

Coach's Corner

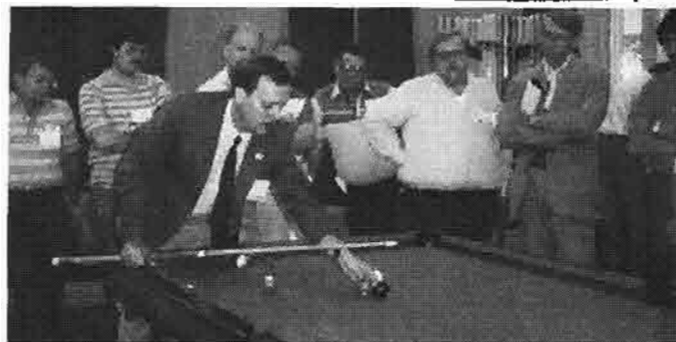
Mental Edge

Part Two of Getting Ready to Compete

O.K....Last issue we discussed; practicing the game you will be playing...practicing with a player close to your own level of skill...and playing ball in hand after each miss to develop your aggressive game.

What else can you do to prepare for the tournament? Well, in addition to preparing yourself in these physical ways, you need that mental edge in competition. Continue playing 3-ball in your practice sessions to mentally gauge your consistency (2 or 3-ball is simply using these few object balls and shooting them in rotation during practice rather than a full set of nine balls). Keep score - how many times out of 20 attempts do you make that 7-8-9 run out. Then, how many times out of 20 can you get out from the six?... and so on.

Instructional Editor
JERRY BRIESATH



Notice how often you're getting out when you're playing ball in hand from the four or five.

Preparing yourself in this way will come back to you in that tournament situation. For example, your opponent scratches, leaving you with ball in hand on the five. You know that in practice you've succeeded in 18 times out of 20 in this situation.

Remember, knowing how well you've done in practice will increase your mental edge in tournament play. Good Luck... 'til next month! ▲