a 3-months-target should be set (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).

2 x 12 attempts for each exercise (5 and 3 innings each) are designed on most of the score sheets, which makes reaching the set target average easier (5 innings excuses a "blooper" with less conditions). Since the tests 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 in 3 innings at the end of the 3-months period.

With weekly training rounds, a single sheet could last up to 6 months if one or two exercises are absorbed.

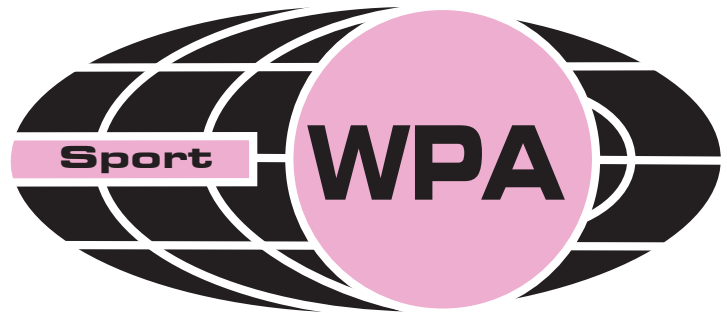
An exercise may, can and should be repeated as often as desired - however, only two recorded attempts should be performed to emphasise the "not-to-be-repeated character" of these innings. It is, in fact, recommended that this be executed under witnesses (e.g., during a club training).

It is, additionally, proposed that one or two of the included training games be delved with.

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



The PAT-System was rubber-stamped and exclusively recognised by the WPA (World Pool-Billiard Association) in the fall of 2004. It is hence possible to be listed together with the results of the tests among an official rankings or to acquire a corresponding performance emblem (as pictured on the right).



Through the recognition of the PATs by the WPA, national, international and even intercontinental comparisons are only now made possible (everyone does the same tests).

The grading of the above-mentioned performance emblems are classified as follows:

PAT 1 600 - 799 points	1. Light green
PAT 1 800 - 999 points	2. Dark green
<i>PAT 1 1000 onwards</i>	<i>plus certificate</i>
<hr/>	
PAT 2 600 - 799 points	3. Light blue
PAT 2 800 - 999 points	4. Dark blue
<i>PAT 2 1000 onwards</i>	<i>plus certificate</i>
<hr/>	
PAT 3 550 - 699 points	5. Black
PAT 3 700 - 849 points	6. Red
PAT 3 850 - 999 points:	7. Gold
PAT 3 1000 onwards	8. Pink

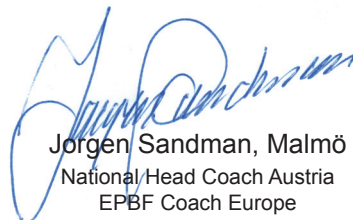
Further information on the tests and colour emblems as well as dates for the PAT and the latest rankings will be found under:

<http://www.pat-billiard.com>

Wishing you lots of luck and success
and with many thanks



Dipl.-Ing. Andreas Huber, Dachau
National Head Coach Germany
EPBF Coach Europe



Jørgen Sandman, Malmö
National Head Coach Austria
EPBF Coach Europe



Ralph Eckert, Mannheim
Head Coach Baden-Württemberg
EPBF Coach Europe



Playing Ability Test

***“There is nothing that cannot be achieved
through patience and self control”***

- Mahatma Gandhi-

This part includes information on the conditions, the procedure
and the PAT - Principle.



General conditions for a PAT event:

To be recommended are two players to a table. Duration is then approx. 3 - 4 hours. With just one player to a table set 2 - 3 hours. With 3 players to a table 6 hours should be planned. Should the players possess PAT experience, the time may be shortened, and vice versa.

A PAT trainer can well handle up to 6 players on three tables. A single trainer can even conduct the tests with 20 players on 10 tables - lots of experience will then be required! As a rule, an assistant for every 3 tables should be appointed.

Printed standard PAT forms to be entered by hand are sufficient with up to 6 participants. With 7 or more participants, it is recommended to use the PC supported Excel tables. In which case, the assistants are to enter the printed PAT forms by hand.

9' tables (playing field: 2.54 x 1.27 m.) corresponding to WPA specifications are prescribed!

While conducting an official PAT, the PAT trainer will strive to present himself (personal style in clothing and language) and the tests with an, as official as possible, character.

As according to the PAT trainer's proposal, there may be either:

- a) the PAT only (followed by basic commentaries), or
- b) the PAT with subsequent individual training (which may be set for the following day)

The PAT trainer may offer b) as an option.

When applying for the test the applicant can decide whether he wishes

- a) to remain anonymous (just for personal training), or
- b) to participate officially (with emblem award and entry of personal results in the rankings).

The best achieved results on each level of a participant will always remain listed in the rankings.

Procedure:

Maximum of 30 minutes warm-up time is to be granted.

Table shortcomings discovered by the participants during warm-up (straightness, levelness, speed, rails, etc.) are to be reported to the PAT trainer during this time. Later complaints cannot be taken into consideration.

Make sure that the participants' registration is complete (either done through Internet or before the PAT by having the participants fill out the printed forms). Every participant determines then if he/she wishes to be enlisted as an official or an anonymous player. Necessary information for an official entry consists of first name, family name, e-mail address, town/city of residence and date of birth.

After the to-be-performed exercise is explained, balls for the corresponding exercise shall be set on every table! Only then shall the trainer allow the exercise to begin on all tables - simultaneously!

Every participant is to complete his (3) innings „at one go“ - independent of the number of participants at each table.

On completing his inning, the participant discloses the achieved result to the assistant or to the PAT trainer. It would be ideal if the PAT trainer could concentrate on random checks and looking out for mistakes concerning the tests.

In this manner exercise after exercise are absolved - breaks may be granted at his discretion.

After evaluating the PAT, the PAT trainer discloses the achieved results officially and presents the emblems and certificates where applicable. Finally, the fundamental explanations to each section of the test will be delivered.