

Having the Mental Edge

Your mental toolbox to a better game

Performance improvement

The New Partnership

📅 March 11, 2024

New bridge partnerships often have a ‘honeymoon’ period where the pair performs well in the early stages of their time together. The pair seem to take care to bid carefully and to think about how their bids will be interpreted to avoid misunderstandings. As one friend said, you try not to do anything crazy, [...]

Taking Care of Your Partner

📅 December 6, 2023

Recently I have been listening to the podcast series Sorry, Partner™ put together by Catherine Harris and Jocelyn Startz. It is surprising how frequently the top players interviewed talk about how treating your partner well is an important skill to acquire. Top bridge players often talk about the ‘critical point’ in a hand. This is [...]

Challenging Dogmas

📅 December 5, 2023

Bridge rules can become like ‘dogmas’ – something that is so entrenched in a player’s mind, it is considered incontrovertibly true. We often hear bridge players speaking about specific rules they have about bidding and card play. Some rules are so entrenched in the player’s psyche that the rule is followed religiously without pause for [...]

The Phantom Sacrifice

📅 January 6, 2022

Deciding whether to take a save or defend on a board can be one of the more difficult decisions in bridge. For example, calculating whether your 3♠ contract vulnerable going 1 off is going to be better than their 3-level contract making requires good judgement. When it comes to the game zone and the decision [...]

The Roller Coaster of Luck

📅 January 6, 2022

Several years ago, Mollo & Gardener wrote a fabulous book called ‘Card Play Technique – The Art of Being Lucky’ which is still widely read and admired today. There is no doubt that good card play technique will help bring you ‘luck’. However, often in bridge being lucky or unlucky can come down to the [...]

Anger Management

📅 February 4, 2020

One of my partners maintains an impassive expression no matter how awful the final contract. We are not all blessed with such equanimity in the face of an unexpected action by partner. Some players will often sense that their partner is unhappy with a bid which has been made or a signal which has been [...]

7 New Year Resolutions for Better Bridge

📅 February 4, 2020

Many people like to make New Year’s resolutions. If you are one of those that do and want to make a resolution about bridge – here are some key steps that might help you reach your bridge goals. Don’t assume you’re too old to make your dream of becoming an elite player come true. The [...]

Getting out of your bridge black hole

📅 August 7, 2019

One of the best-known examples of an event horizon (sometimes called the point of no return) derives from general relativity’s description of a black hole, a celestial object so massive that no nearby matter or radiation can escape its gravitational field. Often, this is described as the boundary within which the black hole’s escape velocity [...]

Match Pressure

📅 July 23, 2019

Pressure comes in a variety of ways in all types of activities. Bridge players are not immune to this and may also feel pressure when playing an event. Whether it is the pressure of leading the event, the pressure of expectations, time pressure to finish because you are a slow player or have slow opponents, [...]

Match Fitness

📅 July 15, 2019

In sport, coaches often talk about being ‘match fit’. Practice form doesn’t always transfer to the playing field where nerves and the pressure of competition play a part. As an athlete, it doesn’t matter how much time you spend on practice, and practice matches, the first ‘real’ competition of the season is always hard. It [...]

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