



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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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.

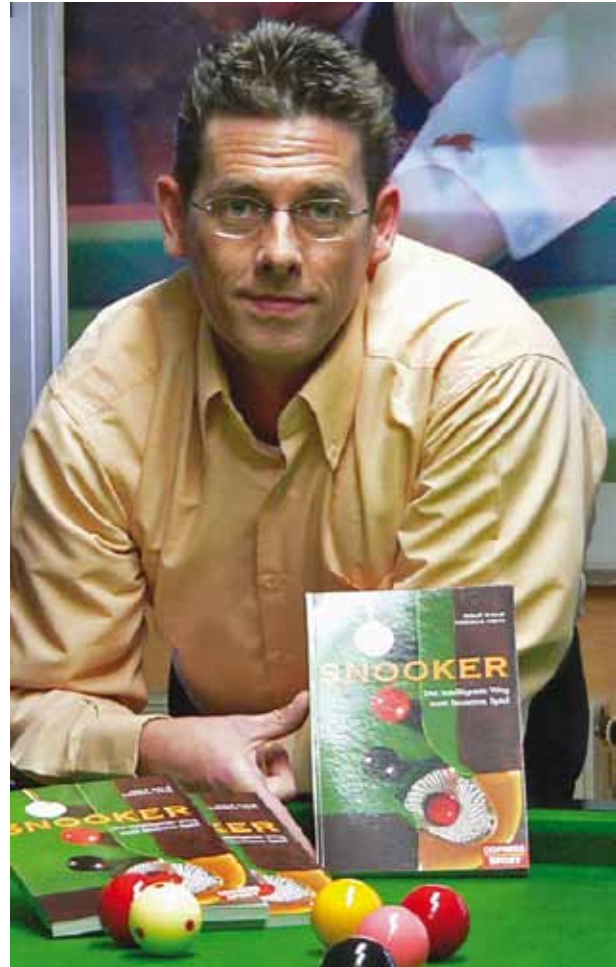
Every snooker player can use PAT Snooker to identify his or her playing abilities, regardless of their skill level, and can adapt the practice focus to the needs identified. The coach is able to identify both potential and deficits and can structure the practice schedule accordingly.

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!

The PAT Snooker Practise System

The **practice system** should become an integral part of your practice. It is more than just a testing system.

Novice players should seek the help of a coach and start doing the exercises, using the practice system as a guideline throughout their practice. Exercises and games can be selected by the players or in coordination with the coach. The same applies for goal determination.

Regular practice under the guidance of a licensed PAT snooker coach will help you increase your performance faster.

The PAT practice system should not be applied until all exercises have been completed once – thus it constitutes a first performance review on the basis of which the next few practice steps can be determined.

Experienced players base their practice on the complete PAT package – the main focus of their practice

materializes automatically: players concentrate on those exercises that produced the least satisfactory results (the fewest points).

Taking the test before starting your practice (this option is also open to absolute beginners) will help you understand the structure and particularities of the exercises – and enhance your understanding of the importance of individual exercises.

However, official tests should not be taken more frequently than every three months within one ability level.

Depending on how much time you have for practice, you should establish 3-month targets (practice schedule), e.g. a 50% increase of your results. You can now pursue these targets, for instance, until you have reached the desired results three times in a row (however, at least 80% of results stipulated by PAT).



Hello, I'm Dr. Red........

...Welcome to PAT Snooker!

It is my task to give you assistance and tips for each exercise. If you have any questions, comments or problems, feel free to contact me at Dr.Red@pat-snooker.com.

Enjoy your practice!

Level Tests

Coloured levels are also used in other sports, for instance in martial arts. Striving to reach the next level is a constant motivator. The tasks required to reach the next level are clearly defined and therefore determine your course of action for structured practice. Not least, the level also reflects and documents the athlete's performance.

Passing a test is an athlete's reward for hard work, diligence and the practice time invested in preparation.

White: Aspiring amateur players are introduced to the practice system, acquire the basics of snooker and reach their initial practice targets.

Red: Amateurs play snooker as a sport and consolidate their basic skills.

Yellow: The snooker player continuously trains on the basis of the practice system, strengthens his/her technique and reproduces successful shots.

Green: The trained player is now able to apply the practice elements in a frame, using the required techniques.

Brown: Players can use the skills acquired during practice in competitive environments (tournaments, league).

Blue Players are increasingly confident and secure in their game. Using PAT components during a match shows visible results. Initial success at tournaments or championships.

Pink: Players aim at playing in the upper leagues / 2nd national league and reaching the semi-finals of national tournaments.

Black: Participation in national championships and the premier league is open to the player.

Master level: High-quality snooker is played at various levels. Players can produce breaks of 100 points.

The highlight of nominal values in the levels Gold / Silver / Bronze

From now on, the nominal values to be reached in the individual exercises, both in PAT 1 and in PAT 2, will be divided into the categories Gold / Silver / Bronze. This is aimed at measuring performance in much more detail. A player's development ends for the time being once the Gold class has been reached. Participants of the system's test phase, playing at different skill levels, were noticeably more motivated with the new system. The target was to reach the entry level Bronze – but who would be satisfied with that?

Who would not like to be the proud holder of a Gold medal?

Evaluation within one level (6 exercises):

Nominal value below Bronze:	0 points
Bronze:	1 points
Silver:	2 points
Gold:	3 points

Calculation of medal:

$$\frac{\text{Medal points achieved at each level}}{6 \text{ (Number of exercises)}}$$

Example:

Nominal value: 2 x Gold	= 6 points
Nominal value: 1 x Silver	= 2 points
Nominal value: 2 x Bronze	= 2 points
Nominal value: 1 x below Bronze	= 0 points
	= 10 points : 6 = 1.66

overall result for this level: Silver

Grading of averages for overall level result:

0.83 – 1.5	= Bronze
> 1.5 – 2.5	= Silver
> 2.5 – 3	= Gold

The test guidelines contain the following items:

Test guidelines

1. DATES
2. ANNOUNCEMENT OF TESTS
3. EXAMINERS
4. TEST PREPARATION SEMINARS
5. TEST GUIDELINES
6. REGISTRATION
7. THE EXAMINATION
8. CONDUCT DURING THE EXAMINATION
9. EVALUATION (LEVEL WHITE-GREEN)
10. TEST CERTIFICATE

1. Dates

Test dates will be published in the general schedule.

2. Announcement of tests

Tests are officially published and executed nationally by qualified examiners.

3. Examiners

PAT snooker examiners and coaches have been trained and qualified on the basis of this system. They carry out both the preparation and the test itself.

4. Test preparation seminars

Seminars are offered to prepare for the test. Dates are published together with the announcement.

5. Test guidelines

Each level has to be taken and tested individually. Evidence of tests taken is published via a central system. Skipping of levels is not admissible. Depending on the announcement, up to three levels can be taken per test day.

6. Registration

Registration for the test is binding. The test fee is due, even if the test is not taken. Payment is due on the test day or by previous bank transfer to the examination body, depending on the announcement.

7. The examination

Each level is tested with two players at the table simultaneously. Players switch after three exercises. Players record each other's results at the table. A 10-minute break is made after 3 exercises. Each player has a warm-up period of 3 minutes prior to the beginning of the examination and when his/her turn comes up.

8. Conduct during the examination

Players are not allowed to communicate with each other whilst the examination is under way. Only data such as number of attempts, score etc. is communicated.

The player who is currently inactive takes the function of the referee and does not attract any attention. After termination of the respective exercise, the non-active player will inform the active player of the result, either "pass" or "fail". Players are requested to refrain from analysing or discussing the match as long as the examination is still under way.

9. Evaluation of test (level white – green)

Five out of six exercises need to be completed successfully in order to pass the examination. If only four exercises have been completed successfully, the two exercises that were not passed can be repeated after the regular examination. If at least one of these exercises is completed successfully, the candidate passes the entire examination.

If none of the two repeated exercises is completed successfully, the candidate fails the entire examination.

A period of two months should expire before a failed level can be tested again.

10. Test certificate

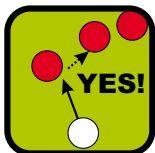
The examiner will issue a certificate immediately after a level test has been passed.

Test data will be utilized for internal purposes. Only the colour of the respective level will be published.

Explanation of pictographs:



Only the ball that has been played directly may be touched/moved.



Several balls may be touched/moved.



You must not play into the same pocket two times in a row.



You must not play into this pocket



The cue ball may be placed randomly (ball in hand) on the table or on the given lines (axes).

Explanation of "Counter":

Counter	
rule-consistent scoring maximize score	
attempts	
maximum value	
Stop value	
Nominal values	
GOLD	
SILVER	
BRONZE	

Indicates the number of attempts according to the exercise.

Indicates the value that can be reached with the maximum number of attempts if all points are scored.

The exercise is completed once the stop value has been reached. The exercise has been completed successfully and should not be continued for time reasons.

Indicate the value to be reached for the categories Gold, Silver, and Bronze.



- *Practice Area* -

Targets:

It is the black and pink balls that win you the highest scores during a break. However, especially at the beginning of the frame, black often cannot be played as its way to the pocket is obstructed by one or several red balls. You'd better be able to pot the pink ball safely! This exercise is aimed at practising secure potting of pink into the corner pockets while at the same time practising the run-through technique.

Set-up:

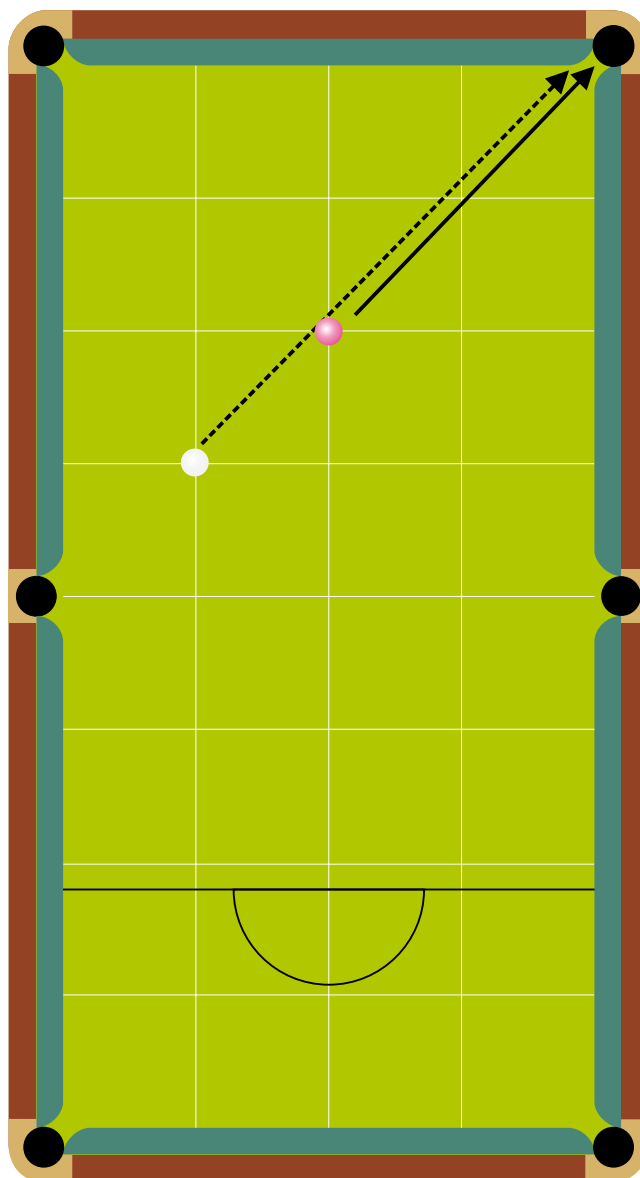
Pink is placed on its regular spot. The cue ball is placed in the extended line, approximately half-way between pink and the middle pocket.

Task:

Minimum requirement: pot the pink ball. The cue ball should follow through and, ideally, fall into the pocket behind pink. However, this exercise only counts as completed if the cue ball hits the cushion to the left or to the right of the pocket.

Scoring in performance diagnostics:

Potting the pink ball into the corner pocket earns you one point. An additional point is awarded if the cue ball follows on until the cushion.



my advice

Try this exercise in blocks of 10 attempts. Do not stop practising until you manage to achieve 20 points for each attempt continuously. It should be your aim to regularly pot pink and white.

Counter	
10 attempts maximize score	
Attempts	10
Maximum value	20
Nominal value	
GOLD	18
SILVER	14
BRONZE	7

Targets:

In order to achieve high breaks, you should be able to pot the balls that gain a high number of points and to master an accurate positional play in a confined area. This exercise trains secure potting of pink. In addition, it enhances cue ball control.

Set-up:

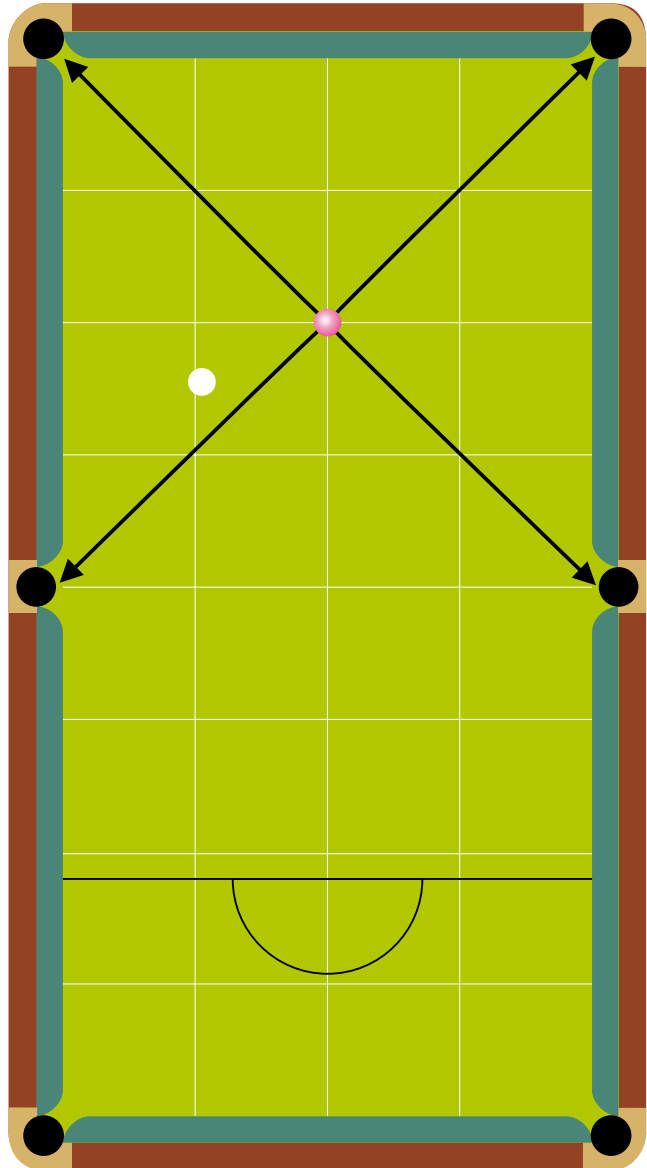
Pink is placed on its regular spot. The starting point of the cue ball is "ball in hand".

Task:

Starting from "ball in hand", pink is to be potted in one of the four surrounding pockets. Whenever pink is potted, it is re-spotted and potted again from the position where the cue ball stopped after the last shot. The attempt is over if pink does not fall.

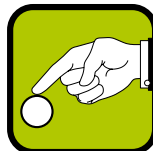
Scoring in performance diagnostics:

Potting the pink ball earns you one point. In theory, you can play an endless series. After each failed attempt, start again with "ball in hand". Play 10 series and try to increase your average.



my advice

If you're already quite good at potting pink, focus on your positional play instead. When playing "ball in hand", place the cue ball at an angle to the line between pink and the target pocket. At first, your average will decrease; nevertheless, do not use the same pocket twice in a row in order to increase your learning curve.



Counter	
10 attempts maximize score	
Attempts	10
Stop value	50
Nominal value	
GOLD	35
SILVER	25
BRONZE	11