

This could be the **most important information** that you have come across in your life in regards to your darts game . If you are wanting to be better and able to work at it for as little as 42 days then this is for you . It is all here in the **dart training course** as advertised in the Darts World magazine and on the internet under www.dartscoaching.co.uk.

The three most obvious questions that run through everyone's mind is , **will it work for me , will I get practical improvements** out of this if I start the training and **being a written manual can** such a course as **this really help me win my games .**

The answer , backed up by results from dart players all around the world and from the overall results of research into the physical and mental training of athletes , **is a resounding yes .**

This is why the coursework is run **side by side with practice on the board** , so you are actually covering both bases and you can see and measure your progress by your own visible improvements

One player who took the course was fed-up with always coming second and considered giving up but after only six weeks into the training won six out of the seven matches he played . Another said that he had improved dramatically and was good enough to be able to join the P.D.C. to further his ambitions .

All sports , from football to gymnastics have a **progressive coaching system** which builds the sportsman and woman's ability way beyond their average to make them winners . Now these developed , intensive darts training methods will lift you to your maximum level in your competitive games.

In your darts you can plateau at a certain stage and that seems to be it , we have all been there . Unfortunately you may stay at that for the rest of your playing career unless you change the habits that hold you there . This training course forces a break in that cycle , giving you the practical exercises which coupled with your own drive and persistence will then take you upwards and make you the best that you can be .

You enter the course from your own level whether you are a beginner or expert then progress on from there . This makes the course **suitable for the professional and top level player** who wants that extra edge to add to his or her game , this is where the mind training sections come into their own , giving an extra avenue to the player over and above the normal practice regime .

The average team player who's looking for a way to improve his or her game , there is such a vast amount of usable information in the coaching manual that you cannot help but begin to start winning in your game . Give yourself this advantage and start climbing the ladder . T. Baerland from Denmark called us genius , but no , we have to disagree , we are sport analysts who can put over the training moves and actions in straight forward steps to lift you to the top in your game .

The main thing that links the top professionals with this training is the fact that they were like you at sometime in the past . They were not born dart experts and to their credit they all learned to be the best by working and improving themselves through trial and error until they had an efficient and accurate skill that took them to the top . We take away that ‘ trial and error ‘part and give you an orderly training schedule to take you far above average in the quickest time possible .

If you want to be the best , then you deserve the best information to get you there .

The Edge .

In a game there is a critical measure that distinguishes the winners from the losers , it could be only a separation of centimeters , one or two points or just one touch . All your practice is geared up for that one stage in competition , to be the winner . We cannot guarantee that you will be a champion , but with this course , we will take away the time consuming search for winning techniques and give you a route to follow that will definitely and permanently improve your darts within six weeks and make you the absolute best that you can be .

You have many ways of reaching the top but to get there quicker you need more than just bashing on , thinking “ the more I practice , the better I get ,” you will improve up to a point but just by **working smart** , using a **total training system** will take you further , quicker and with less stress .

Look at the Dutch teams , using similar techniques to these , 16 and 17 year olds are taking the sport by storm .

We can guarantee you will be better tomorrow than you are today and if you were to think this is not for me , how do you know , instead you should ask yourself ‘**do I want to win ?**’ and will I , playing the way that I do .

The absolute fact in any activity in life is this , **If you keep going in the same direction you will always arrive at the same place** , and we as coaches must give you the information to change that situation .

Just one change in your game could make 100% difference and we give you so many options to incorporate into your darts .

One thing is certain , you will be **twice as good a player** at the end of the course at least especially with the mind training sessions . That is guaranteed and the momentum continues on after the end of the training , lifting your game even further as the weeks go by .

Every player who has contacted us have found this to be the case .

This is not just excitement or positive thinking , this training is much more than that , the improvements you gain are permanent and yours from your own efforts and training .

The course is divided into two sections .

The **first deals with the physical aspects** of the throw taking you right down to the basics , you may not need this , but it is there for you . finding your accuracy points and how to use them to improve and hone your skills . Just by breaking your movements down into small manageable sections you are able to see any faults that have developed over the years and you can then put in any changes that you need . You are able to take from the first practical sessions exactly what you need to physically improve . Professionals and the county player may not need these sections as much as the pub or club player , but there are loads of usable exercises to closely examine and easily change parts of your action to increase your accuracy

Here's a few of the key points in the first section of the course .

- 1) which eye you use for your aim and why you need to know .
- 2) the stance at the oche .
- 3) the grip , holding the dart .
- 4) the throw , exercises to break down your movements for killer accuracy .
- 5) the aim .
- 6) various tools to help your aim .
- 7) the vertical line .
- 8) the horizontal .
- 9) the importance of your elbow .

You will find the above sections are straight forward , graduated and practical enabling you to gain power and control over your physical actions and these improvements will then become a normal and automatic part of your game .

In some instances we have found that just two or three suggested minor adjustments have lifted the accuracy 100% in days , some players have been amazed that they can now hit exactly what they are aiming at .

The second part is the mind training sections, the most powerful part of the whole course .

When you reach the level of consistency itemized in the first sections then you will start on **the subconscious power section** , the 21 day part of the course . This is where the most dramatic improvement comes from , these methods , tried , tested and proved over the last 45 years in sport and other fields will transform you into achieving unlimited success and can be applied by anyone regardless of age , education or sex . The subconscious is so powerful in influencing your actions that you will find it easier to get to the top when you incorporate the mindset exercises into your practice schedule . You cannot afford to miss out on this part of the training if you really want to become a winner in your game .

These pages would be invaluable to the professional player to give him or her that extra focus which is needed at the top levels of competition . If you have been searching for that edge then you have definitely found it here in the mind training sections .

We have incorporated an **audio section** to help in the visualizing stages of the training . From the benefits that these give to the dart player we have found people saying this alone is worth the full cost of the course . In the last 40 years , mental techniques used by the Chinese and Japanese martial artists and then the Russian academies of sport have been accepted and incorporated into the training of all sports . Together with the research into the power of the imagination , visualization , the physical training and dietary requirements of athletes and this has lifted them to super levels . From the moment you are absorbing the principals in these sections , you will see massive improvements coming through in your game .

The course in total , depending on your age , will take **from 6 to 8 weeks to work through** . We find that big improvements start to appear between 3 to 4 weeks into the course . The fact is , do you want to be a winner and if you do , the way forward is now in your hands . We have put in a few comments from players who have taken the course in the following page .

Mr. S. P. S from Essex was so pleased, he says his darts have improved threefold and this training is a tremendous boost to his game. The best thing is, I am now winning my matches.

Bill J. from Birmingham. I didn't realize how good I could be until I worked through your course, It's a pleasure to be winning and our team are heading for the top league.

Mr. M. W. from Leicester sent in to say, this is the best money I have ever spent and it is worth twice that for the mental training techniques that you have set out.

Mr. B. Johnston, Cardiff. Amazing! that's all I can say about the mind training, I was doubtful at first but it's lifted my game 100%. I feel as if I can beat anyone now.

Here is what **A. L.** from Enkhuizen, the Netherlands thinks of the dart training 'thank you for giving me a route to a higher level in my darts, I have improved 100% in my game and I am still finding I am getting better'.

Mr. S. G. from Cornwall, when I sent for your training course I had been playing for years and continually trying to improve my throw. I even had a season off, thinking when I came back I would start afresh, but it didn't work, I just reached the same standard again and stayed there. It was only when I applied a couple of your exercises that I started to improve and have since moved up to play in our top league.

T. D. from Portsmouth, I'm 500% better, winning six of my last seven games,

J Biggleston from Nth. Yorkshire. The visualization as suggested was so easy that I thought how can this work but I managed my first 180' soon after I started and hit another on our second game, I have never felt so confident, thanks for your help. Fabulous course.

Mrs. M. D. Naylor, from Oxon, I am a much better player, it has improved my darts and the mind training has really boosted my attitude to my playing.

Mr. K. R. from Cheshire, this course has really helped with my mental approach to the game, after starting the training I started beating players in our local leagues and also winning local tournaments, regularly producing 12, 15 and 18 darters. I would recommend the course to anyone who wants to improve their game.

N. Benson, Somerset, the audio has helped in my visualizing as I learn best with a voice guiding me through the routines, it was so easy, it really improved my darts. I never feel my nerves now like I used to and this in itself lets me throw with confidence. Thanks for a great course and I will work through it again in six months time as you suggested.

These players have told us, there has never been a better training course for improving your darts. If you are **really serious** about your game, make yourself a winner. They say -- '**when you are ready, the teacher will appear.**'

Send off your order now .

P.S.

I know you are ambitious to become a top player , take this course for the edge it will give you .

The darts coaching manual cuts the time you need to improve your darts from years of normal play , down to under two months of intensive application in the physical mechanics and the mind training needed to win ,

When you start the training you will wonder why this manual has never been written before . It should be on every dart players bookshelf who has ambitions of being a winner and a champion .

Coaching people to succeed in many endeavors over the past thirty six years made us examine and think about improving the playing of darts and the result is you now have the information in your hand to make you the player you should be .

It is a manual to work with using solid practice methods , Making you progress from where you are now to way above that standard in a relatively short time and **these results are permanent** .

When you use the subconscious (mind) training as prescribed in the second part of the manual you will find your game lifting **way beyond your expectations** just by working through with the audio sections . This helps you to easily reach the visualizing mindset and the subsequent improvements that occur will carry on even after you have finished the course .

All the best wishes to you in your darts

A. Buxton . D. Scott . Course Directors .