

Seven Deadly Sins of Poker Player's

1. POOR MECHANICS

- **Doesn't speak the language or use the lingo of the game**
- Displays emotion, revealing the strength of their hand
- **Doesn't handle their chips well or protect their hand**
- **Doesn't follow proper procedures**, protocol or have proper etiquette
- Too loose or tight with their chips - Tokes too much or too little
- Bad Bankroll management

2. POOR GAME SELECTION

- Generally, plays in bad and unprofitable games
- Plays in games above their bankroll

3. POOR HAND SELECTION

- **Doesn't** know the value of hands or their equity
- **Doesn't adapt the value of their hand to the situation effectively**
- Generally, plays too many hands to be profitable
- Plays too many hands out of position

4. LACK OF POKER MATH SKILLS

- **Doesn't know the odds or** probabilities of a situation
- Plays Draws Unprofitably - draws with negative poor pot odds
- **Doesn't consider pot odds** in making their decisions
- **Doesn't know how to calculate equity or make** +e.v. plays

5. POOR TECHNIQUE

- Plays too passively
- Will tend to check & call rather than bet & raise
- Makes too many -e.v. plays
- Open Limps into pots too often
- **Doesn't take the lead in the hand often enough**
- Plays too predictable and transparent and **doesn't vary play**
- Bluffs too often to be profitable
- Makes poor calls and generally pays off too much
- **Doesn't take advantage or leverage their table position**

6. IMPROPER BET SIZING

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- Lacks knowledge and effectiveness in bet sizing
- Does not adjust bet sizes to opponent or situation
- Lacks the ability to 3bet bluff or light
- **Doesn't** adjust C-Bet frequency
- Does not know how to value bet

7. CARRIES A NEGATIVE ATTITUDE

- Negative self-talk
- Blames the cards, opponents or dealer for losses
- Criticizes opponents play
- Not self-aware and generally lacks self-control
- General lack of discipline and easily compromises technique
- Goes on tilt and lets emotions dictate their actions