

Learn how to finish your run

Our knowledge in this game is based upon perceptions. This perception creates our mental state of mind. And it is from this mental state of mind we think, act, and perform.

For most of us, we form a faulty perception on the last three balls of our run out. The last three balls seem to take on a new meaning. We need to see these final three balls in a different light and for some of us, we need to change our knowledge. Remember, we act, think and perform out of our perceptions which form our mental state. Change your mental state and you change your destiny. After all, they are just balls. The last three balls do not know they are the last three balls.

For most of us, our run breaks down during the final three balls. How many times have you left an easy eight nine for your opponent? Your opponent couldn't run three balls so you left him two. We miss position and then become shot-makers, or we simply miss the key shot. We complain because we blow an easy run out. I hold the record for banks on the nine. It was only when I seriously looked at my faulty perception was I able to end up with a nice easy shot on the money ball.

A faulty perception is when you add value to one ball over another. You have left the "shot in front of you" mode. You pocketed the first six balls one at a time as they appeared on the table. Then you add value to the next three balls. You set up conditions. You perceived these balls from a different mental state, a state of anxiety, a state of hopefulness, a state of fear. Often times these three shots are shots you have faced before. Still, you have added value to them and they become "conditional."

They suddenly have a different meaning. While the reality is, they have no meaning at all. They are just round balls, waiting to be shot into the pocket. It is our mental state that has changed the value. And from this mental state we will shoot these shots. We will deliver a pure precise straight, confident stroke, with added pressure, doubts, fear, nervousness, running around in our heads. I don't think so.

We need to practice our ability to finish run outs. We need to demand that we get closer to our money ball. We need to work on this. When we are faced with the final balls, we need to insist on a confident stroke. We need to focus on playing better position. We need to see them as shots and nothing more. In the beginning of this mental workout we will blow shots. We will fail. We will freeze on our next ball. That is okay. Make a conscious effort to deliver the right stroke for each shot. Do not back away and become conservative. See how many times you end up with a nice easy straight in shot on the money ball. When we fail because of our demand for good position we perceive that to be the wrong decision.

Don't fall into that trap. Work through. Make the right decision and train yourself to deliver the winning stroke. Do not shy away from bad rolls in this state of mind. Continue to persevere and you will overcome in the end.

How is your stroke in a critical situation? Train it to be smooth, straight and confident. I tell myself, "I don't know if I will make this or not. But I do know I will look good shooting it. And I will never doubt myself".

My mental state is to look good shooting on all shots and to play each shot as the shot presents itself. I will see all shots with the same value. I have a job to do. Shoot the shot and play position on the next ball. Each shot calls for position play. When I am on the nine, I play position to a diamond on the rail so I can stay in my complete pool players' mode.

I am building my mental states. Change your mental state and you change your destiny.

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