

Developing Winning Habits

Ideas to help with improving your
results at the table

Key factors for improving as a player

- Knowledge/skill/technique
- Experience/familiarity with common situations
- Strong partnership/teammates
- Focus and concentration
- Logical (clear) thinking
- Health, Energy and stamina

Improving results at table

- **But..**
 - *Skilled players/partnerships does not always = better results at table*
- Positive/competitive attitude/desire
- Practice Winning habits/avoid losing habits
- **Luck**
 - Winning habits often leads to luck

Good habit suggestions

- Respect your partner/teammates
 - You cannot succeed without them
 - Never let him/them know how inadequate you may think of him/them *during the session*
- Be polite and sympathetic to your opponents
 - after you finish beating them up
- Avoid post-mortem of hands in the middle of a round
- Focus on the next hand
 - Block out last hand once the hand is over
- Never make a bid or play without a reason
 - Making a bid or play because you do not know what to do is always wrong

Good habit suggestions (cont.)

- Think ahead/anticipate
- Count (by pattern) and estimate
- Plan how to play the hand as a series of tricks, never one trick at a time
 - Do not call for the first card from dummy without such plan

Good habit suggestions (cont.)

- Always try to form a picture of declarer's hand when defending
 - Form habit of confirming the accuracy after the hand, or after the session.
- Relax and conserve your energy between rounds and when you are dummy
 - Snap partner out of wasting energy think about past hands

Losing habits

- Analysis/post-mortem of hands in the middle of a round
- Solo/"hero" actions
- "nullo" actions
- Over-eating/drinking
- Frustration/give up/emotional
- Criticism/"Free" lessons at table