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January - May 2024

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OF DARTS

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eISSN 2600-9811



Publication Date
1 June 2024



Dart Athlete (Terengganu)

to MAKSAM Malaysia 2024

SECRETS OF DARTS:

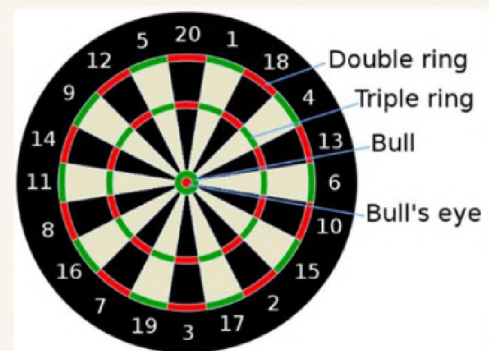
An Introductory Journey To The Sport

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Darts, often underestimated as a casual pub game, is a sport that demands precision, concentration, and strategic thinking even though it is frequently perceived as a light-hearted game.



When the game's nuances are understood in darts competition and a good scoring strategy is implemented, it will be simple to investigate techniques to improve dart hurling accuracy, ensuring that you confidently strike your target.

Darts is a sport that involves propelling 'darts' towards a perforated target affixed to a wall. The target often comprises multiple parts with varying values. Darts has experienced exponential growth, evolving from a simple pub game to a globally acknowledged sport.

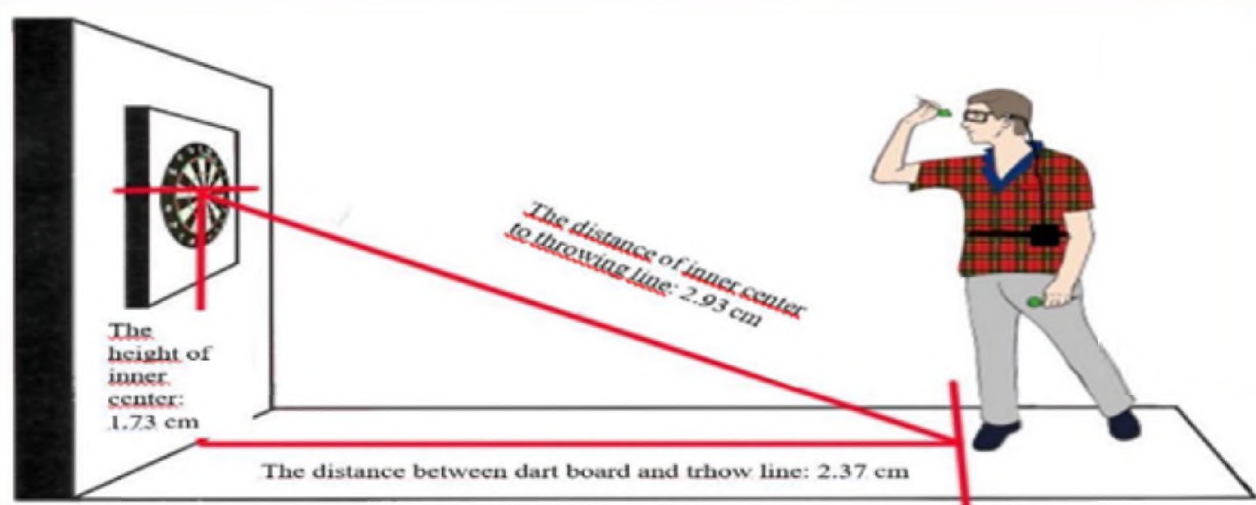
Scoring in darts is simple yet strategic. According to (Przyborowski, 2023), the red centre, known as the bull's eye, awards 50 points, whereas the green centre, known as the bull, awards 25 points. Hitting the thin inner circle, or triple ring, triples the segment's value; a treble of 18 equals 54 points. Similarly, the broader outer ring, or double ring, doubles the segment's worth, striking a double 20 yields 40 points. Finally, the large black or white fields on the board represent the points allocated to the outside parts. Understanding these guidelines is critical for improving your score in dart games.

Comprehending the scoring system in darts is a crucial element that every player must grasp. Proficiency in various rules and score computation methodologies is essential. Some of the significant methods for calculating scores include:

1. The tournament format commonly used in darts is 501/301/201 (Ötting et al., 2020). Players must achieve a specific target score (501, 301, or 201) by throwing darts at the target and subtracting the score earned from the starting value.
2. Players are required to throw their first dart into the scoring board to begin reducing their score, and they must also conclude the game by throwing their last dart into the double section on the board.
3. Checkout: This term denotes the act of concluding the game by decreasing the score to either zero or a specific low figure.

Throwing darts with precision is the key to success in the sport. Some essential steps to improve your dart-throwing skills. To enhance precision in dart throwing, it is essential to proficiently acquire a few fundamental skills. First and foremost, it is crucial to hold the dart correctly. The dart needs to be gripped firmly with three or four fingers, facing towards the target. Furthermore, achieving proper body alignment significantly improves your stability and accuracy. Orient the body towards the target, ensuring that the feet are positioned slightly apart. Subsequently, perform a seamless throwing gesture, employing both the upper limb and wrist in a cohesive action to accurately send the dart towards the target. Finally, it is important to maintain a steadfast and undivided focus with each throw, directing all attention to accurately striking the target. By amalgamating these key strategies, you will gradually augment your dart-throwing prowess and attain heightened accuracy in your game. Furthermore, studies suggest that the precision of dart throws is affected by several aspects, such as the ability to manage the duration of focused eye fixation, the alignment of the throw, and the phases of bending and straightening during the throw. These findings emphasize the significance of accurate timing and concentration at various stages of the throwing process (Şimşek & Kanat, 2021).

Şimşek & Kanat (2021), explain the schematic view of the throwing area as follows:



Darts is a game that tests more than just your physical accuracy. It also tests your mind and your ability to plan. Everyone can enjoy this sport, from beginners to pros, as long as the player knows how to score and throw the darts well. Darts is also one of a kind because it can be played anywhere, from the game room to your own home. So, darts are a fun sport to try anywhere.

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