NEW YEAR YOU in 31 DAYS WAYS

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#1
SLOW DOWN YOUR FINAL BACKSTROKE

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#2
GET YOUR CUE MORE LEVEL

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#3
GET YOUR TIP CLOSER TO THE CUE BALL DURING YOUR WARM-UP STROKES

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#4
LET YOUR EYES SETTLE LONGER ON YOUR TARGET BEFORE PULLING THE TRIGGER

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#5
REMEMBER TO BREATHE

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#6
KEEP YOUR GRIP HAND RELAXED

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#7
AIM WHILE STANDING

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#8
KEEP YOUR EYES ON THE TARGET WHILE STEPPING INTO THE SHOT

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#9
KEEP YOUR EYES LEVEL OVER THE CUE

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#10
DOUBLE CHECK YOUR VISION CENTER

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#11
USE AN APPROPRIATE BRIDGE LENGTH

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#12
GET YOUR GRIP HAND PERPENDICULAR AT THE POINT OF CONTACT

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#13
MAKE SURE YOUR FOREARM IS VERTICAL FROM BEHIND

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#14
STAY DOWN LONGER AFTER STRIKING THE BALL

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#15
ALWAYS ACCELERATE THROUGH THE BALL

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#16
SHORTEN YOUR BACKSTROKE OR BRIDGE LENGTH TO SLOW DOWN YOUR SPEED

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#17
RESET WHEN YOU'RE NOT FULLY COMMITTED

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#18
DECIDE AND COMMIT TO THE ANGLE, SPEED, & SPIN BEFORE STEPPING IN TO THE SHOT

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#19
WALK AROUND AND SEE THE SHOT FROM THE DIRECTION YOU'RE SHOOTING IT

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#20
HAVE A PLAN FOR YOUR (MINIMUM) THIRD SHOT

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#21
WHEN IN DOUBT, LOOK FOR A DEFENSIVE SHOT

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#22
POCKET SPEED IS YOUR FRIEND

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#23
INCORPORATE AT LEAST 10 MINUTES OF STRETCHING AFTER A LONG SESSION

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#24
ENSURE YOUR BRIDGE IS STABLE AND SECURE

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#25
USE MORE OPEN BRIDGE WHEN POSSIBLE

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#26
WATCH AN ENTIRE PROFESSIONAL MATCH AND PAY ATTENTION

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#27
LEARN A NEW SHOT

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#28
DEDICATE
1 HOUR TO
LEARNING SOME
DIAMOND
SYSTEMS

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#29
AIM FOR A
SPECIFIC PART
OF THE POCKET,
NOT JUST TO
POCKET THE
BALL

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#30
FIND GRATITUDE
AND FORGIVE
YOURSELF WHEN
YOU MAKE A
MISTAKE

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#31
FOCUS
ON YOUR
PROCESS, NOT
THE RESULTS!

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