

Ralph Eckert | Jorgen Sandman | Andreas Huber



pot

Poolbilliard

LEVEL

0



Pool Billiard Workout

For beginners to advanced beginners

Includes the official WPA playing ability test

Used and recommended by:



The European Pocket
Billiard Federation



WORLD POOL-BILLIARD
ASSOCIATION



Worldchampion
**Thorsten
Hohmann**



pat
Poolbilliard

PAT-Start

For beginners
to advanced beginners

„One's diligence everyone is allowed to praise oneself“

- Gotthold Ephraim **Lessing**-
(1729 - 1781)

This part contains information about the **PAT-System**,
how to work with this booklet as well as the **PAT emblems**



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1st Edition 2007
Printed in Germany

Figures

Title picture A. Huber, Graphics: A. Huber / ECHU

Print ISBN print: 978-3-981171-30-3

Ebook ISBN PDF: 978-3-941484-29-0

Ebook ISBN Epub: 978-3-946128-03-8

www.litho-verlag.de • www.billiardbook.com



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The step-by-step training and evaluation concept of PAT Start, PAT 1, PAT 2 and PAT 3 offers a completely new and unique system for how to best use exercises and practice games. The test format provides both athletes and coaches a methodical approach for how to detect training deficits, strength and weaknesses. The identifying of short- and long-term goals is thus made easy!

Dear reader, dear friend of the sport of Pool-Billiard,

with PAT Start the task of creating a training and an evaluation system (PAT), recognized and recommended by the world body, the WPA, designed for both beginners and ambitious leisure time Pool-Billiard players, has been achieved.

Practically without any previous knowledge, guided by a main thread, it is now possible to learn how to play with cue and balls. Particularly when cooperating with a (PAT-) coach, great progress and an almost continuous improvement is practically pre-programmed...

At the same time PAT Start will enable an international comparison of one's own ability and the ability of other players through the online PAT-system database.

The further and more demanding levels of the PAT-system (PAT 1-3) is only one of more options offered an examined and a basis-educated player...

When you are now entering into the wonderful world of Billiards sports we wish you joy and great success, and are happy that you have chosen to do so together with us.

Your PAT-Pack



The „Pack“: Dirk Schwiewager - Jorgen Sandman - Ralph Eckert - Andreas Huber



What is PAT?

To learn how to play Pool very good is a lot harder than one might believe from just watching skilled athletes in action. It is very important that beginners, if kids or grown-ups make no difference, will study the basics very carefully, and then practice on it all, step-by-step in a methodical fashion. The first and most important lesson is to understand that there are no short-cuts and that it actually takes longer to improve if steps are overlooked, or simply pushed aside. To play Pool makes a lot of fun, and there is nothing wrong in this – on the contrary! However, it is important that there is a difference between having fun playing, and practicing in order to learn! With the proper amount of discipline and concentration, as well as a lot of inner motivation to master the various techniques required, Pool will soon be even more fun to play!

PAT stands for “Playing Ability Test”, but it is in fact much more than just a test – it is also a methodical system for acquiring the various skills that are needed in order to be able to play Pool on the highest possible level! PAT Start is the first out of four levels that cover all ground from the basic and fundamental shots to the technically demanding position play by a professional world athlete, who is capable of running frame after frame in an effortless fashion that others can only admire! PAT Start, like all other PAT levels, will put you to the test on ten different aspects of the game – each one of them of great importance for your improvement. Since all exercises are governed by rules for how the balls are to be placed, be played and be counted, all attempts can be measured and compared with the next. Study carefully, make sure to have the balls properly set up and play by the rules, again and again until the required score is no limit. With PAT it will be easier to plan your practice, to identify your short, mid and long term goals – and to reach them!

In this workout not only the exercises that all of them are a part of the test are to be found, but also others, as well as some practice games that will allow implementation of acquired skills. In addition to this there are score-sheets and diagrams that will allow recording when running a self-test.

If used properly this exercise program offers great assistance for a long time and will perfectly prepare the player for the next official test - it will not replace a (good) coach though!

How to use the Workout?

Inexperienced players simply start - of course under the guidance of the coach - with the exercises and will thus use the book as the norm during practice. The choice of drills or practice games will be selected in consultation with the coach, and so also the identification of the first goals.

The PAT will then be performed first after the workout on all exercises - and by this serve as a first improvement control and a tool in order to shape further practice.

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

To perform a PAT as introduction to the practice sessions (perhaps even for the true beginner) offers the advantage that from the very beginning the player will achieve a greater understanding with regards to the significance of the individual exercises and his/her own ability. An official test is recommended only every 6 months within one and the same PAT level.

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).