



[EBSA COACH & COACHING IRELAND TUTOR](#)

PETER TROY

PROFESSIONAL SNOOKER COACHING

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DESCRIPTION	DURATION	COST	LESSON SUMMARY
<u>FIRST TECHNICAL LESSON</u>	TWO HOURS	40 EURO	A thorough 45 minute technical assessment followed by a 75 minute Technical Lesson to prioritise and improve any technical weaknesses. A comprehensive written report on completion.
<u>SUBSEQUENT TECHNICAL LESSONS</u>	ONE HOUR	20 EURO	Follow up technical lessons to build on earlier learning. A comprehensive written report on completion.
<u>PRACTICE ROUTINES AND GOAL SETTING.</u>	3 HRS 2/1	60 EURO	Get access to over 100 different solo practice routines that will cover every aspect of your game. Improve your game by setting yourself goals and then planning, monitoring and evaluating your goals with me.
<u>PROBLEM SOLVING</u>	AS REQUIRED	20 EURO PER HOUR.	You come to me with a problem-in any part of your technique or game-I will do my very best to overcome that problem. Examples may include, rest play, long potting, safety play, power game, cue ball control, backspin, scoring etc...the list goes on and on. A comprehensive report on completion.
<u>SAFETY PLAY AND STRATEGY</u>	1.5 HOURS	30 EURO	Work on your B game. We will discuss ways in which you can improve your shot selection and how defence and safety play can make you a more formidable opponent.
<u>BREAK BUILDING</u>	TWO HOURS	40 EURO	Today's game is more attacking than ever and the need to score well is vital. I will work with you for two hours to give you a list of routines and helpful tips to take you're scoring to the next level.
<u>FEEDBACK&STRUCTURE FOR FUTURE SUCCESS</u>	2X1 HOURS	40 EURO	In these two separate one hour lessons, I will give you tools and techniques that will offer you the opportunity to fully exploit every aspect of your training and ensure your learning curve is as steep as it can possibly be.
<u>MENTAL SKILLS THE FOUR "C"s</u>	2 HOURS	40 EURO	We will look at basic mental skills, how you manage these skills, and offer you tried and tested exercises in an attempt to improve any weaknesses in this area.
<u>PERFORMANCE PROFILING</u>	3 HOURS SPLIT IF SUITABLE	60 EURO	WE will look at the key performance criteria for snooker and formulate these into a detailed, personal programme of improvement. This is an excellent tool for highlighting and overcoming any weaknesses in your game.
<u>PLAYING LESSON</u>	2 HOURS	40 EURO	The chance to play for or five frames of snooker with me and pick up helpful tips, pre – shot routines ,sighting from the standing position, advice on shot selection and general playing advice.