

How to get better at the table

What the research says about getting better at a precision sport played with a cue.



1 Messy isn't bad

It's often the sessions full of mistakes that lead to the most lasting learning.



2 Plateaus and jumps

Little change for ages, then a sudden jump. Don't expect a straight line.



3 Gains add up

A better cue action, better potting, in position more often, more confidence.



4 Your floor rises

Consistency counts: your best day now becomes your average day in time.



5 Sleep is practice

Your brain keeps working after you stop, and sleep helps most.



6 Little and often

Short, frequent sessions beat long, rare ones. Marathons come at a price.



7 Tired, not worse

You're mentally tired: your technique hasn't gone, your focus is slipping.



8 Playing under pressure

Skill isn't the same as performance. Train under pressure, with a fixed routine.

THE BOTTOM LINE

Not one great session, but a hundred decent ones and the nights in between make you better.

