1. What is the biggest mistake many poker players, including professionals, make that costs them money?

The biggest mistake identified is using a medium bet size (typically between half pot and pot) too frequently. The source argues that over 80% of the time in live poker, the most profitable bet size is either very large or very small, yet the medium size is the most commonly observed. This sub-optimal sizing strategy is described as "lighting money on fire" and is a major "leak" in many players' games.

2. Why is the medium bet size generally ineffective in poker?

The medium bet size often fails to achieve desired outcomes. When betting, the goal is typically to either extract maximum value from strong hands and entice calls from weaker ones (small size), or to generate folds from weaker hands or extract significant value from strong, non-folding hands (large size). A medium size often falls in an awkward middle ground: it's not small enough to encourage opponents to raise with their strong hands or call with a wide range of weak hands, and it's not large enough to effectively fold out many drawing hands or extract maximum value from strong hands that are unwilling to fold. This makes it less effective for both value betting and bluffing compared to more extreme sizing.

3. When should a small bet size (30-40% pot) be used on the flop?

A small bet size on the flop is recommended when the goal is to entice opponents to both raise off their strong hands (e.g., sets, two pair) and still call with their weak hands (e.g., marginal pairs, draws). This strategy aims to get maximum value from the opponent's entire range by giving them an incentive to commit more chips with their strong holdings, while also keeping weaker hands in the pot. This is particularly effective on dynamic boards where opponents have a wider range of strong and weak hands they might continue with.

4. When should a very large bet size (1.5x pot or more, including overbets) be considered?

A very large bet size is advocated in specific situations:

* **On static/dry boards:** When the board offers few draws and opponents are likely to have a clear idea of their hand's strength (e.g., Ace-high board with no draws). In these cases, very strong hands (like an Ace) are unlikely to fold to any bet size, so a large bet extracts maximum value.
* **When the opponent is "capped" on the turn:** If previous action (e.g., calling a small flop bet) indicates the opponent is unlikely to hold the strongest possible hands (e.g., they would have raised with sets/two pair on the flop), a large turn bet can be used to extract value from their now-capped range (e.g., top pair, strong draws) and set up large river bluffs.
* **As a bluff on the river when the opponent's range is weak:** If prior action (e.g., small bets on previous streets) has allowed the opponent to raise off their strong hands, a large river overbet bluff can be highly effective against their remaining, weaker calling range (e.g., bluffing when a flush comes in and they check-called small bets on turn).
* **For value on the river when opponent has many two-pair/strong hands that won't fold:** If the opponent's range is heavily weighted towards strong, non-folding hands like two pair, a very large bet (e.g., 2x pot or all-in) maximizes value.

5. When should a small bet size be used on the turn?

A small bet size on the turn is recommended when the opponent is **not** "capped" (meaning they can still have strong hands like flushes or strong draws) and the goal is to continue enticing them to raise off their strong holdings and call with their weaker ones. This allows for continued value extraction or setup for future bluffs, as it keeps a wider range of their hands in the pot.

6. What are the two specific exceptions where a medium bet size can be "okay"?

The source identifies two rare exceptions where a medium bet size might be acceptable:

1. **When value hands want to go very large or very small, Bluffs can go medium:** If your strongest value hands would jam (e.g., to target two pair that won't fold) and your alternative value hands would go very small (e.g., to get called by marginal hands), a medium bet size can be used effectively for bluffs to target specific hands in the opponent's range (e.g., getting top pair/weak overpairs to fold when an ace hits the river).
2. **When Bluffs want to go very large or very small, Value can go medium:** If your bluffs would either go for a massive overbet jam or a very small, cheap bluff, your value hands might fit into a "medium" size (which could still be an overbet relative to the pot, but "medium" relative to your bluff sizes) to maximize calls from hands like top pair that won't fold to extreme sizing.

7. How does the concept of "capped" vs. "uncapped" influence turn betting strategy?

The "capped" vs. "uncapped" concept is crucial for turn betting.

* **Capped Opponent:** If previous action indicates the opponent would have raised with their strongest hands on the flop (e.g., sets, two pair), their range on the turn is "capped" (they don't have the nuts). In this scenario, a **very large** bet is favored, as their remaining range (e.g., strong top pair, draws) is less likely to fold, allowing for maximum value extraction with your value hands and setting up large river bluffs with your bluffs.
* **Uncapped Opponent:** If the opponent can still hold very strong hands (e.g., flushes or strong draws that may not have raised on the flop), their range is "uncapped." In this case, a **small** bet is preferred, as it continues to entice them to raise off their strong hands and call with their weaker holdings, similar to the flop strategy.

8. How does river betting strategy change depending on whether you are bluffing or value betting, and the opponent's likely range?

River betting strategy heavily depends on your hand (bluff vs. value) and the opponent's perceived range:

* **Bluffing:** If the opponent's range is perceived as weak due to previous small bets and strong hands raising off earlier, a **very large overbet** bluff is highly effective to get them to fold marginal strong hands (e.g., top pair). Alternatively, if the opponent is "sticky," a **very small** bluff can be used to fold out weaker hands that might still call a larger bet.
* **Value Betting:**If the opponent has many strong hands that are unlikely to fold to any size (e.g., two pair), a **very large** bet (even all-in) maximizes value.
* If the opponent's range includes weaker calling hands (e.g., top pair, weaker overpairs), a **smaller** value bet (e.g., pot-sized or slightly larger) can be used to ensure they call, avoiding leaving value on the table by over-sizing. This can sometimes fall into the "medium" category if bluffs are going very large or very small. In essence, the river bet aims to either maximize folds from bluffs or maximize calls for value, adjusting the size based on what the opponent's remaining range is most likely to do.