

MECHANICS EVALUATION

Student:					Date:
	OK	Attention Required			Comments
		Recomm- ended	Critically important	Priorities	
EQUIPMENT					
Playing cue					
Break cue					
Accessories					
STANCE					
Balance					
Back foot					
Front foot					
Clearance					
Knees					
Head height					
UPPER ARM					
Elbow on shot line					
GRIP					
Placement					
Tension					
Grasp					
BRIDGE					
Bridge length					
Tip distance to ball					
Open bridge					
Closed bridge					
Rail bridge - near					
Rail bridge - frozen					
Mechanical bridge					
EYES					
Vision center					
Eyes level & face square					
Tip on vertical axis					
Tip not high or low					
CUE ELEVATION					
PRE-SHOT ROUTINE					
Chalk routinely					
Check line to pocket					
Feet/eyes on shot line					
Standing position					
Visualization					
Aim while standing					

	OK	Attention Required			Comments
		Recomm- ended	Critically important	Priorities	
DROPPING DOWN					
Keep eyes on shot line					
Grip hand on shot line					
Slide bridge hand in					
WHEN DOWN					
1. Align before stroking					
Alignment time					
2. Warm-up strokes					
3. Final alignment					
Eye pattern					
SHOOTING (med + speed)					
Backstroke:					
Slow					
Length					
Grip release					
Transition					
Timing & rhythm					
Forward stroke:					
Smooth acceleration					
Elbow still					
Elbow turnout/in					
Wrist curl					
Grip tension					
Body movement					
Head movement					
Follow-through					
Straight					
Length					
Stay positive thru ball					
Freeze					
Diagnose					
Tempo (playing speed)					

“The better the process, the better the player!!”

It is hard to remember all this. Use it as a guide, and keep referring back. Pick 1 or 2 at a time to work on. Slow and steady gets there. Goal: a consistent repeatable stroke!

Move the ball with "Stroke, NOT power!!"

"Shoot EVERY shot (especially in practice) like it was the last shot to win the U.S. Open!" -- SvB

THE SHOT IS NOT OVER until you have diagnosed why you missed, plus speed, position and shot selection. LEARN FROM EVERY SHOT!!