

## 7 Mechanics of Pool

- 1) Dominant Eye – your cue should be lined up under your dominant eye. Don't have a dominant eye or your dominant eye is different than your dominant shooting arm? Center of chin.
- 2) Chalk – Before EVERY shot, it's not just about the friction between the tip and the ball, it is about the thinking time.
  - 2A) Two foot rule – thinking zone vs action zone, seeing the whole pie not just a slice of the pie
  - 2B) Walk the table, pool is a sport
- 3) Bridge – Open, Closed, and Rail – know when and how to use each. Rock solid analogy
- 4) Grip – I prefer the teacup (thumbie down, remember) but as long as you do not have a “death grip” on the butt of your cue, whatever works for you – think handshake rule
- 5) Stance – again whatever makes a firm base for you.
  - a. Non dom foot facing angle of shot into pocket
  - b. Dom foot at 90 degree angle, space between feet
  - c. Knees slightly bent
  - d. Pendulum shooting arm – only moving part of stance (no head bobbing or popping up until cue ball is out of sight)
  - e. Tree trunk (hips to neck)
  - f. Wrist on shooting arm, perpendicular to the floor
- 6) Glide – the smoothness that your shaft moves through your bridge
- 7) Follow through – on every shot – hot knife through butter analogy

## Things Beginners Do Wrong/How to correct

- 1) Not keeping a level cue (lower your elbow or bring your stance down)
- 2) Sloppy Bridges (for closed – check and correct gaps between the fingers tightening them up or if too tight loosen so no friction) an open bridge also helps see full view of your shaft to help with visual alignment.
- 3) High stance (if head too high can make it difficult to see both the cue ball and object ball without moving your head and eyes a lot. With head close to the cue it's easier to see the line of the shot, contact point of cue ball and the object ball target without having to move your head)
- 4) Poor alignment and aim (everyone has a unique visual alignment that works for them. Up and down the table drill for adjustments) An important thing to remember is that you should keep your face square to the shot as possible with your eyes as level as possible – don't turn or tilt your head away from the shot.
- 5) Cue & eye motion – don't bobblehead (verify the tip position and alignment with the cue still to give your eyes time to focus on both the cue ball and the object ball target. Before taking your final stroke, lock your eyes on the object ball target and keep them very still before and during the shot)
- 6) Not having a pre-shot routine. (consistency, work to find one that works for you, take practice shots for every shot – even the EASY ones, mantra) NO THINKING IN THE ACTION ZONE – have the discipline to stand back up
- 7) Grip too tight can cause miscues, unintentional english, or scoops (keep grip relaxed if you want tip to hit cue ball where you are aiming.
- 8) Poor stroke (coke bottle drill – back, pause, accelerate smoothly forward – you don't need a deliberate pause before forward stroke just don't rush the transition. (moving the shoulder and/or dropping the elbow – the tip rises up causing you to hit the cue ball higher than expected, by keeping the shoulder and elbow still during stroke you will be more consistent and accurate. NO CHICKEN WINGS!
- 9) Head and body motion during the shot. (eyes, head, and body should be still – bookcase analogy, be a relaxed statue before, during, and after the shot.

### Random Stuff:

- 1) Shortening your bridge when you are learning new English or increase of difficulty of shots
- 2) Aiming techniques – center of pocket with cue, chalk on rail through line of sight
- 3) Tangent line – where the cue ball will go after a shot
- 4) Speed Control Drill (object ball in each pocket, cue ball anywhere on the table, 1 Diamond to 1 Diamond 1 Diamond leaves)
- 5) Are you centered? Long rail to long rail drill, like lag but keep yourself down on shot, if ball comes back and hits the center of the tip of your cue – SCORE
- 6) Slop Diamond System – do NOT use if you can see even a SLIVER of your object ball, make the good hit.
- 7) How long 20 seconds and 45 seconds is actually
- 8) In a match, focus ONLY on yourself – your shots, your strategy – all about YOU. Do not buy into an opponent's skill level, there is a skill level system for a reason. Anyone can win at any time. Trust YOUR skill level. Do not buy into your opponent's bad attitude or sharking techniques. It is not worth it to come down to their level. Don't focus on how long or how fast your opponent plays, it is how long YOU play that matters.
- 9) Don't focus on winning, focus towards what is necessary to win. All the tools in the toolbox.
- 10) Don't get stuck in the past, that is over. Use what you learned to not do that again expecting different results that is the way to insanity.
- 11) The best time to improve and accomplish your goals is through practice, not in the middle of a match.
- 12) Spotting your opponent's weaknesses – PAY ATTENTION TO YOUR MATCH
- 13) Be proactive, not reactive – don't wait until it is too late to play the defense Keep analyzing and updating the table. Can I run this rack out, are there balls I can hide behind, what shots are my opponent finding difficult, does my opponent have any balls locked up

## Defense Scenarios

- 1) Doesn't necessarily mean "hide your opponent" – can be a length of table leave or a bank shot leave or leaving the cue ball so they have to "jack up" over to shoot
- 2) The "tie up" situations
  - a. Your balls are tied up and their ball is free? Shoot their ball into your cluster forcing them to break out your balls
  - b. BREAK OUT YOUR TIED UP BALLS EARLY IN THE RACK
  - c. Leave a ball of your category in front of a pocket so if you get ball in hand a timeout from your coach can lead to break out of your cluster
- 3) Giving opponent ball in hand scenarios
  - a. This is a defensive shot
  - b. Your category of balls are tied up with theirs and there is NO POCKET for their ball
  - c. You receive the benefit of giving them ball in hand because their ball is tied up with yours and they will end up breaking yours out – REMINDER TO TRY NOT TO WAIT TOO LATE IN THE RACK TO BREAK YOURS OUT.
  - d. The 9 ball scenario – they need 10 points and you need 3 points, the 3 ball is free but the 4,5, and 6 are clustered. An ethical defense to let opponent have the 3 (making it an easy shot to make the 3) and then have them break out the 4, 5, 6 for you.
- 4) Knowing when to ask for a Time Out.
  - a) The ball before the out ball for position not after you have shot the last ball of your category or the ball that will lead you to your last point in 9 Ball
  - b) Defensive play
  - c) If you cannot see the sliver of ball to make a good hit and the slop diamond system won't work
  - d) When you cannot imagine the tangent line or if the tangent line will lead you to a scratch
  - e) How to use speed or English to hook your opponent
- 5) With ball in hand, try not to place the cue ball TOO close to the pocket to avoid scratching and/or give yourself a little angle so that you don't scratch.
- 6) Make my opponents "break out" ball in the pocket so that they have ball in hand but break out the cluster that my ball is also o