



10 POT LIMIT OMAHA

SECRETS EXPOSED

by JNandez87





**My name is Fernando.
I'm known online under the screen name "JNandez87" on Pokerstars.**

**In 2016 I focused on 2 things:
playing PLO and coaching over 50 Low-Mid stakes PLO players.
I gained a lot of experience when it comes to making poker theory
applicable and understandable to a wide variety of people.**

**I have turned many break even or losing players into successful
Pot Limit Omaha Players who make a living of it these days.**

**I'm very proud of this as it gives me a chance
to impact other people's lives for the better.**

**These 10 PLO secrets are straight from my years of experience
and extensive technical work on PLO. You can use them to increase
your win-rate right away and grow your PLO skill set.**




PREFLOP SECRET #1

Don't Over-Defend from the Big Blind

Defending too many hands when out of position is a huge leak that can be very costly.


Micro, low -and mid-stakes players must be especially careful as the high rake will quickly turn a slight plus EV defend into a losing one.

Hands with a polarized distribution are good defends, such as:



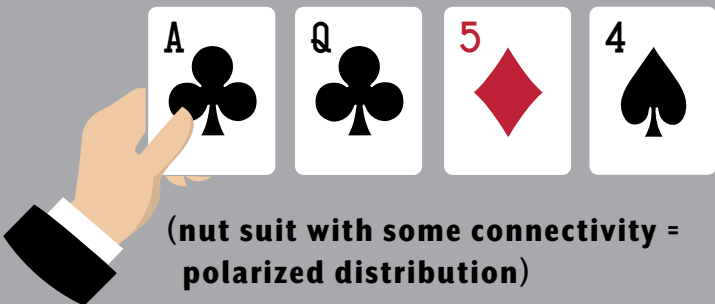
(connectivity brings a polarized distribution)

A hand holding four cards: 8 of diamonds, 7 of spades, 6 of hearts, and 5 of spades. A hand icon is shown holding the 8 of diamonds.



(two pair hands flop sets or nothing = polarized distribution)

A hand holding four cards: 4 of clubs, 4 of diamonds, 8 of spades, and 8 of hearts. A hand icon is shown holding the 4 of clubs.



(nut suit with some connectivity = polarized distribution)

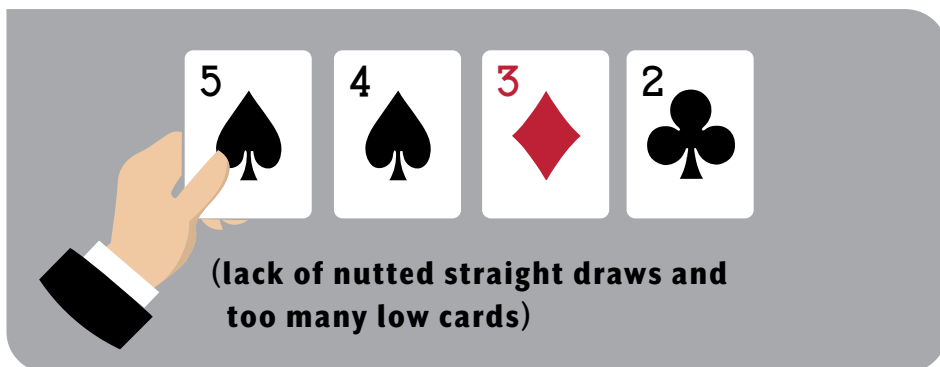
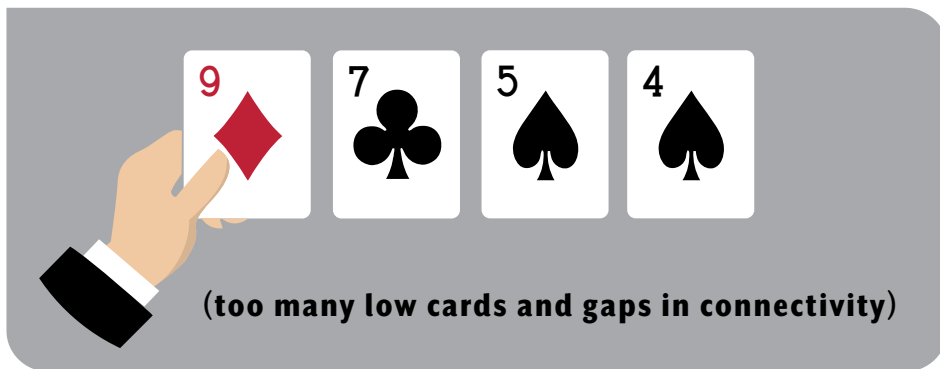
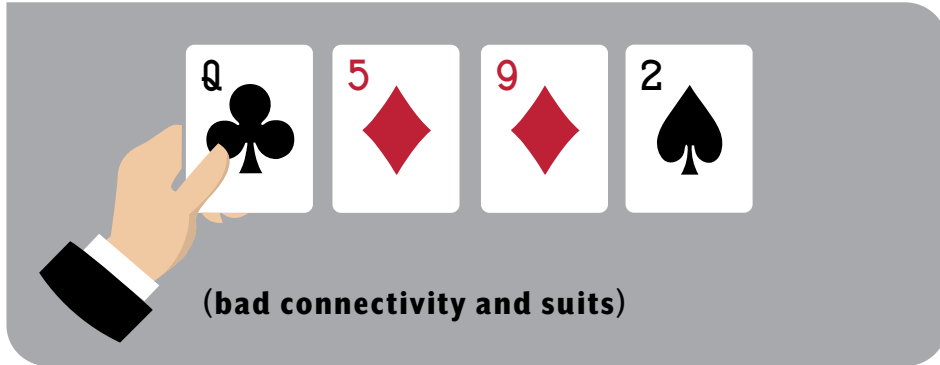
A hand holding four cards: Ace of clubs, Queen of clubs, 5 of diamonds, and 4 of spades. A hand icon is shown holding the Ace of clubs.



PREFLOP SECRET #1

Don't Over-Defend from the Big Blind

Hands with a depolarized distribution and lack of smoothness are bad defends, such as:



PREFLOP SECRET #2

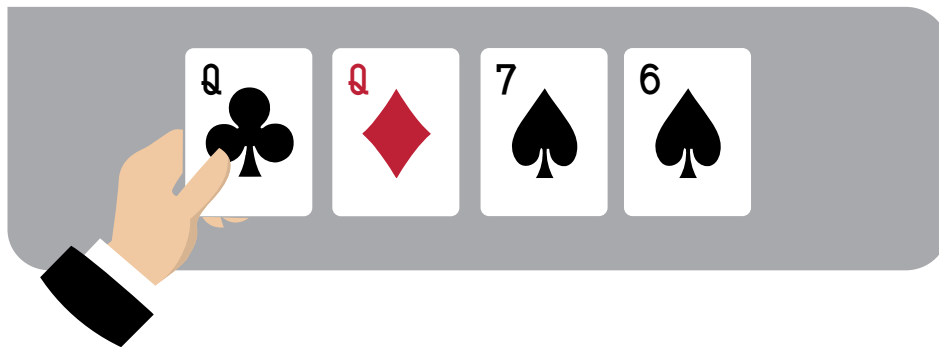
You Shouldn't Coldcall Too Often from Middle Position and Cutoff

Coldcalling too many hands from middle position and cutoff will often turn out to be minus EV for three reasons:

- 1 There are multiple players behind you.
- 2 You are facing a strong range against an early position raiser.
- 3 You will often be in a sandwiched position postflop, facing c-bets while having players left to act behind us.

We will end up folding too much postflop to make the investment preflop worthwhile.

Hands that can't continue against a c-bet very often and play bad against a squeeze should be avoided, such as:

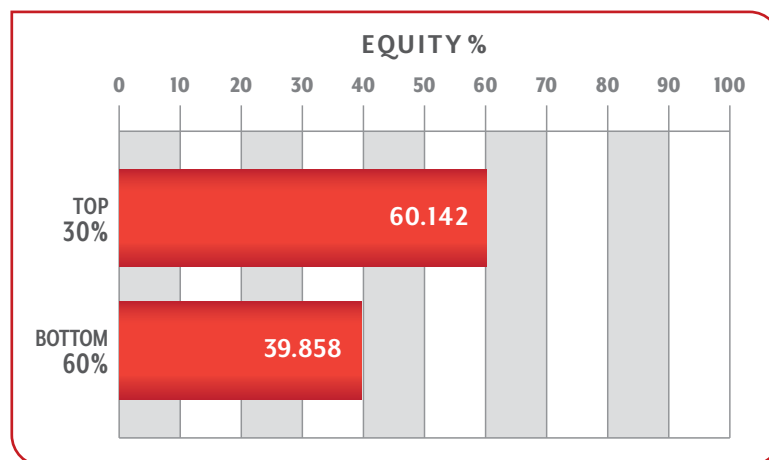


PREFLOP SECRET #3

Open Raising for Less Than Full Pot is a Leak

Open raising for less than the maximum is usually a bad idea in Pot Limit Omaha. Because **equities run very closely** (see: bar graph), you want to avoid giving your opponents a cheap price preflop to enter the pot and compete for the dead money.

The following bar graph is an equity breakdown pitting the *top 30%* of PLO hands against the *bottom 60%*.



The bottom 60% of hands still have roughly 40% equity vs. the top 30%.

Giving the blinds anything else than 2:1 (by raising pot size) is just making their decisions too easy.

Also, in high raked environments, it's especially important to avoid playing too many small pots or the rake will eat up your winnings quickly.



PREFLOP SECRET #4

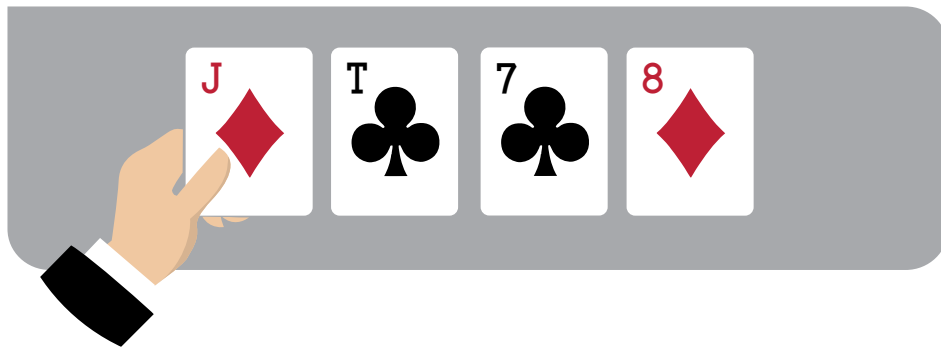
You Should Probably Resteal More Often

When facing a steal from the button, you must make sure to come in for the 3-bet with a frequency clearly over 10%. 3-betting is the only way to put the button into a minus EV situation, punishing him for his wide preflop range.

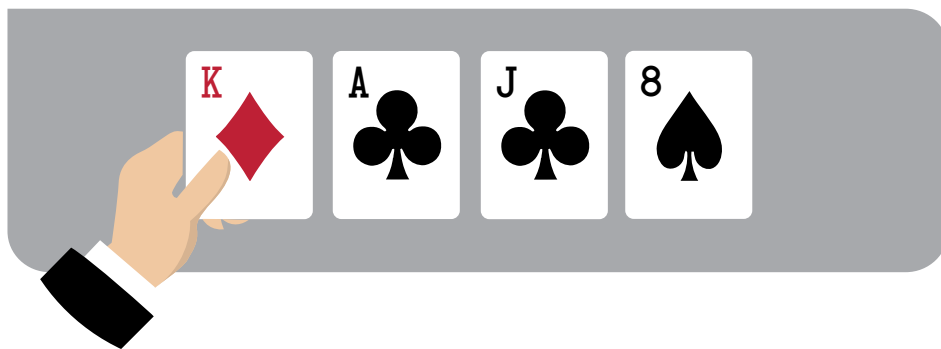
Additionally, 3-betting when out of position decreases positional disadvantage as the stack to pot ratio gets significantly reduced.

Resteal more often vs. button steals by 3-betting hands that fall into one of these two categories:

Doublesuited connectors like:



Singlesuited high cards like:



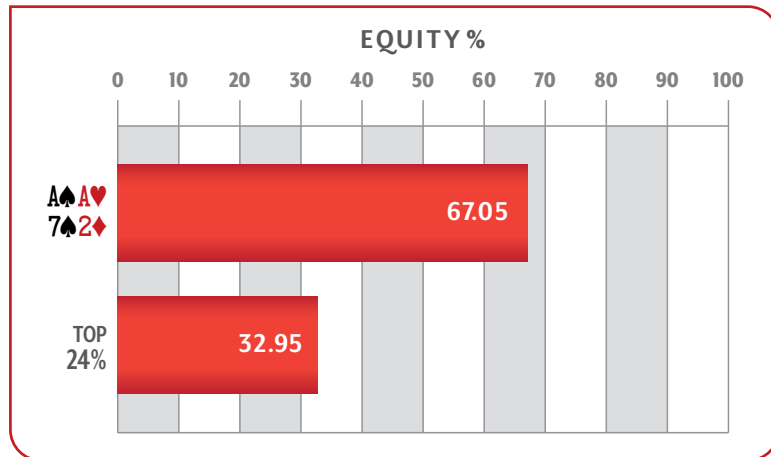
PREFLOP SECRET #5

3-Betting Bad Aces is Almost Always Better Than Flatting

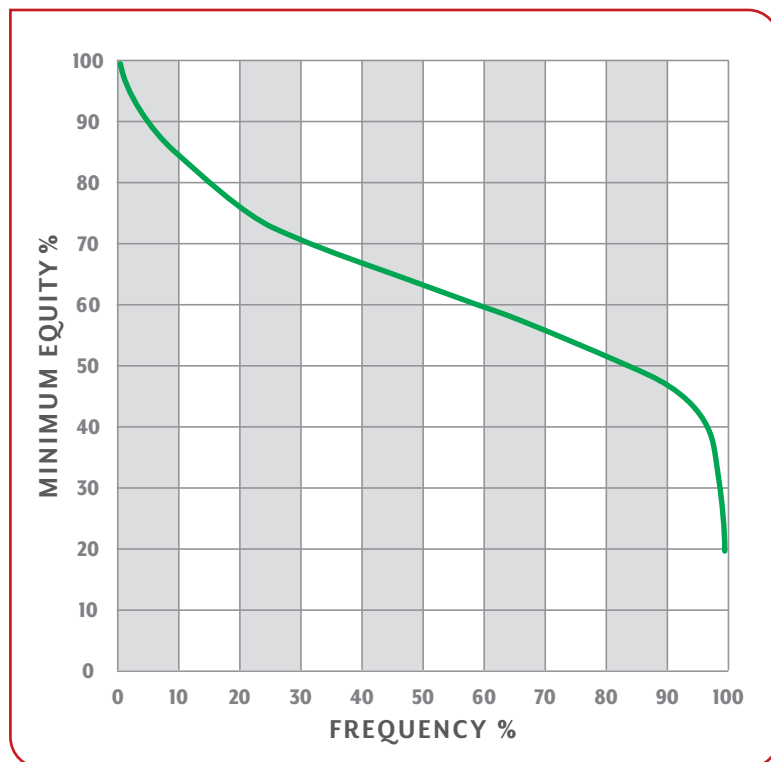
Flatting bad AAXX is usually a losing proposition as its ability to realize equity is very poor.

Naked AAXX hands can do very little postflop facing a c-bet, especially when there are multiple players in the pot. Isolating the pot to two players and taking the betting lead can significantly improve your results with bad AAXX.

This is the raw equity calculation of AA72 single-suited vs. a 24% opening range:



...and this is the equity distribution of AA72 single-suited vs. a 24% opening range:



Hard to lose money in this spot!



POSTFLOP SECRET #6

It's Important Not to C-Bet Too Often When Out of Position

When playing out of position, the correct play is usually to check most of our range.

Since we must act first on every street, the in-position player(s) will have an informational advantage. By checking most, if not all, of our range we overcome the informational disadvantage.

The main reasons to bet are:

- 1 We have a big equity advantage, given the ranges in play and the board texture...
- 2 ...and/or we have a more nutted distribution of equity, meaning we have more very strong hands than our opponent(s).

In both cases, we should elect to bet some part of our range and choose a big sizing.

Consider the following example, in which UTG raised preflop and the button called:



Even though UTG has an equity edge on this board, he should still check most of his range because his range lacks playability and his distribution of equity is heavily **weighted towards high pairs while lacking many straight draws.**



POSTFLOP SECRET #7

Playing a Linear Strategy is a Leak

Most PLO players employ a very linear strategy.

This means their **strategy is orientated mostly around their equity.**

When they take an aggressive action, like c-betting, they usually hold a high equity hand.

This strategy has some major drawbacks as the **hero will open themselves up to exploitation whenever they take a passive line.**

When deciding whether or not to c-bet the flop, it's best to choose **hands with very high equity when called.** Balance this range with **low equity hands that offer important removal for later streets.**

Check medium-strong made hands and draws to be able to call turn and river bets.

Imagine the following scenario in which the big blind defended against a cutoff open:



Cutoff should check behind here even though he has a strong hand. There is not much to be gained by betting as mainly better hands are calling.

Cutoff needs to protect his check back range and including hands like these is a great way to accomplish that.



POSTFLOP SECRET #8

Leading is Correct on Some Board Textures

Although being out of position is a big disadvantage, on some board textures we want to be leading.

After defending from the big blind, we won't become an equity favorite on many flops, but we will have a more nutted distribution on some. On such flops, applying pressure can be very effective and leading for a big sizing will put our opponent into a tough spot.

Consider the following situation after defending from the big blind against a cutoff open:



Even though we are not a favorite against cutoff's range, **we have more two pair and straight draws in our range.**

Leading here makes sense as we might force CO to fold either now or on straight runouts later.



POSTFLOP SECRET #9

Most PLO Players Bet the Pot Too Often

Betting full pot can be correct in PLO, but doing it too often, especially prior to the river, **will give away a lot about your range.**

Making this mistake effectively turns our hand face up and opens us up to exploitation, thus giving our opponent an easier decision making process.

POSTFLOP SECRET #10

Hero Calling the River Often is Terrible

Light calls on the river should be picked *very* carefully.

In general, when two ranges put in a lot of bets on the early streets of Pot Limit Omaha, their ranges will be heavily weighted towards equity driven hands.

This results in players being unable to show up on the river with enough bluffs to balance their value hands.

This common problem can easily be exploited by overfolding the river. Especially on lower stakes you will see very few opponents, playing a betting range with enough for multiple streets to justify calling down light.

