



## Drills & Exercises

Create a lesson plan in another document. Copy and paste the drills you will cover. After the lesson is done, email the document to your student. Your lesson plan should also include the demonstrations that will be presented during the lesson. You can also send follow-up email and ask how the student is progressing. (A good follow-up tactic that will encourage individuals to come back for more lessons.)

You can also create your own drills with the Wei table (<http://pool.bz>) Registration is free and required. On the right hand side of the page are CueTable software links, plus instructions on how to use it. In your new document, include the “Acknowledgement” from the introduction.

The internet has lots of interesting drills. There are a number of published books that include useful exercises. Start with your personal library and also check online bookstores.

Incorporating progressive drills into your lessons has several advantages. A progressive drill has a starting point that is well within the student’s abilities. Shifting a factor (cue ball or object ball) can make the shot a little harder to accomplish. Further shifting will make the shot more and more difficult – until it is well beyond the student’s abilities.

Progressive drills allow the student to discover the dividing line between shots that are within the shooter’s comfort zone (consistent success) and chaos zone (inconsistent results). It gives the student a goal to extend their comfort zones, a way to clearly recognize and document their specific skill level improvements over time and thereby motivation to learn, practice and improve their playing skills.

### Drill Scoring

Some players do well when the drill is divided into a scoring test. Results from individual innings (or sessions) are scored.

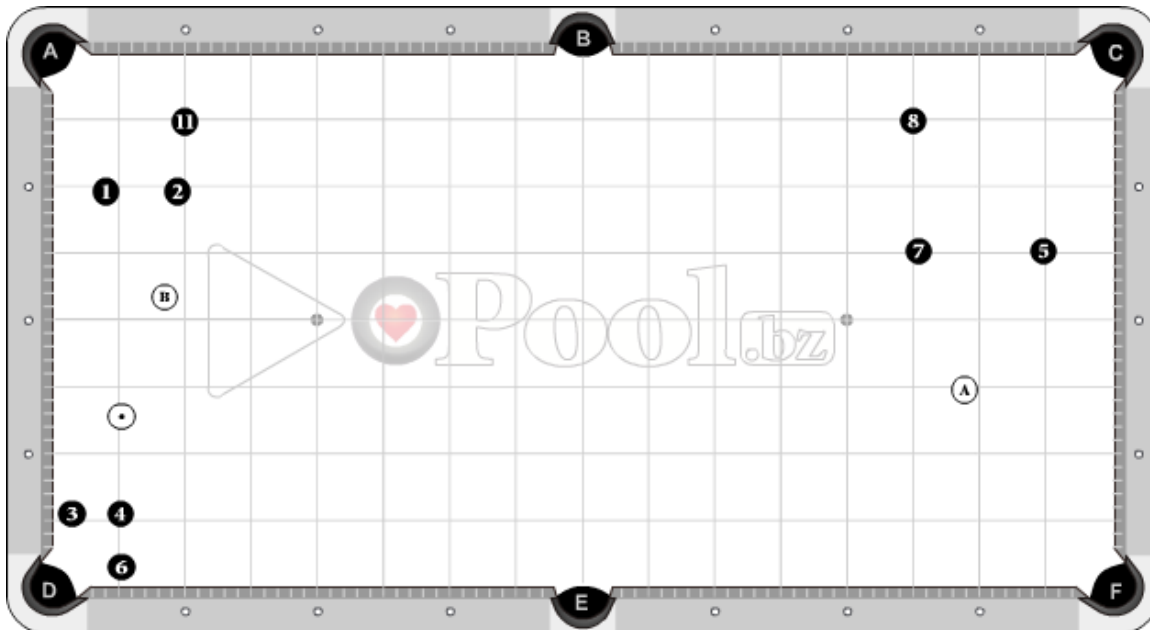
A simple pocketing progressive drill can be scored according to the shot difficulty. A number of balls drill can be scored according to the balls pocketed.

There is a drill scoring example at the end of the Drills & Exercises section.

## Pocketing Object Balls

Start with ball in hand. Pocket the three balls – any sequence, in order, reverse order.

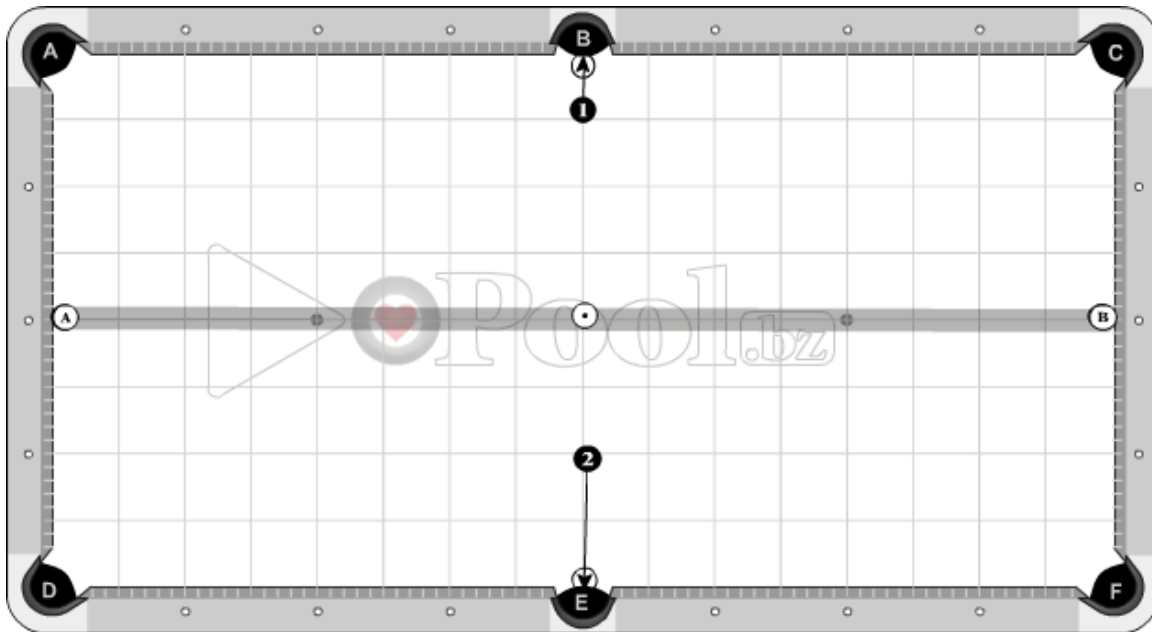
Progression, move the OBs out from the pocket. Add another OB along each side for a total of five OBs.



## Progressive Angles

Make the OB in the side pocket. Start from center table. On success move the CB to increase the angle on the OB.

Progression: move OB away from side pocket. Shift the grey line closer or further away from center line.



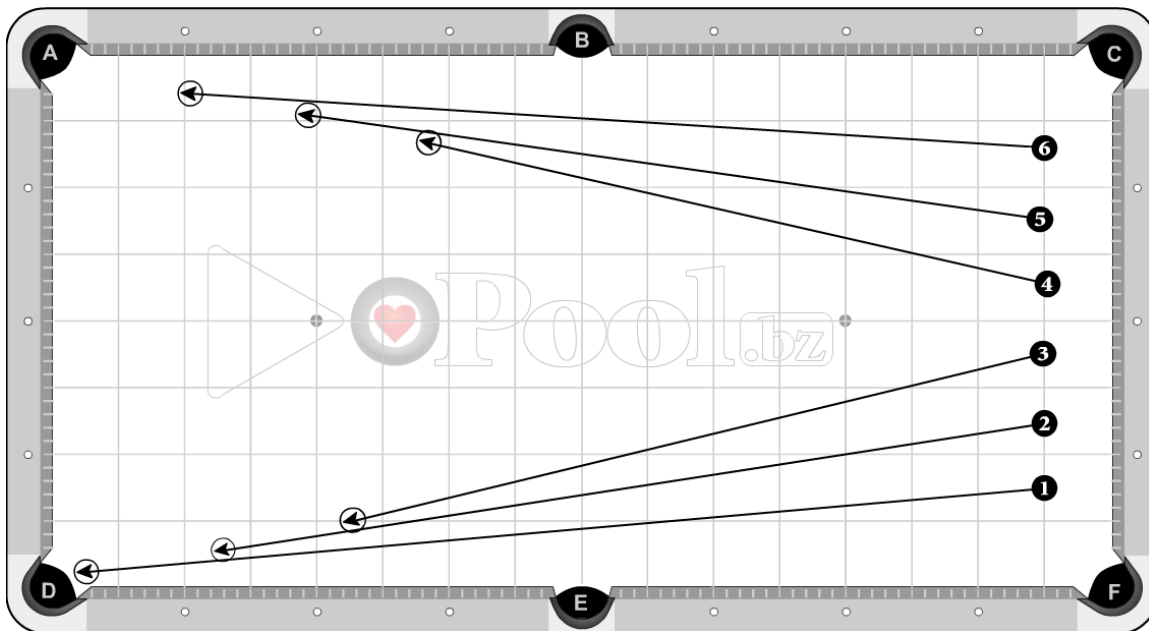
## Fundamentals

### No-Hands Drill

To pocket into far corner pocket, ride cue on the rail without a hand bridge to guide the stick. Standard stance, but bridge hand is resting to the side of the stick. This is a regular shot but with the stick strokes controlled by the back hand.

Ball must roll true (vertical) without side spin. Stroke **MUST** follow through at least 6 inches. Watch the cue tip and the ball roll after the stroke – these reveal many sins.

Progression: Slow through fast stroke speeds. Place an object ball close to the pocket, and then move away. *Top level:* With OB on center string, CB manually aligned, shoot to pocket both balls into the far corner pocket (again, from slow to fast speeds).



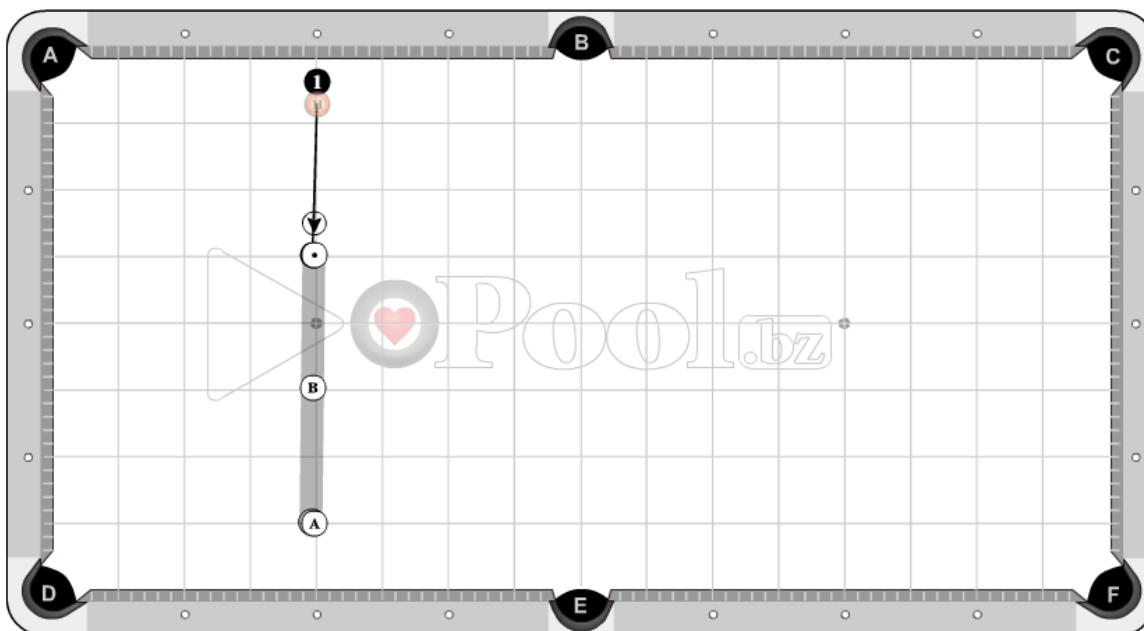
## Double Kiss Drill

Start with CB close to OB (1/2 inch from rail). Shoot straight at OB.

Purpose: Make the CB consistently come straight back. Success twice in a row, move CB back.

Hint: Consistent failure usually caused by bad fundamentals.

Progression: Move CB further away from OB. Switch to long table.

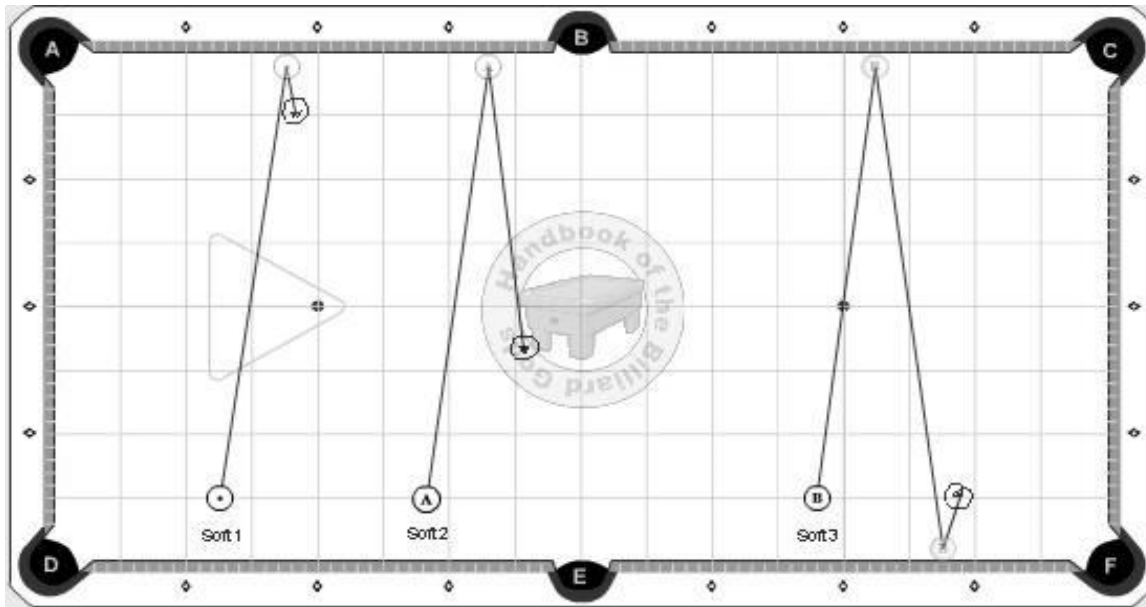


# Cue Ball Control

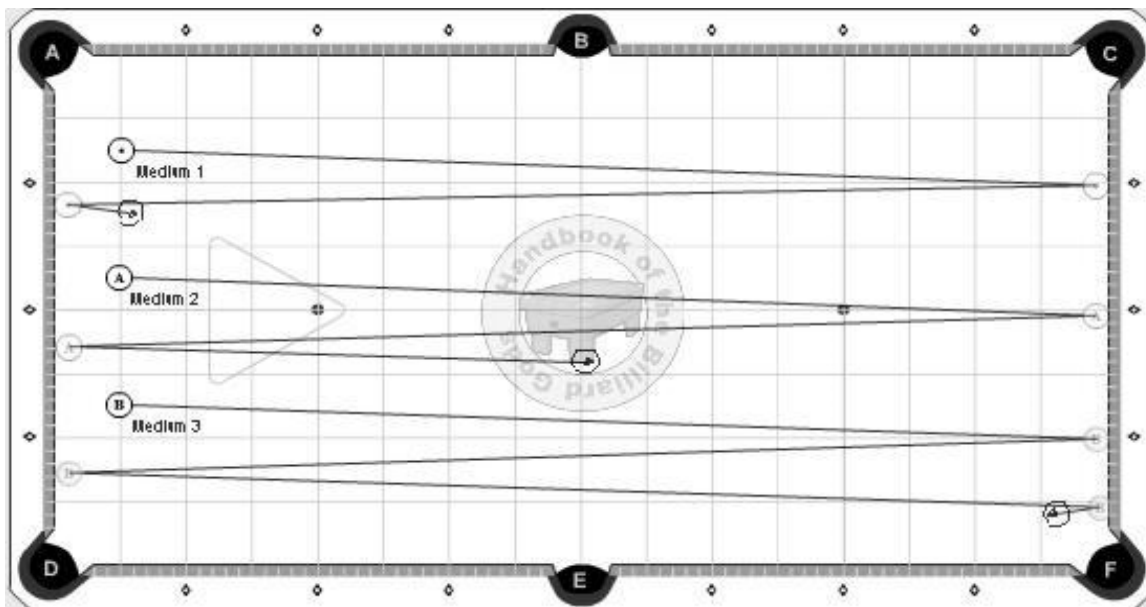
## Speed Control

Purpose: consistently place the ball into a half diamond target field.

### Soft Speeds



### Medium Speeds



## Stun and Follow Shots

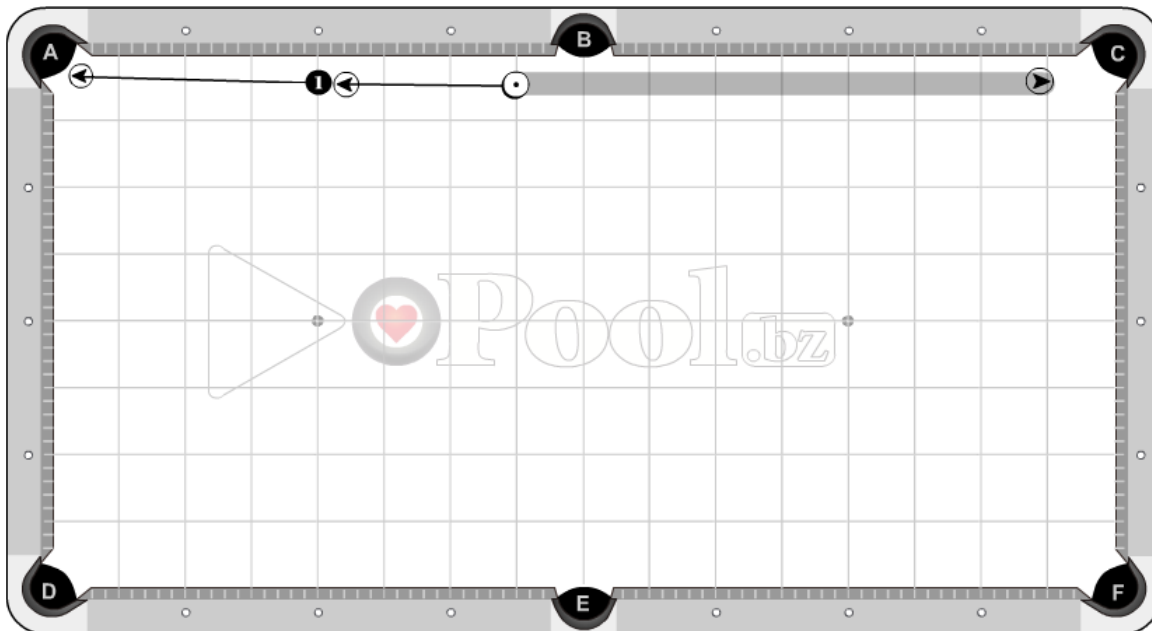
**Note:** “Stun” shot means that the cue ball will contact the object ball without any roll or spin, i.e., at contact the cue ball has no rotational energy.

Use a setup similar to this.

Purpose: For stun drills: allow a certain amount of CB “drift” according to the student’s abilities.

For follow drills: set the CB target. Shift the OB location away from pocket for longer follow.

Progression: On success, move CB further away from OB.

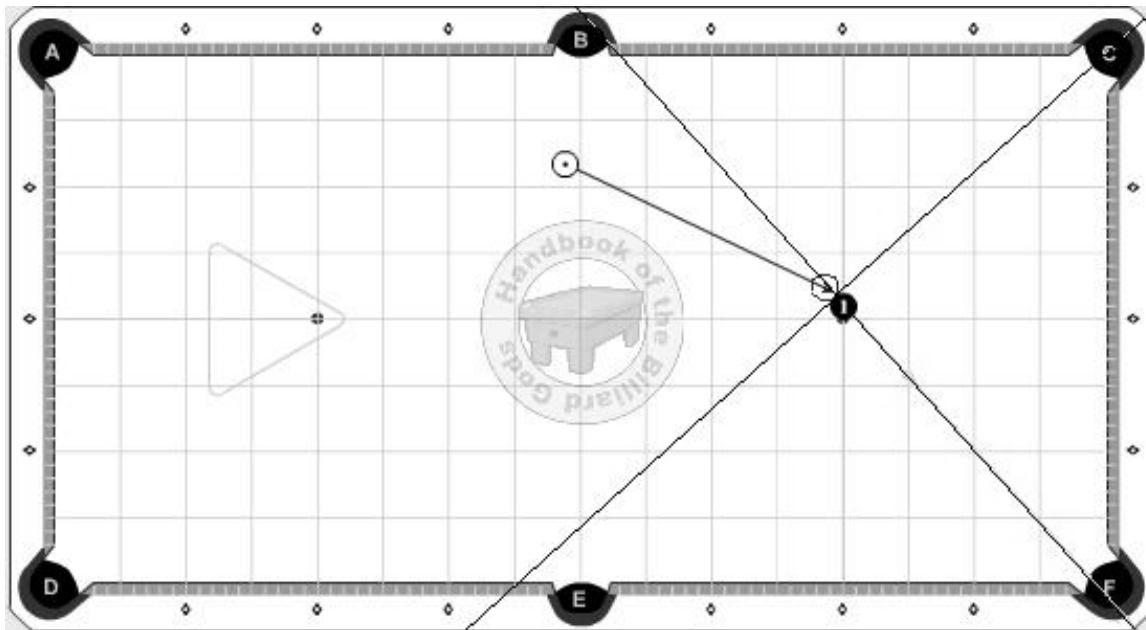



## Stun and the Tangent Line

Setup the cue ball and object ball as shown. Shoot the object ball with stun.

Purpose: Introduce and illustrate the tangent line path. The cue ball will travel the 'T' path into the corner pocket.

Progression: Move the cue ball further away. *This requires the shot to start with reverse spin and then slide into the object ball without roll.*



Also introduce and demonstrate the Thumb/Index finger technique  for predicting the approximate cue ball path

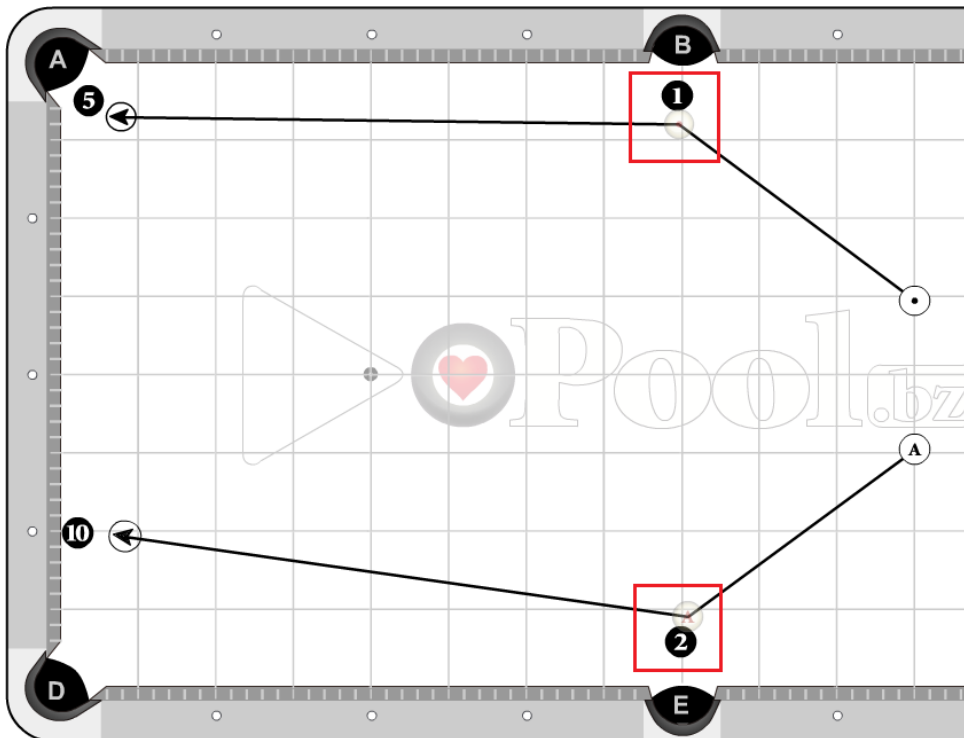


## Another Stun Exercise

Setup the balls as shown.

Purpose: Calculate and shoot along the correct tangent line to consistently hit the target object ball. Use 2-finger shortcut .

Progression: Move cue ball to the left and right sides for different angles. Increase the distance from cue ball to first object ball.

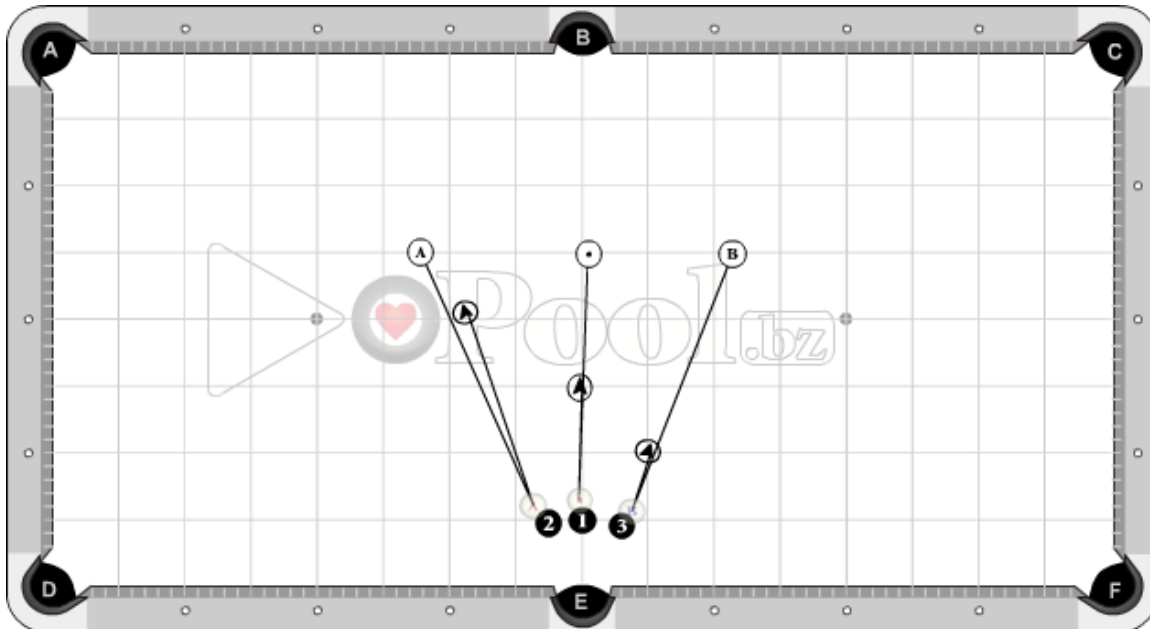


## Draw Shots

Purpose: Draw the CB back to stop at/near a specific target. Table layout shows three targets

Use donuts for CB & OB placements, with a third donut to mark the target for the CB to stop.

Progression: increase the target distance. Increase the CB to OB distance. For advanced players use the long table.



## Position Drills

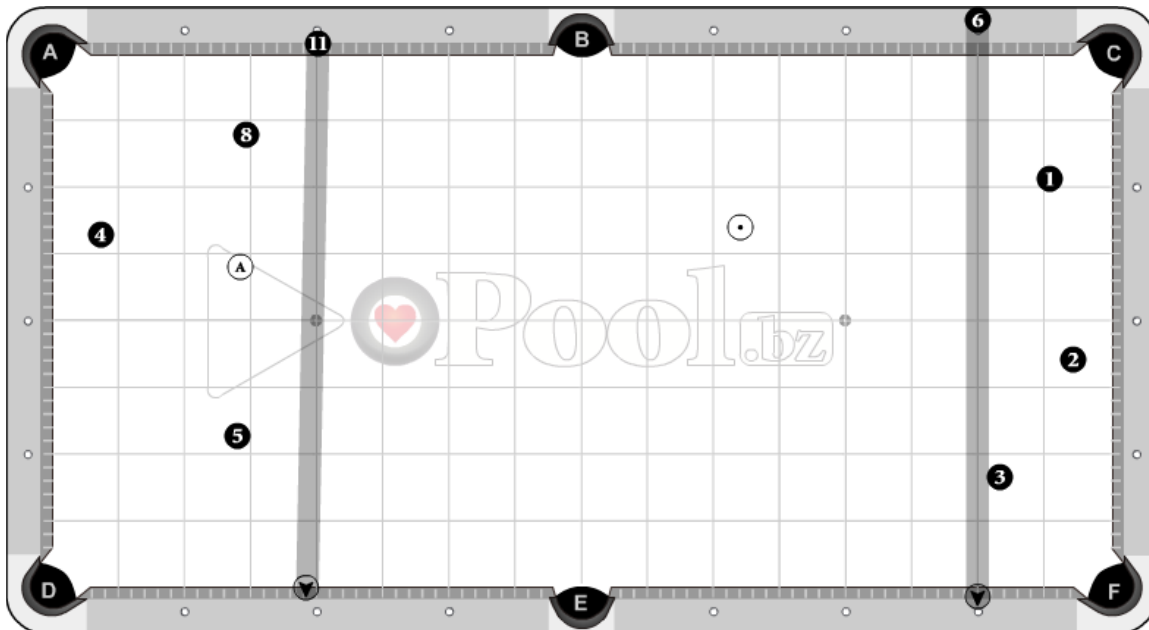
These help students learn to shoot and play position using appropriate CB speeds and how to get into the right shooting zones for the next shot.

### 3 Ball Runout

Place three OBs in a designated area (see layout). Start with CB in hand (anywhere on the table). OBs can only go into the corner pockets.

Purpose: Select the first OB to pocket and also call the next OB and its pocket. Shoot and get shape on the second OB. Make the second OB and get shape on the third OB. Any miss or shape mistake fails the drill and all balls must be repositioned.

Progression levels: Expand the shooting zone out to half table (shooting into the same corner pockets. Add another ball and restart from the 1 Diamond and 2 Diamond zone

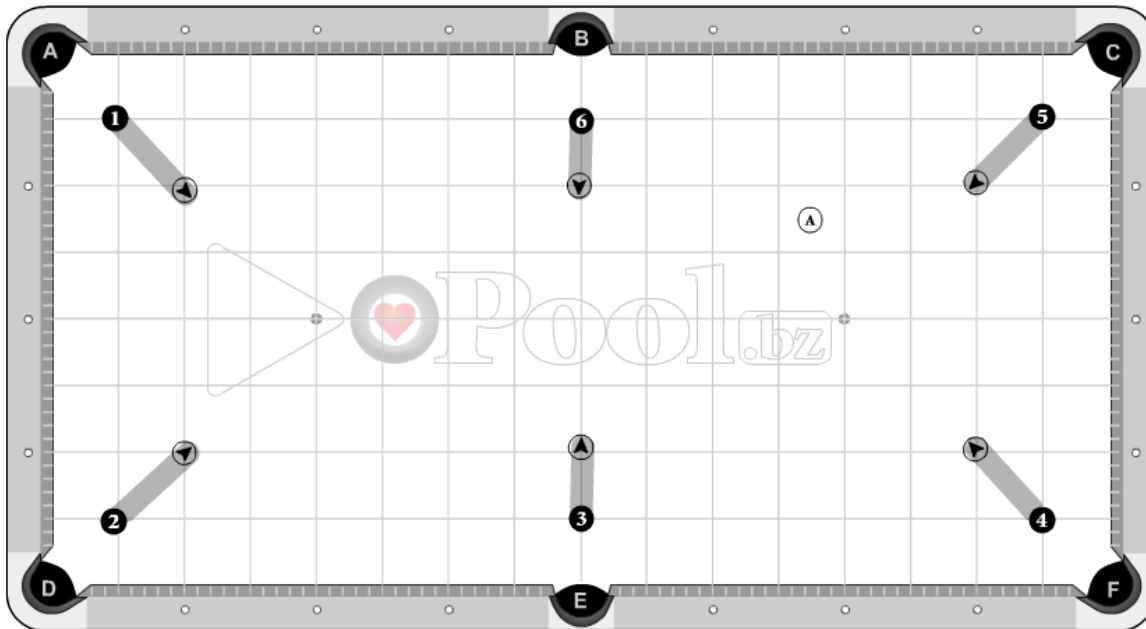


## 6 Ball Pocket Drill

Place OBs about 5 inches out from each pocket.

Purpose: Begin with CB in hand. Select the target OB and call the next OB. Shoot the shot and repeat until all balls are pocketed. Any miss or shape mistake fails the drill and all balls must be repositioned.

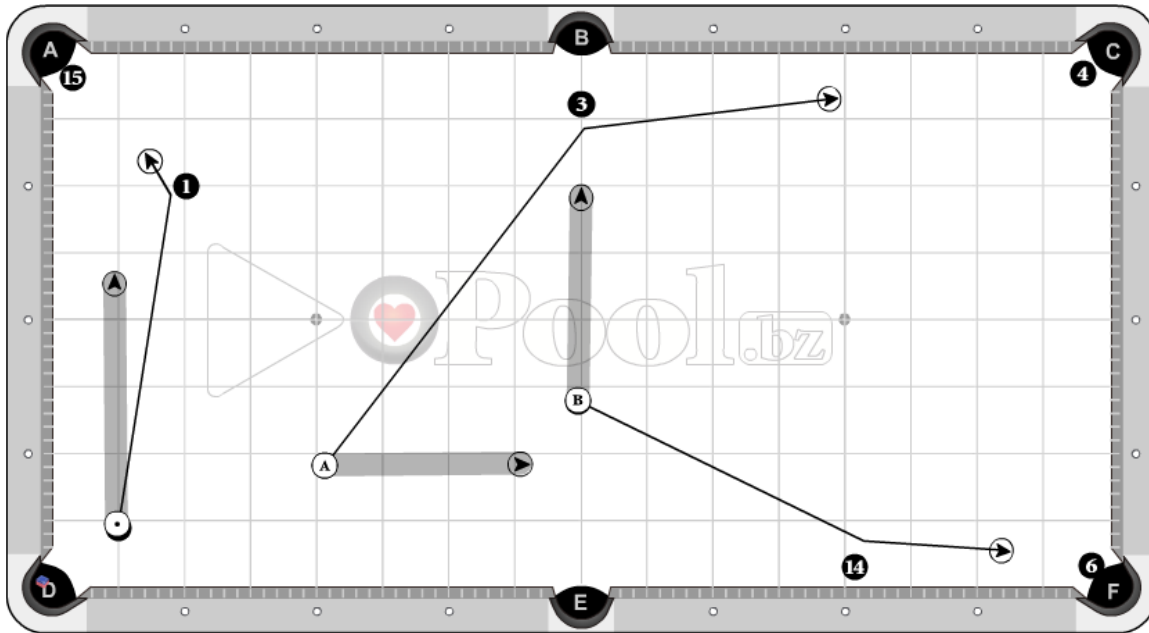
Progressions: Specify the next target OB and the table location (4 D square target area) for CB to stop. Move the OBs away from the pocket in 3-4 inch increments.



## Tangent Line Caroms

Purpose: Carom off one OB and contact a second OB. Use donuts for ball positions.

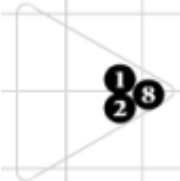
Progression: Move CB along the grey lines.



## Drill Scoring Example

### Playing Position

1. Position the 1 ball, 2, ball and 8 ball on the foot spot as shown.



2. Break from behind the head string.
3. Start with ball in hand anywhere on the table.
4. Pocket balls in order (call pocket).
5. Inning ends with all balls down, a foul, or a miss. 'Runout' = all balls pocketed without a foul miss
6. Mark the score for the inning.
7. Repeat for 10 innings to get a score for the practice session.

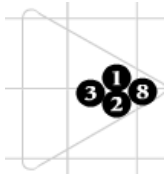


This gives you a quantifiable means of tracking the student's improvement.

**Progressive Modifications**

Accept the table as it lies after the break (no ball in hand).

On consistent success with 3 balls, add a fourth ball to the exercise.



Scoring Example (3 ball set)

Drill \_\_\_\_\_ Level \_\_\_\_\_ Date \_\_\_\_\_

Innings

1    2    3    4    5    6    7    8    9    10

Balls Made During an Inning

2    1    0    3    2    3    1    0    2    1

Total balls: 15

RUNOUT Percentage: 20%

Session Avg: 1.5