

Ralph Eckert | Jorgen Sandmann | Andreas Huber



POOT

Poolbilliard

LEVEL

1

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



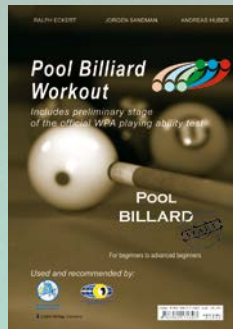
World Champion
**Thorsten
Hohmann**



PAT
Poolbilliard

Available PAT Products & Billiardbooks

Workbooks



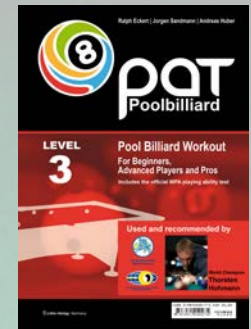
PAT Workout Start
ISBN-13: 978-3981171303
Size: DIN A4, ring-bound, 64 pages



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

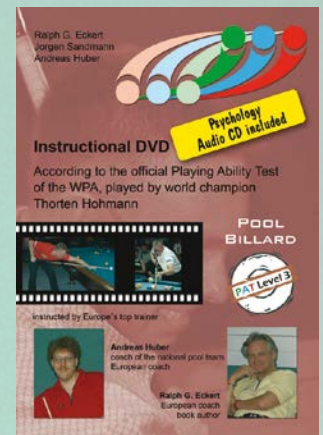
DVDs



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

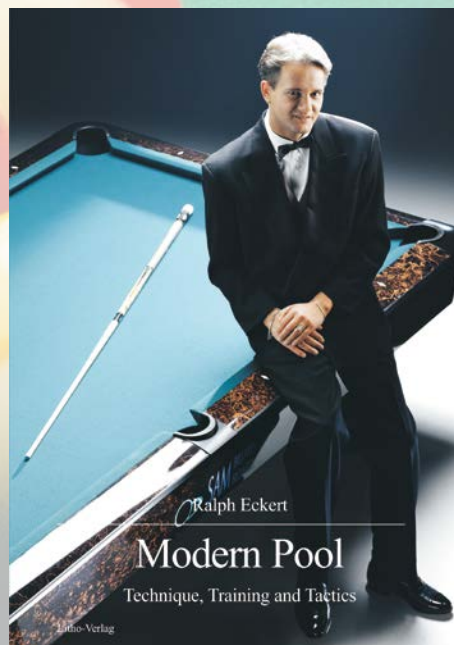


PAT 2 Training DVD
GTIN: 4260095330024
System: PAL, 160 minutes,
Language: English/German

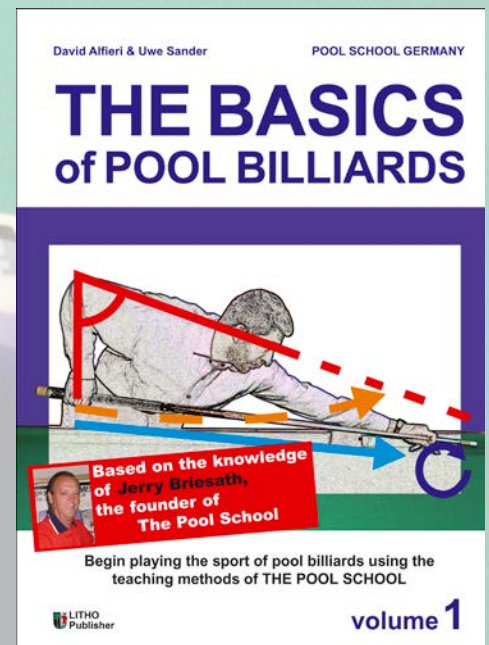


PAT 3 Training DVD
Gtin: 4260095330031
System: PAL, ca. 170 minutes + Psychology-
CD, Language: English/German

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



Chapter	Contents	Page
	Preface.....	004
1.	Playing Ability Test Frontpage	006
1.1	Conditions and Procedure.....	007
1.2	The PAT Principle	008
1.3	The Playing Ability Test (PAT 1)	010
1.4	PAT: Speed Drill	011
1.5	PAT: Stroke Straightness	012
1.6	PAT: Follow Drill.....	015
1.7	PAT: Draw Drill	016
1.8	PAT: Small Area Position Drill.....	019
1.9	PAT: Large Area Position Drill	023
1.10	PAT: Frozen Rail Drill.....	027
1.11	PAT: Endless Drill	031
1.12	PAT: Standard Shots.....	033
1.13	PAT: 9-Ball Situation Drill	036
2.	Technique Training Frontpage	038
2.1	Speed.....	039
2.2	Basic Strokes I (Stop & Replacement Shots).....	040
2.3	Basic Strokes II (Draw & Follow Shots).....	042
2.4	Standard position Workout for Beginners	044
2.5	Shooting Accuracy for Beginners.....	046
2.6	6-Ball and continuous Position Game	048
2.7	Blank Copies.....	050
3.	Training Games Frontpage	053
3.1	Equal Offence.....	054
3.2	Bowliard.....	057
3.3	Progressive X-Ball	060
3.4	4 Table Blanks.....	063



© Litho-Verlag e.K. Germany 2006-15
 All rights reserved
 1. Edition
 Printed in Germany
 Print: ISBN: 978-3-981040-05-0
 Ebook: ISBN: 978-3-941484-64-1
 Epub: ISBN: 978-3-946128-04-5
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 programs.

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 self understood!

How to use this book?

Non proficient players, under the guidance of their trainer, start simply with the respective exercises and use Notebook 1 as a guide for their training. Choosing the exercises and games will follow by themselves, or by consulting the trainer, as well as for setting your initial goals.

The PAT is only then absolved after the first cycle through all the exercises has been completed - as an initial check up to determine further training configuration.

Proficient players start with a workout of 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 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 consequences). 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 absolved.

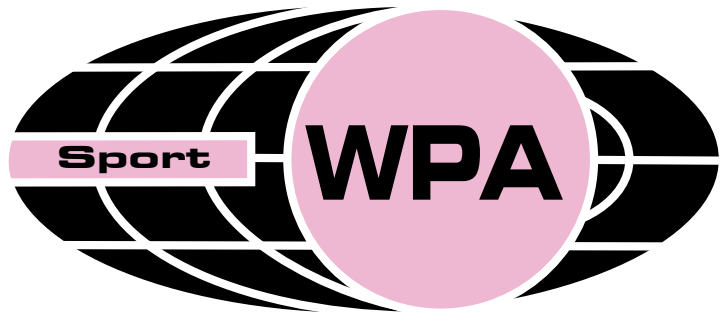
An exercise may, can and should be repeated as often as desired - however, only two recorded attempts should be performed to emphasise the "not-to-be-repeated character" of these innings. It is, in fact, recommended that this be executed witnessed (e.g., during a club training).

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

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



The PAT-System was rubber-stamped and exclusively recognized 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 PAT's 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>
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>
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 color 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

Jorgen Sandman, Malmö
National Head Coach Austria
EPBF Coach Europe

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



Playing Ability Test

*“Whatever you do, do it well
or let it be”*

- Mahatma Gandhi-

This part includes information on the conditions of the framework, the build up and the principles of a PAT procedure, as well as the PAT itself.