

Snooker

A Systematic Approach to Practice

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Vol. 1



**with three
performance levels**

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**Modern
Performance
and
Practice
Diagnostics**

Level

White

Red

Yellow

Green



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for beginners and advanced beginners

This volume contains information on the PAT system,
how to work with Volume 1 and the PAT levels.



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1st Edition 2010
Printed in Germany

Printed: ISBN 13: 9783-94148422-1
www.litho-verlag.de • www.snookerbook.com
www.snookerliterature.com

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Preface by Thomas Hein

Performance diagnostics is as indispensable in snooker as it is in any other sport for the assessment of ability and identification of deficits, with the final aim to optimize your practice systematically and individually.

This book is aimed at opening up to all aspiring snooker players the possibilities of performance diagnostics that so far have been restricted to professional players.

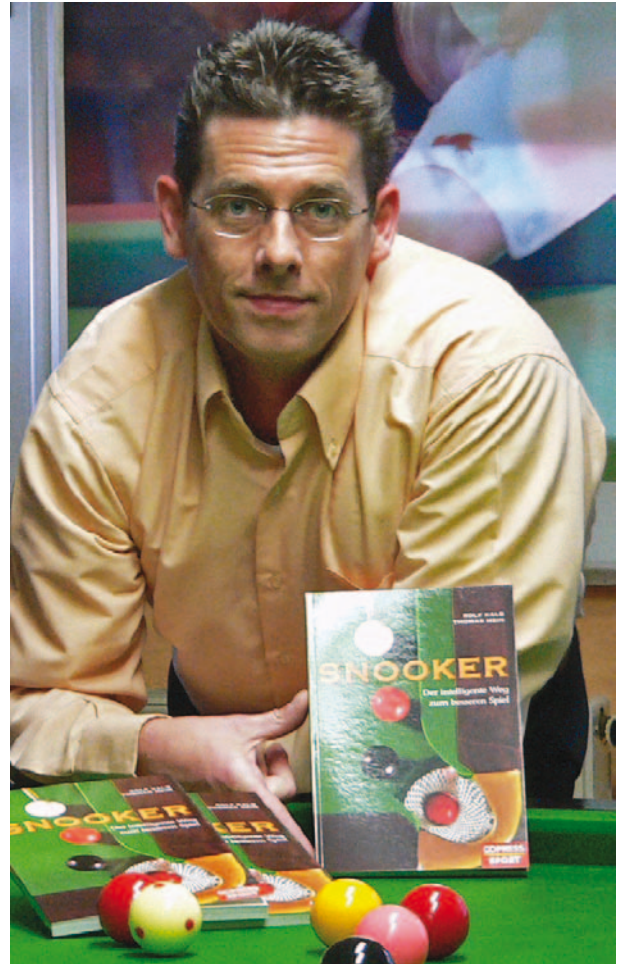
Every snooker player can use PAT Snooker to identify his or her playing abilities, regardless of their skill level, and can adapt the practice focus to the needs identified. The coach is able to identify both potential and deficits and can structure the practice schedule accordingly.

However, PAT Snooker is more than a mere instrument of performance diagnostics.

This book contains a collection of exercises previously unknown in this format and scope that provide each player with valuable input for a structured and systematic practice programme. Especially beginners often find themselves in this situation: you are alone at the table, you're highly motivated and would like to practice. But how should you practice - and what? Distributing the balls across the table and striking a few shots might be a good idea for a start. However, only clearly structured and targeted exercises will produce measurable results.

PAT Snooker contains a comprehensive collection of exercises with defined targets and technical requirements.

Many years of active snooker – both as national coach and as player – have made it very clear to me that this is the most effective way to systematically improve your playing ability. This book is intended to pass on some of my experience.



And by the way: if you want to compare your skills to those of others, look up www.PAT-Snooker.com on the Internet.

Enjoy the practice and your progress.

Yours,



Thomas Hein

- German National Snooker Coach -
of German Billiard-Union

PAT Snooker

Snooker is a lot more difficult than it appears at first glance, especially when watching a top player.

It is vital for beginners – both children and adults – to acquire the basics first and then, gradually and methodically, build their skills on them. One of the first important things to realize is that there are no short cuts and that it takes considerably longer to see actual improvement if you try to jump ahead a few steps or ignore the basics.

Playing snooker is fun and there is nothing wrong with that – quite the contrary! However, every player has to make a clear distinction between the fun that comes with playing and the practice you need to learn how to play.

The right level of discipline and concentration, paired with the drive to master the right techniques, will make snooker even more pleasurable!

PAT is short for “Playing Ability Test”, and it is more than just an assessment procedure.

It is a methodical evaluation system for all skills required to play good snooker up to a very high level.

PAT Snooker 1 is the continuance of a practice system that covers the entire range of billiards – from the very basics and fundamental shots all the way to the technically perfect positional play produced by professional players who are able to complete frame after frame in a seemingly effortless way that leave the audience amazed.

PAT Snooker 1 –like all other PAT levels – assesses partial aspects of the game (each in itself crucial for the development of playing skills). Each exercise stipulates how the balls are to be positioned and played and awards a certain number of points for the correct execution of the task – thus every attempt can be measured and compared against further attempts.

The procedure is simple: work your way through the exercises carefully and diligently, place the balls correctly as described and follow the instructions. Then keep repeating the exercises until you can reach the given target easily.

PAT lets you plan your own practice and identify your short-, medium- and long-term goals –and of course it helps you to reach these goals eventually! This practice booklet contains, in addition to descriptions of the PAT exercises, forms for further exercises and practice frames in order to enhance the

skills acquired during practice, on which you can document the results.

When used correctly, this practice programme will become your long-term partner on your way to the next official performance test. However, it cannot replace a (good) coach!