

CAROM BILLIARDS


A TRAINING PROGRAM
WITH EXERCISES, GAMES
AND AN ACHIEVEMENT TEST


BASICS

BY ANDREAS EFLER

MYWEBSPORTCOM
billiards.worldwide



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“BASICS”

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THE BASIC TRAINING PROGRAM

The reason behind the Basic Training Program and Achievement Test is to make it easier to enter the high art of carom billiards and to structure the different topics like the feeling for speed, side English, draw and follow, the quantity of ball 2 and the combinations of all of them. The following recording of the results makes it possible to control the performance and work on the weaknesses of the trainee. The differentiation between levels 1 - 4 is supposed to be an additional motivation to continuously improve your performance and reach the next level.

THE FOUR PERFORMANCE LEVELS

The Basic Training Program consists of four performance classes which are marked with different colours. For each exercise you will find a symbol as shown to the right. The numbers show the points which must be reached in order to reach a certain level.

0-19
20-39
40-49
50

White: Level 1 = Starter. On this level the trainee does his first exercises and the first test gives him an orientation about his strengths and weaknesses.

Yellow: Level 2 = Rookie. As soon as a trainee reaches the level of a rookie, it makes sense to also practice other exercises than just the basic ones of this program and to play the first tournament matches.

Green: Level 3 = Ambitious. Green means that the player has reached a high level of technical skills, which enables him to make good progress in all disciplines. He has a good feeling for speed and lots of experience with the different effects.

Red: Level 4 = Top. Here, the required points equal almost always the maximum possible points. This level requires a perfect technique and lots of experience and is only reached by very few players.

TRAINING AND PERFORMING THE TEST ON-SITE

The trainer works with the trainees on the exercises in the clubs and pays attention to a clean technique. They fix a date for the first test. The results are recorded and the date is also noted (see page 39). Depending on the result the trainee is classified. After discussing the strengths and weaknesses the trainer can personalize his further training program.

TRAINING AND PERFORMING THE TEST VIA INTERNET WITH MYWEBSPORT

Using the MYWEBSPORT-Training System you can practice as well as perform the test via internet with MYWEBSPORT-Trainers. Prerequisite is that the trainer as well as the trainee have access to a MYWEBSPORT-System.