

# ADVANCED CHESS TRAINING

For players ready to improve their chess expertise!



NAME:

## SKILL TRACKER

GO TO [LICHESS.ORG](https://lichess.org) AND CLICK "LEARN" THEN "CHESS BASICS"

10-15 min. per session

	ZWISCHENZUG	ZUGZWANG	CHECKMATE PATTERNS III	CHECKMATE PATTERNS IV	INTERFERENCE	GREEK GIFT	KEY SQUARES	OPPOSITION	PIECE CHECKMATES II	7TH-RANK ROOK PAWN	7TH-RANK ROOK PAWN II	KNIGHT & BISHOP MATE	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

## GAME TRACKER

GO TO [LICHESS.ORG](https://lichess.org)

1-2 HOURS PER SESSION

PLAY, NOTATE, AND REVIEW 12 RATED OTB (OVER THE BOARD) GAMES

W/L/D  
NO. OF INNACURACIES  
NO. OF MISTAKES  
NO. OF BLUNDERS


WINS   
DRAWS   
LOSSES

## TACTICS IMPROVEMENT

GO TO [LICHESS.ORG/TRAINING/](https://lichess.org/training/)

Starting Date MM/DD/YY		1-Month Check-in MM/DD/YY		2-Month Check-in MM/DD/YY		3-Month Check-in MM/DD/YY		Final Check-in MM/DD/YY
Starting Rating		New Rating		New Rating		New Rating		Final Rating
<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>		<input type="text"/>

### TIPS FOR IMPROVEMENT



**Don't move until you see the solution.** This improves your calculation skills, which improves your over-the-board play. Don't worry about time; worry about solving each puzzle correctly. You'll naturally start seeing tactics more quickly if you train properly.



**Set a regular goal and complete at least 3-5 tactics daily.** Daily practice is key to improvement. If you don't commit, you won't improve.



**Mix it up.** Check out a tactics book and set up a board at home to solve each tactic. Study tactical motifs. Create a chesstempo.com account and practice various types of tactics beyond your daily 3-5 rated tactics, such as blitz, standard, mixed, or endgame tactics.