

Top 10 Mental Aspects of Pool – The Mental Game

from billiards.colostate.edu

1. Plan and Visualize

First, it helps to have a consistent and purposeful pre-shot routine, being sure to plan and visualize successful execution of each shot before getting down to shoot.

2. Respect and Focus on Every Shot

Give every shot the respect it deserves in terms of attention and focus, even the “easy” shots. Make it a goal to try your best and give 100% like every shot matters (because they do!).

3. Pull the Trigger with a Clear Mind and Still Eyes

There should be no uncertainty whatsoever just before or during your stroke. If there is, you should get up and re-start your pre-shot routine. Don't “pull the trigger” until the alignment and aim look and feel perfect. Then, with a quiet mind and still body, head, and eyes, trust your trained “muscle memory” to execute the stroke.

4. Create Confidence Through Preparation

You need to be confident and trusting in your skills and abilities. The only way to develop this is to work hard to improve your skills, break bad habits, and create new good habits.

5. Breath

Take deep breaths when necessary to fight nerves or break tension.

6. Diagnose and Learn from Your Mistakes

After mistakes, spend less time beating yourself up and spend more time diagnosing what led to or caused the mistakes so you can better learn from them.

7. Focus on the Process, Not the Outcome

During a match is not the right time to think about your goals or outcomes. To win, you just need to execute one shot at a time.

8. Be Aware of Your Mental and Physical State

Do not try to deny your fears or insecurities. Instead acknowledge and accept them and do your best to address and manage them. Take deep breaths and use supportive and nurturing self-talk to help calm them. Process and work on the root causes when not playing, maybe with the help of a sports psychologist.

9. Reset Yourself When Necessary

After a mistake, or when your attitude is bad, or when you are slouching in probable defeat, take a deep breath (or several), drink a sip of water, take a time out and go to the restroom to wash your hands and face, clean your cue's shaft, chalk your tip, give yourself pep talks, and do whatever else you need to do to ready yourself for a fresh start when you return to the table.

10. Enjoy the Game and Have Fun

The most important fundamental of pool is to have fun and enjoy playing well.



Here's a good abbreviated summary of the entire list of 10 topics, with a snappy easy-to-remember acronym:

Focus, Enjoy, Reset, Visualize, Inhale, Diagnose (FERVID)



normal video

[NV J.37](#) – Top 10 Mental Aspects of Pool – The Mental Game