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**STROKE**

**DRILL**

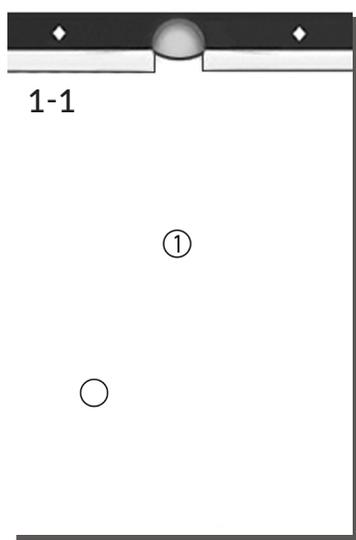
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PROFESSIONAL STROKE**

**COMPLETE GUIDE TO THE STROKE  
& STANCE | + LOG SHEETS**

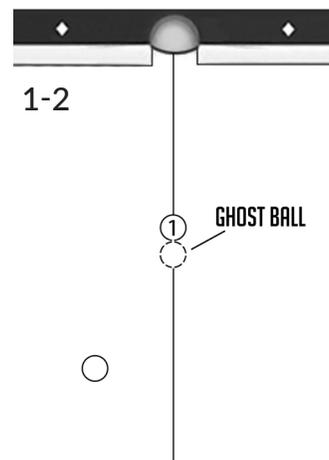
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## The SHOOTING LINE:

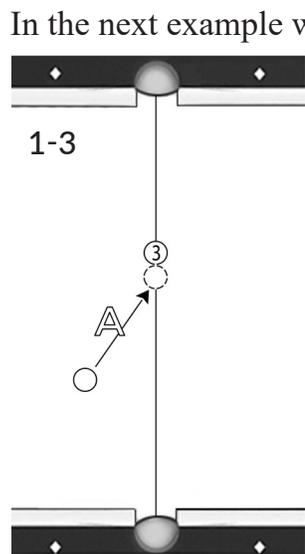
Before we delve into the intricacies of the stroke and stance, it's crucial to understand the shooting line. This foundational element is the first step in constructing your shot. The shooting line not only guides the placement of your cue stick but also determines the positioning of your stance. It's the backbone of every shot, aligning your body and cue with the target. After establishing a firm grasp of the shooting line, we will explore the art of forming a proper bridge. Often underrated, a correct bridge is as vital as the stance itself. It's not just about resting your cue stick; it's about creating a stable and precise guide for it. A well-formed bridge ensures that your cue stick remains on the correct line, enhancing accuracy and control.



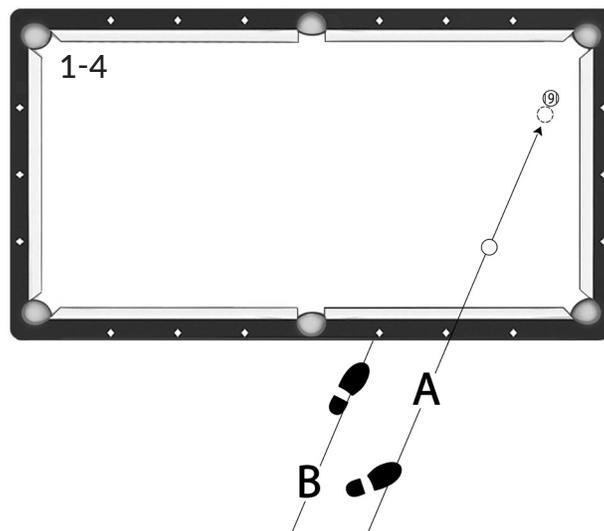
Let's first begin by understanding the foundation of every shot: *the shooting line*. In figure 1-1 we need to pocket the 1 ball into the side pocket. We would first visualize a line from the center of the pocket opening through the 1 ball. We would then visualize a ghost ball on the same line next to the 1 ball (1-2). The ghost ball is simply an imagined ball that indicates where the cue ball should connect with the object ball to sink it into a pocket.



Now imagine a straight line drawn from the center of the ghost ball through the center of the cue ball (1-3). This is the *shooting line*. To successfully pocket the 1 ball, the cue ball should travel along this line and strike the object ball at the precise point where our imaginary ghost ball sits.



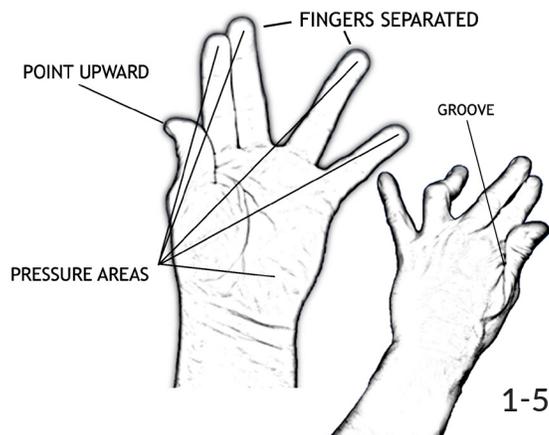
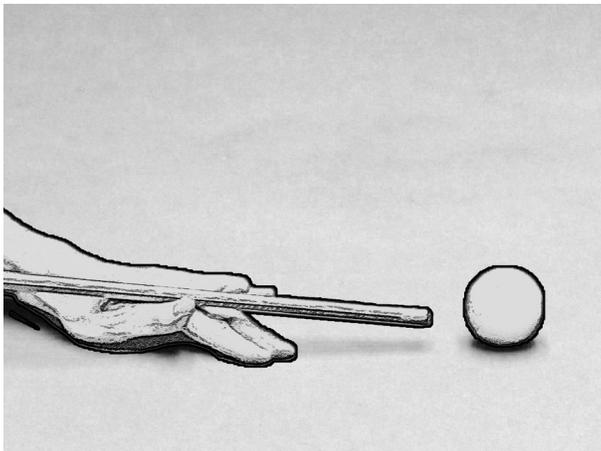
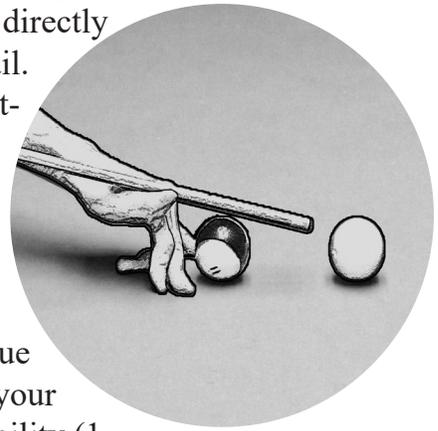
In the next example we're going to pocket the 9 ball in the corner pocket (1-4), we would first visualize the ghost ball, then we would visualize a line extending from the ghost ball through the center of the cue ball and beyond (A). This is the line that you will use to build your stance. The stance will always be built around the shooting line. The front foot will on a line parallel to the shooting line (B).



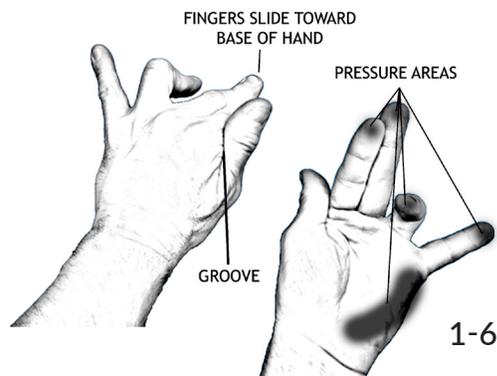
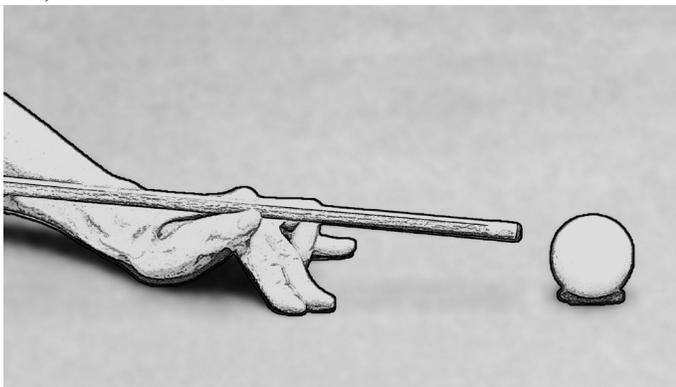
## BRIDGES:

Before we continue with stance and stroke, it's essential for beginners to develop a proper bridge. The bridge is a fundamental skill that stabilizes the cue stick, allowing smooth, accurate shots. A solid bridge improves control over shot strength, angle, and spin, directly impacting consistency. Without it, even well-planned shots can fail. Your back foot, front foot, and bridge hand create a tripod supporting your stroke.

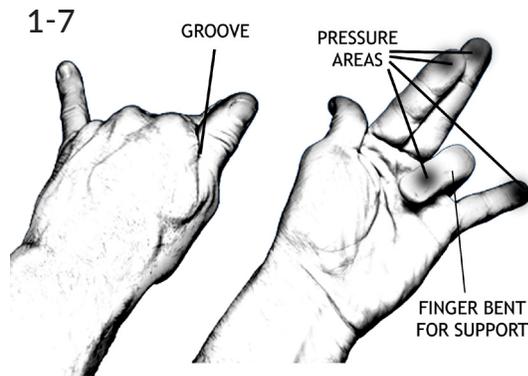
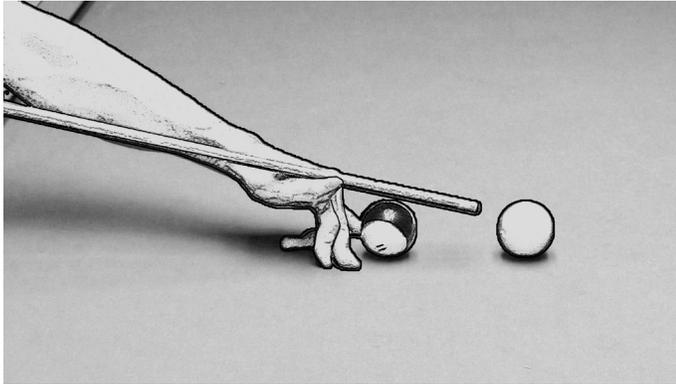
In billiards, the two main bridges are the closed and open bridge. The open bridge, commonly recommended for players of all levels, is simple to form and offers reliable support. It improves visibility of the cue ball, reduces friction, and enables smoother cue movement—especially helpful for beginners. To form it, elevate your thumb to guide the cue stick and spread your fingers to create stability (1-5).



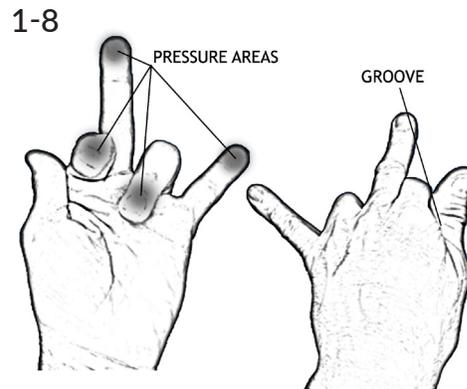
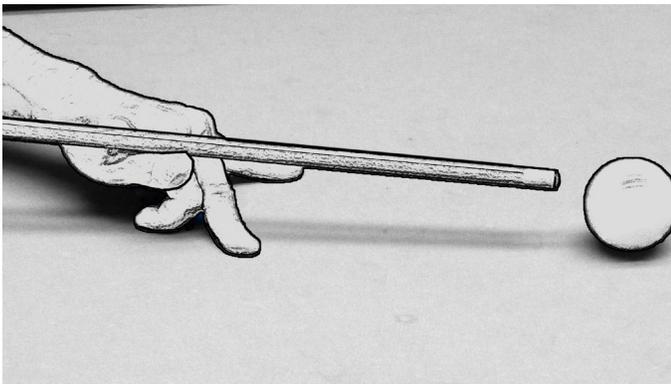
Here is the same open bridge (1-6), except this time the bridge is raised so we can strike the cue ball above center. We raise the bridge by moving the forefinger and middle finger toward the base of the hand. By doing this, the pressure area switches to the left side of the hand (for right-handed players).



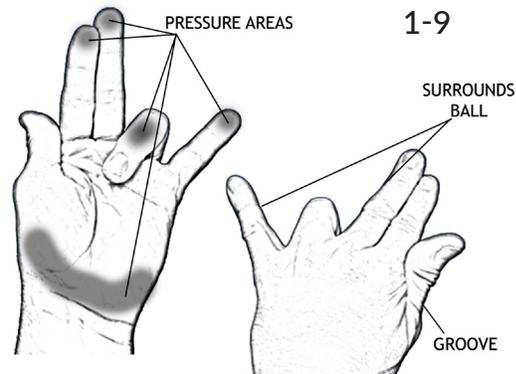
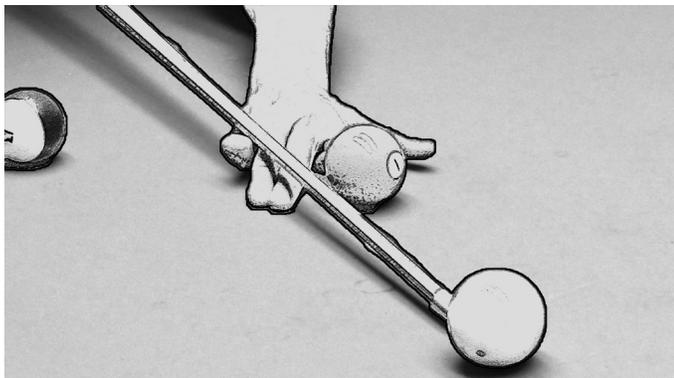
In this bridge, we'll be shooting over a ball (1-7). We'll be making an elevated open bridge making sure we keep one finger back for support. The pressure areas are the little finger, ring finger, index finger, and middle finger. When making bridges like this, it's a good idea to apply pressure downward with the bridge to help stabilize the bridge.



This is a bridge that is used quite often (1-8). It's quick to make and, when properly done, works very well - although it's not a bridge that is as stable as a bridge that is planted on the table bed. In this bridge, we'll keep two fingers bent backward, which will act like springs to move the bridge up and down.

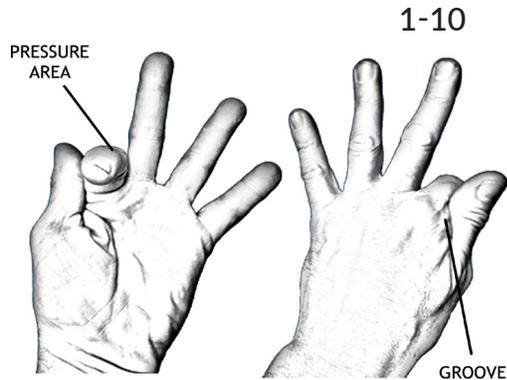
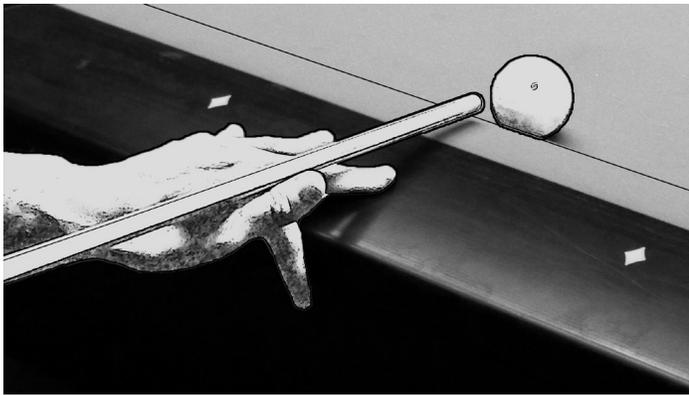


In this situation (1-9), we have a ball that is slightly inhibiting our normal bridge. In this case, we would bend our ring finger back and slide the space between the little finger and middle finger around the ball. The pressure areas are the base of the palm and the bridge fingers.

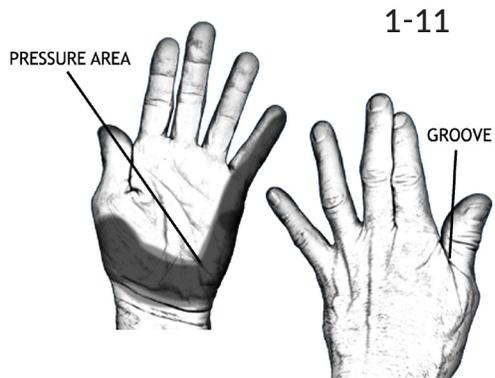


# APPLY PRESSURE DOWNWARD WHEN PERFORMING THE BRIDGE

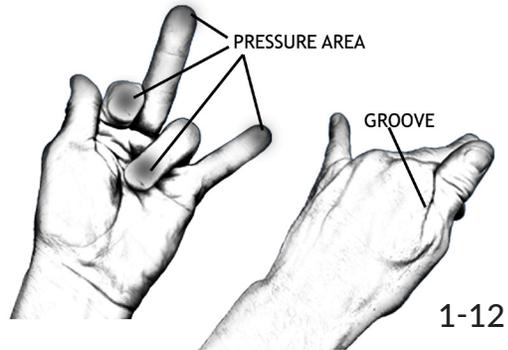
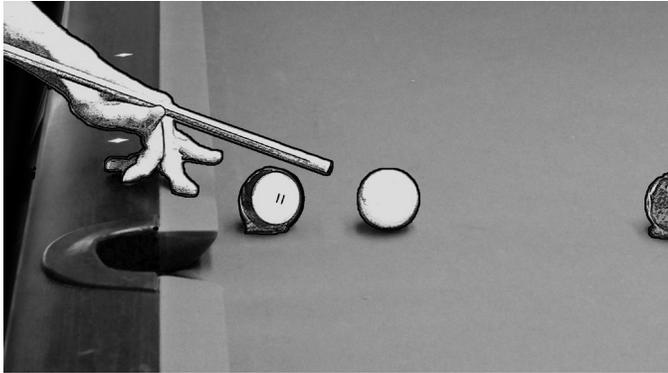
In this scenario, the cue ball is almost on the cushion, so this is a popular open rail bridge professionals like to use. We'll be creating an open bridge keeping the index finger bent downward. We'll press the index finger against the side of the table, locking the bridge in place (1-10).



Once again, the cue ball is almost touching the cushion, so we need to move the bridge back on the rail (1-11). Since we're shooting at an angle, the previous bridge where we're pressing our index finger against the table may not work as well. In this situation, we'll create a flat open bridge - the pressure area is in the palm up to the little finger.

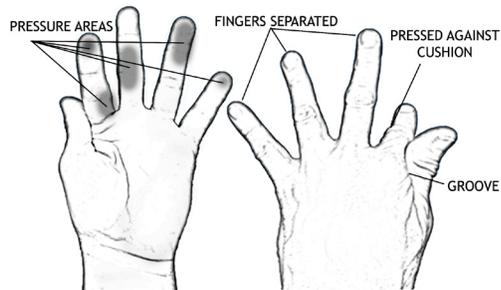
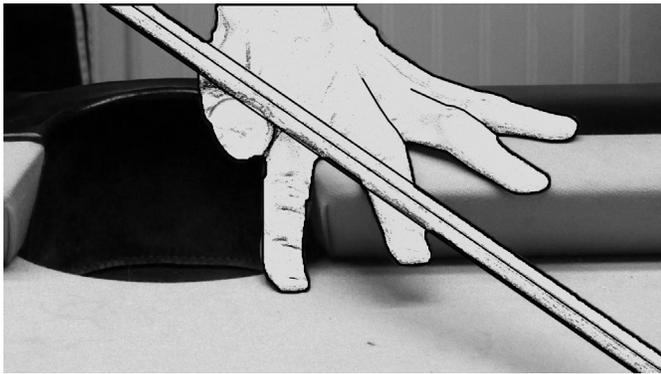


In this example (1-12), we'll create an elevated bridge on the rail. When making this bridge keep two fingers back for support; use the two back fingers to raise or lower the bridge. Press downward with the pressure areas to keep the bridge from moving during the stroking process.



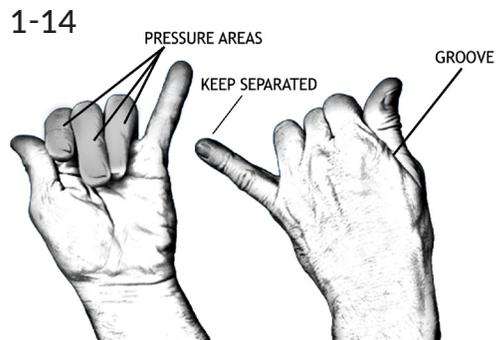
1-12

In this example (1-13), we'll be shooting the cue ball along the rail, but there isn't enough room to create a standard bridge on the table bed. In this case, we'll rest about half of our bridge hand on the cushion while gripping the point of the side pocket with the ring finger. The pressure areas are the index and middle fingers and the base of the palm. You can slide the index and middle finger up and down to control the height of the bridge.



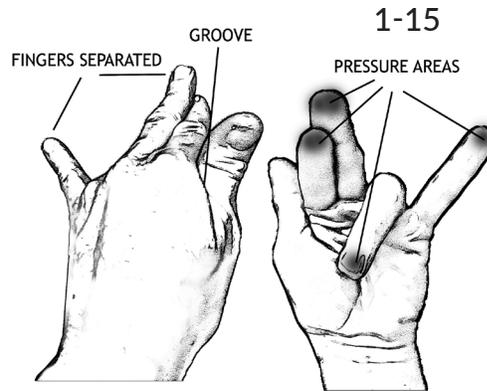
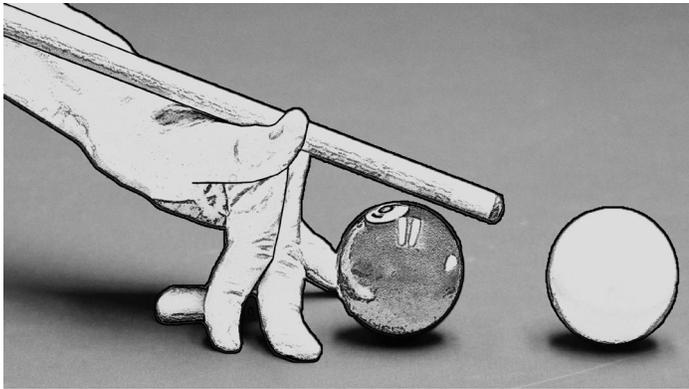
1-13

In this example (1-14), we'll be shooting out of the corner pocket. If the cue ball were closer to the pocket we could use a standard rail bridge. Since it's too far away to use a rail bridge we'll create this bridge where the index, middle and ring finger grip the inside of the pocket. Apply pressure using these three fingers to help secure the bridge.



1-14

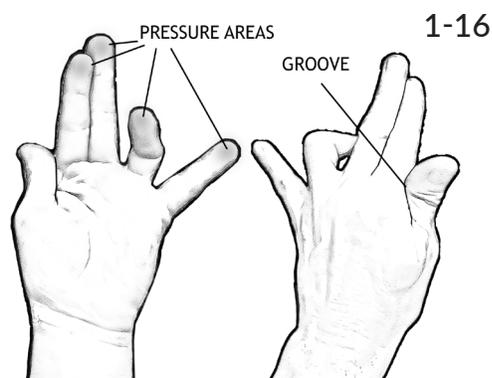
In this situation (1-15), we have to shoot over a ball. We'll slide the bridge hand close to the obstructing ball using the space between the ring finger and middle finger to surround the ball. We'll slightly bend the index and middle finger, giving the bridge elevation.



PRACTICE  
BRIDGES EVEN  
WHEN AWAY  
FROM POOL

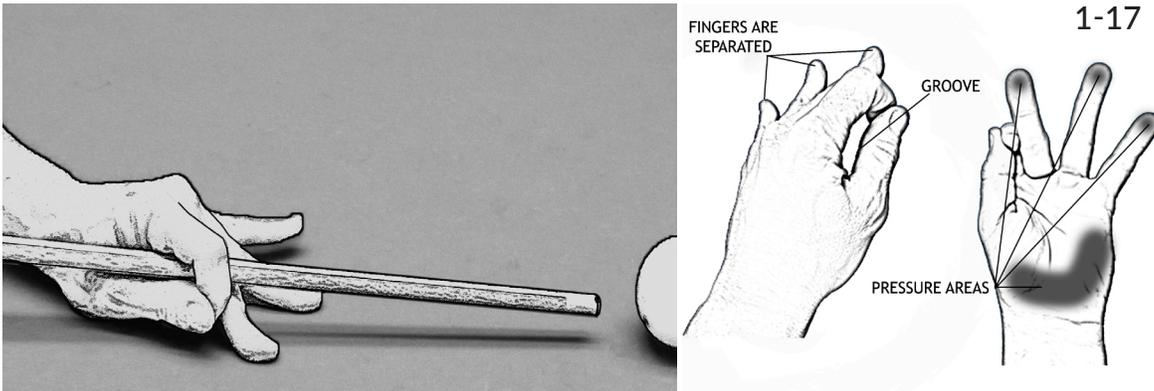
Here's a bridge you'll sometimes see top players make. In this bridge, the base of the cue is secured by pressing the fingers against the rail to keep it secure. This bridge's advantage is that it allows the player to have a long backstroke for shots that require a firm speed.

times see top players make. In this bridge, the hand is off the rail - the bridge is secured by pressing the fingers against the rail to keep it secure. This bridge's advantage is that it allows the player to have a long backstroke for shots that require a firm speed.

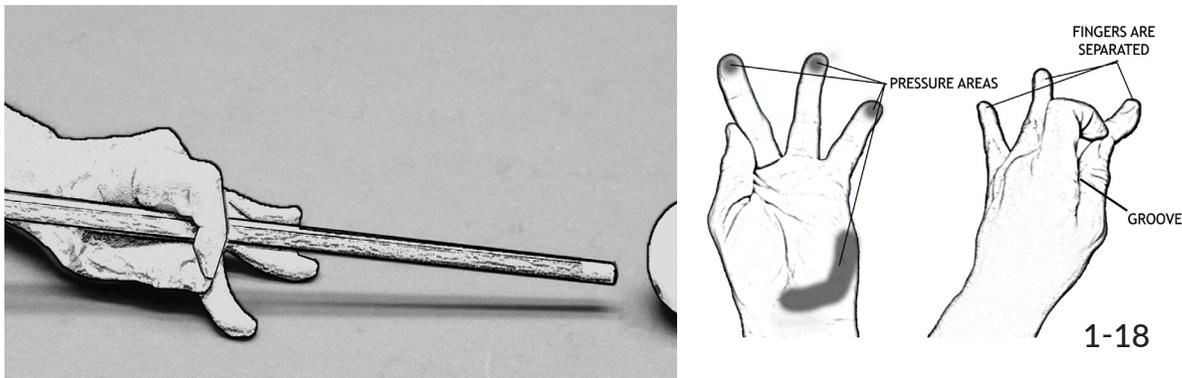


Now let's examine the closed bridge. There are two variations of the closed bridge. In the first variation, your forefinger and thumb create a loop that is pressed against the side of the hand (1-17). This type of bridge is very snug, so you would need to make sure that your cue stick's shaft is very

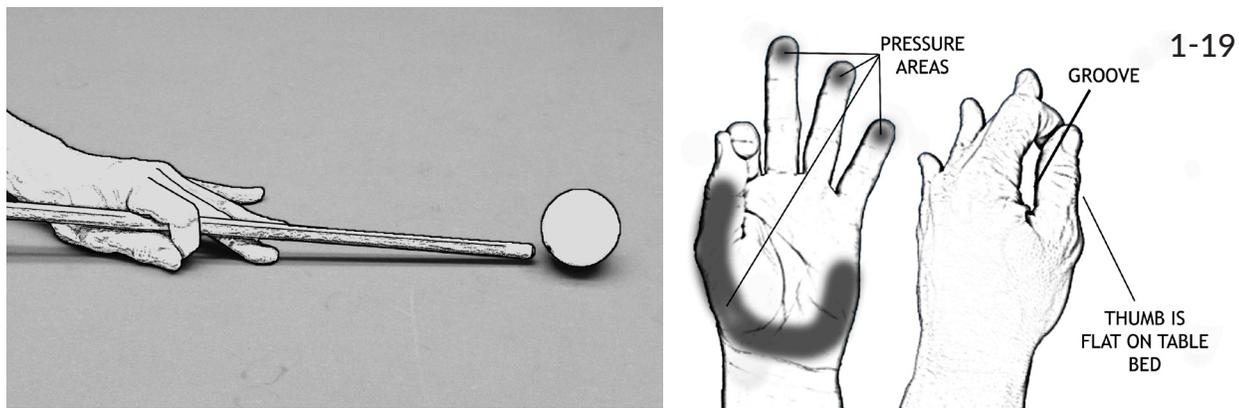
smooth. The benefit of a bridge this snug is that it helps keep the cue stick on the shooting line.



The second variation of the closed bridge has the thumb pressed against the middle finger with the forefinger looping over and touching the top of the thumb (1-18). This type of closed bridge isn't as snug as the previous version.

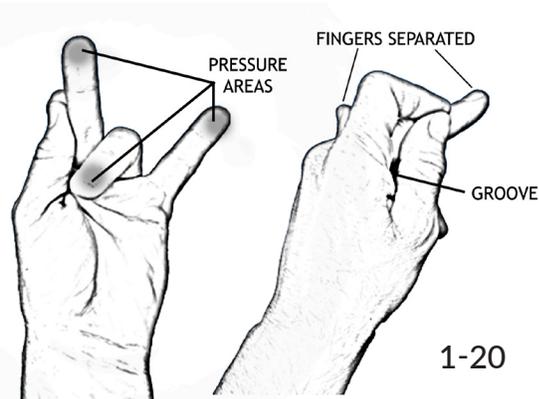
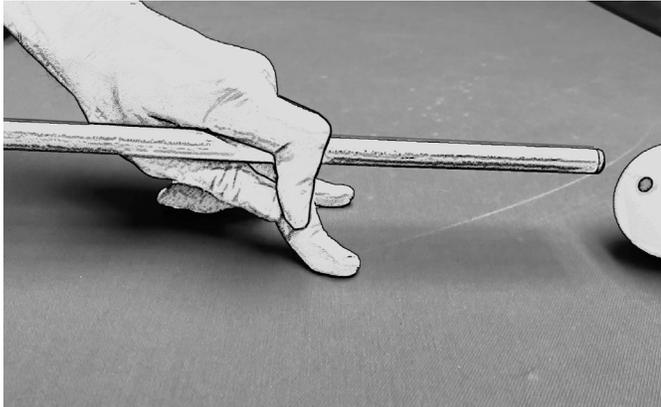


Here is a bridge that works well for striking maximum low on the cue ball (1-19). In this bridge, the side of the thumb is in contact with the table bed - the stick will glide on the side of the thumb with the index finger holding it in place.

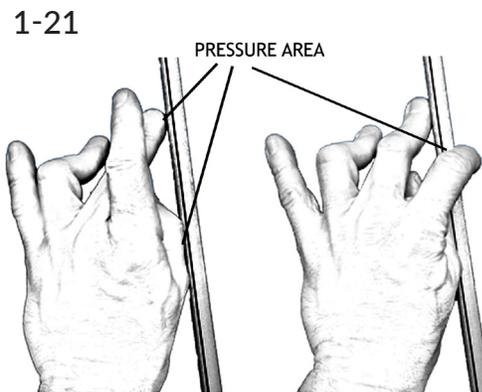
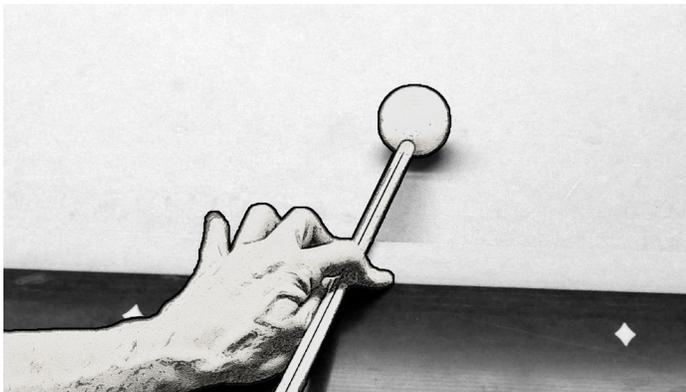


Here is the closed version of the tripod bridge (1-20). In this version, we'll be using a closed bridge (either variation), but the hand's base will be above the table bed. A finger is bent downward to act

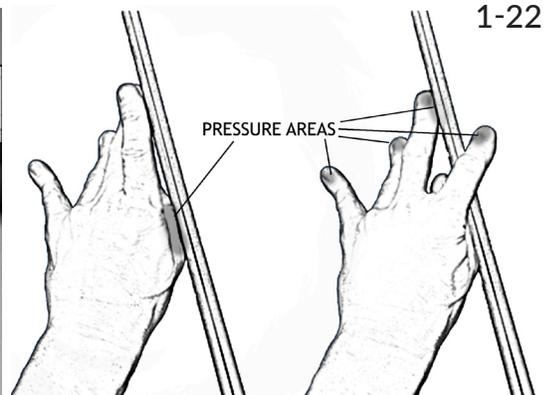
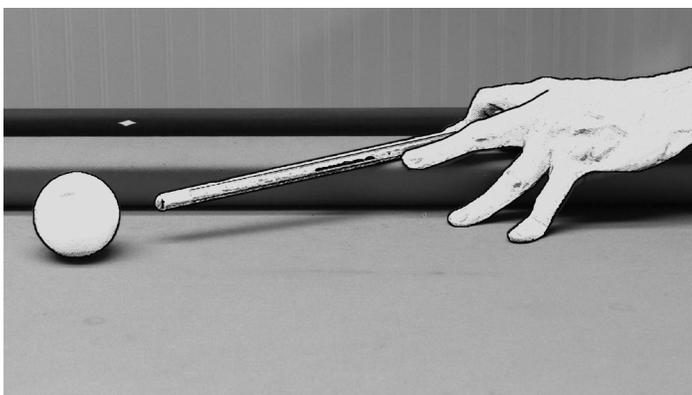
as support.



Here is the most common rail bridge when the cue ball is close to the rail. When making this bridge, place your cue on the rail along the shooting line - then place your hand alongside the shaft making sure the middle finger and thumb are in contact with the shaft. Then wrap the index finger over the shaft, securing it in place.

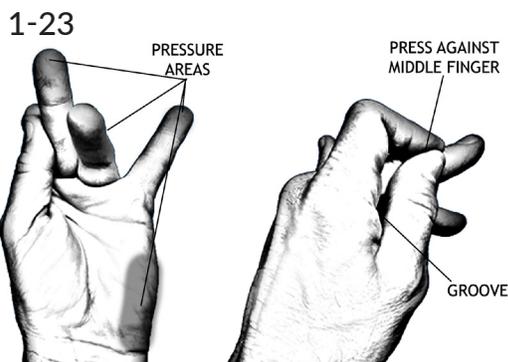
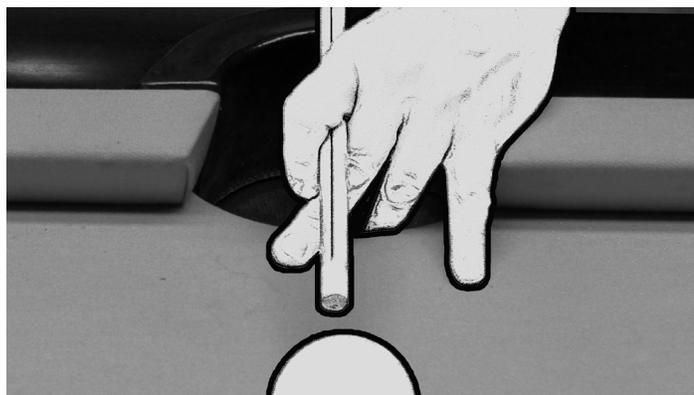


This is the standard rail bridge (1-22), but in this version, the shot's angle is forcing half of the bridge over the top of the cushion. In this case, the middle finger is pressed against the side of the cushion, and the little finger and ring finger are pressed against the table bed.

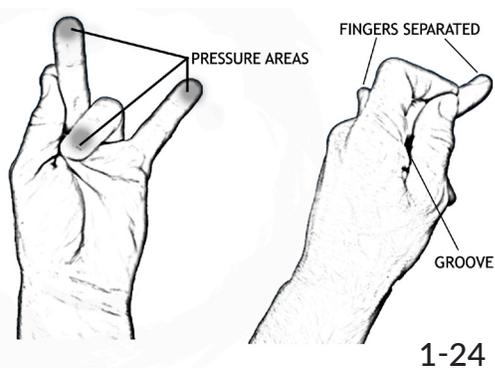


In this example (1-23), the cue ball is too close to the side pocket to create a bridge on the table bed but too far away to use a rail bridge. In this case, we would use a bridge where we would place our

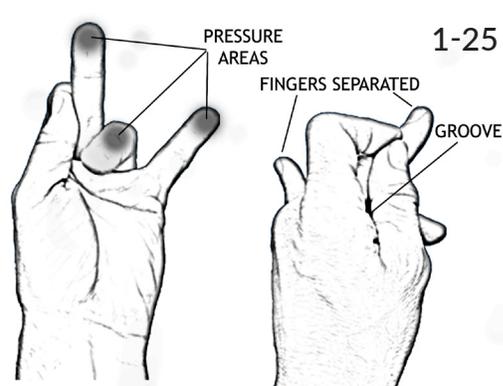
ring finger within the pocket pressed against the slate. Apply pressure using the ring finger, little finger, and middle finger. The palm of the hand should be resting on the rail.



This is the closed bridge version of the elevated rail bridge (1-24). This bridge is used when the cue ball is close to the side rail, and the player needs to strike the cue ball below center. In this bridge, the ring finger is bent backward to help stabilize the bridge. It may help to press downward to help secure the bridge.

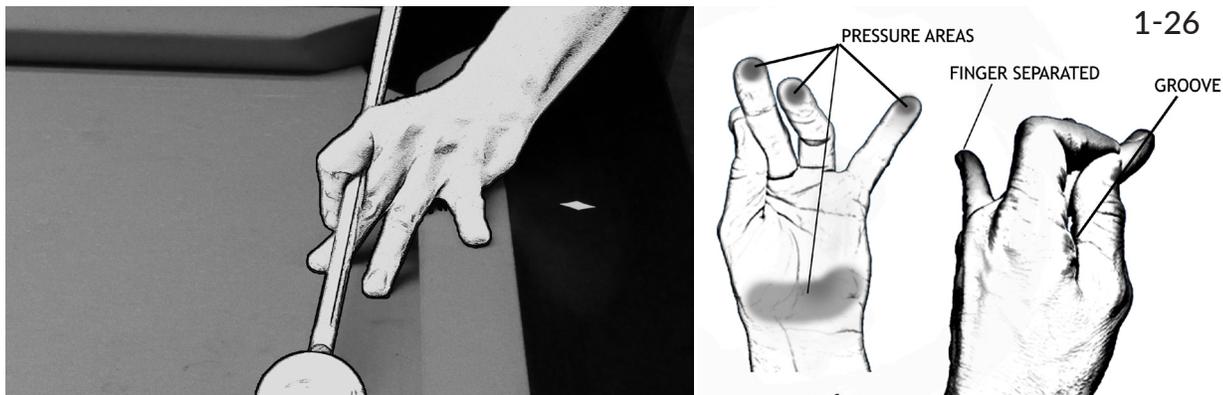


Here's a similar version of the previous bridge, except in this bridge, we'll be moving the bridge hand back and pressing the ring finger against the rail (1-25). When making this bridge it's important to apply pressure downward with the pressure points to help keep the bridge from moving.



In this example (1-26), there isn't enough room to create the standard bridge on the table bed. So in this circumstance we're going to create a bridge that uses the table bed and cushion. We'll be apply-

ing pressure using the little finger, ring finger, and middle finger - also, there should be pressure at the base of the palm.

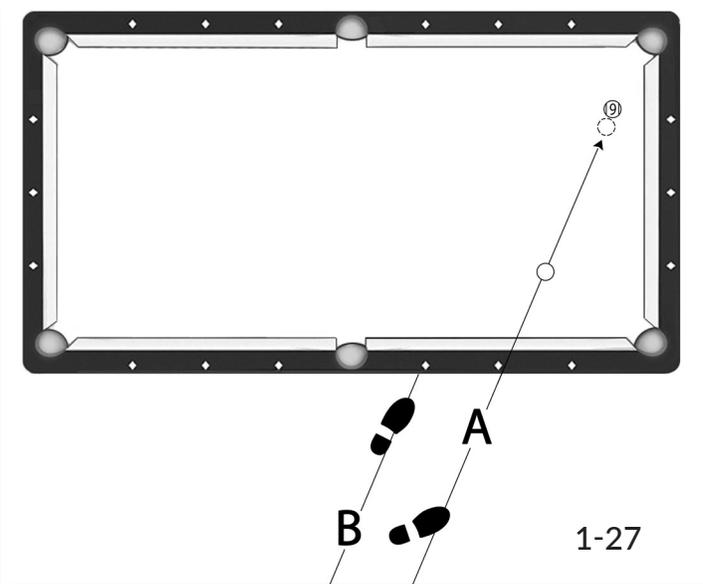


I advise practicing both the open and closed bridges to develop a well-rounded skill set in billiards. For players who are just beginning their journey in the game, I particularly recommend starting with the closed bridge. A closed bridge, especially when snugly formed, is instrumental in maintaining the cue stick on the correct path, essential for accurate shots. However, it's important to note that mastering the closed bridge requires time and consistent practice. To expedite this learning process, I suggest practicing the closed bridge regularly, even away from the pool table. This will help in making the technique feel more natural and intuitive during actual gameplay.

IT'S VITAL TO LEARN BOTH OPEN AND CLOSED BRIDGES

In an earlier discussion, we delved into the concept of the shot line and its critical role in forming your stance. This line, extending beyond the table, serves as a guide for creating your stance. To create your stance you'll be placing the front of your back foot on the shot line. The back foot should be positioned at a slight angle; slight angling of the back foot is recommended for added balance.

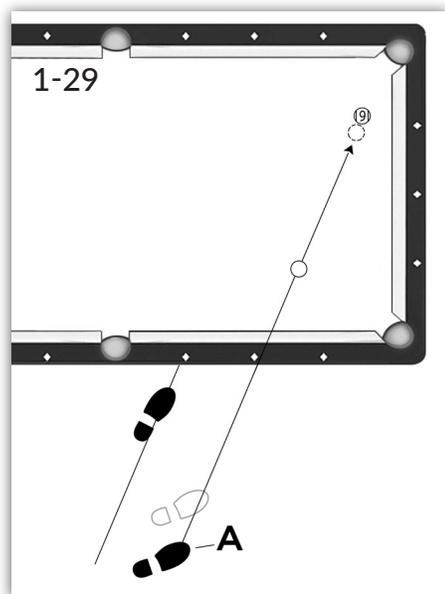
The next step involves stepping into the shot with your front foot (figure 1-27). Position your front foot so that it is either parallel to the shooting line or slightly turned inward, as shown in illustration (B). Players have varying preferences for leg positioning: some opt for locking their back leg while slightly



bending the front leg, while others choose to bend both legs slightly. The latter approach is often favored by taller players or those who play at a quicker pace, as it offers a blend of stability and agility. The most common setup is to keep the back leg straight and slightly bend the front leg (1-28).

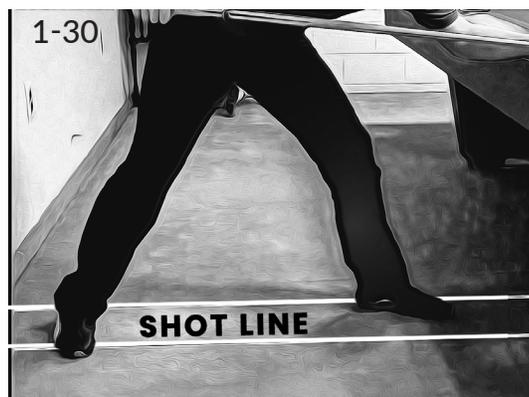


When establishing your stance, it's crucial to be aware of certain common pitfalls. Let's consider figure 1-29, which illustrates the initial setup along the shooting

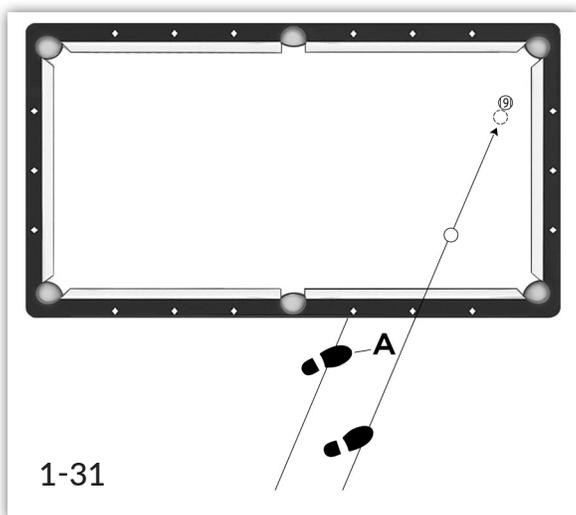


line. A frequent mistake here is placing the back foot too far back on the line (A). This typically occurs when the stance is started from a position too distant from the table, causing the player to stretch to reach the shot (1-30).

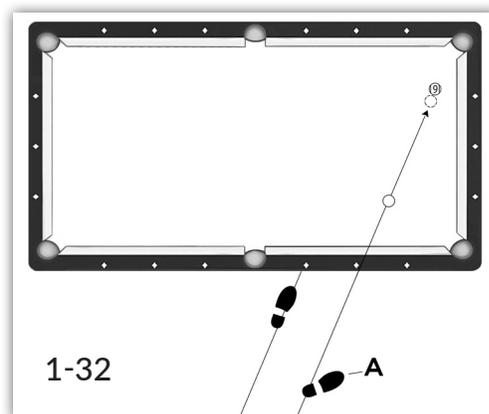
Moving to figure 1-31, we observe another issue: the player's body orientation is not aligned with the shot. Although the right foot is correctly placed, the left foot and, consequently, the player's stance, are facing away from the shot. This misalignment leads to twist-

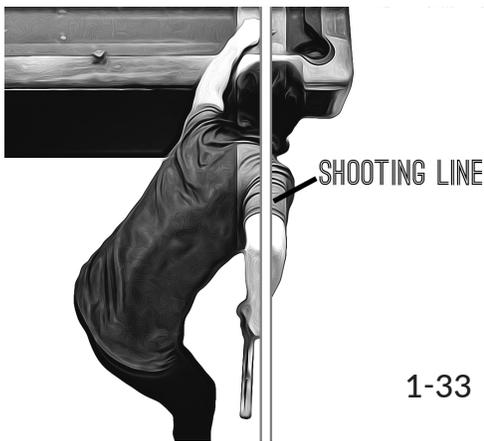


ing of the body to align it properly.



Finally, in figure 1-32, we see an example where the back foot crosses the shooting line by several inches. This positioning error causes the player to adopt a shooting stance where the stroke is uncomfortably close to the body, potentially hindering the smooth execution of the stroking motion.





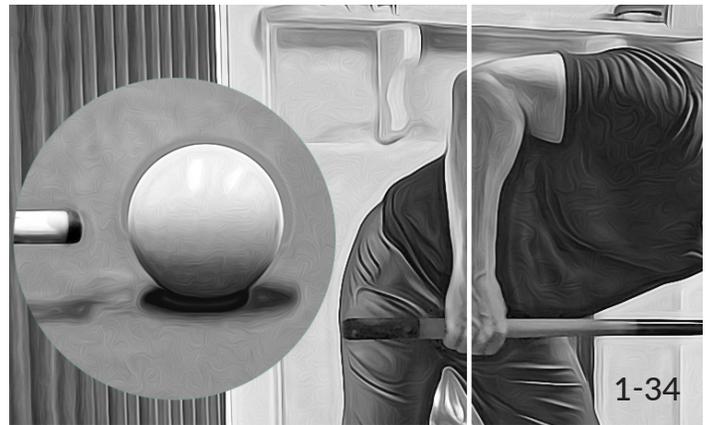
1-33

As you assume the shooting position, as depicted in figure 1-33, ensure that the upper part of your stroke arm, your forearm, grip hand and your head aligns with the shooting line.

This alignment underscores the significance of visualizing the shooting line, as your stance and stroking arm will be built around it. The proficiency with which you construct your stance directly correlates to your accuracy in pocketing balls. *In fact, a substantial portion of the aiming process is accomplished even before you position yourself over the*

*table.*

In the shooting stance, your forearm should hang naturally and be relaxed, positioned directly below your elbow when the tip of the cue stick is near the cue ball, as illustrated in figure 1-34. Figure 1-35 and 1-36, show two examples of incorrect grip hand placement below the elbow when the tip is placed at the cue ball. It's essential to keep the forearm in this optimal position to ensure consistency and precision in your shots.



In the upcoming section, we'll delve into the intricacies of the stroke, examining its critical components: *the grip, backstroke, transition, forward stroke, acceleration, and follow-through.* Let's first begin with the grip. As illustrated in figure 1-37, a relaxed grip is key. The cue should rest comfortably on the fingers, with the thumb positioned along the side of the cue stick for stability, not on top.



It's crucial to maintain a natural hand orientation—avoid twisting inward or outward as shown in figure 1-38.

Mirror the hand's natural position when it hangs freely from the forearm. This relaxed posture should be maintained while holding the cue, ensuring the thumb points downward



during the stroke. A thumb pointing towards the body at the end of a stroke indicates an unwanted wrist turn. The aim is to eliminate any undue tension, feeling the cue's weight but not gripping it too tightly. Optimal grip pressure is

achieved with the front part of the grip hand, while the back fingers should exert minimal force—it may help to lift the last one or two fingers off the cue, which allows the cue stick to travel freely along its path as the back fingers open at the end of the backstroke. Establish the proper grip pressure before getting into position at the table



backstroke directly influences the forward stroke. Any deviation from the shooting line or hastiness may negatively impact the ensuing forward stroke.

Mastering the backstroke is crucial for precision in pool. Regardless of the shot's power—be it gentle, moderate, or forceful—the backstroke should consistently maintain a slow, steady tempo. This uniform pace is pivotal, as the

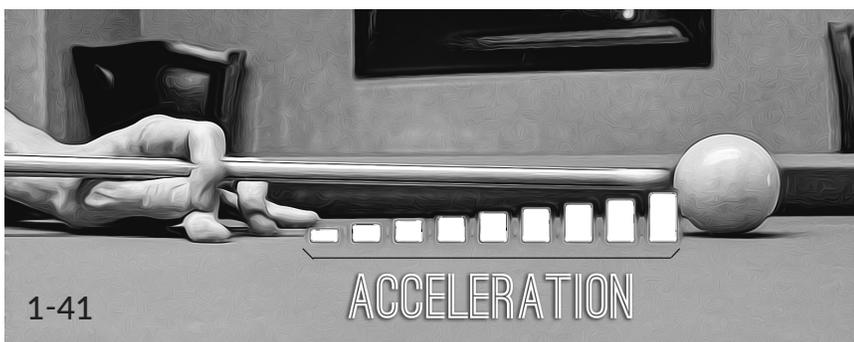


Many elite players exhibit a noticeable deliberate pause at the end of the backstroke, a technique that demands practice to perfect. Integrating such a pause should become instinctual, especially in competitive play, where focusing on stroke mechanics can be counterproductive (the only exception to this is for beginners, where concentrating on these mechanics during competition is beneficial).

The transition from backstroke to forward stroke in pool often features a natural pause, similar to the action in throwing a softball or horseshoe. This fluid and seamless transition is a distinguishing trait of experienced players, in stark contrast to the frequent disruptions observed in amateurs, particularly under pressure. Such disruptions, typically stemming from anxiety about the shot, often manifest as a shortened backstroke or a hurried backstroke. This leads to an awkward shift between backstroke and forward stroke, adversely impacting the effectiveness and accuracy of the forward motion.

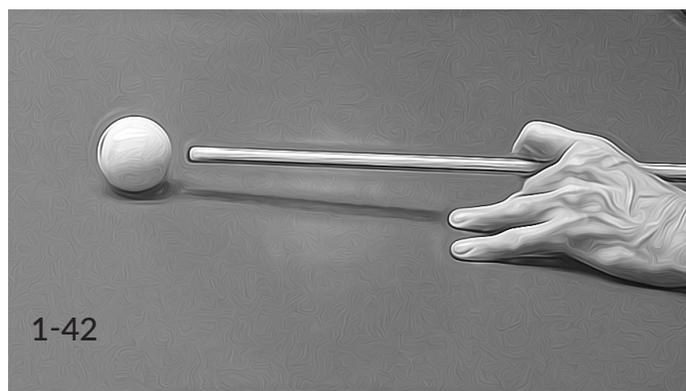


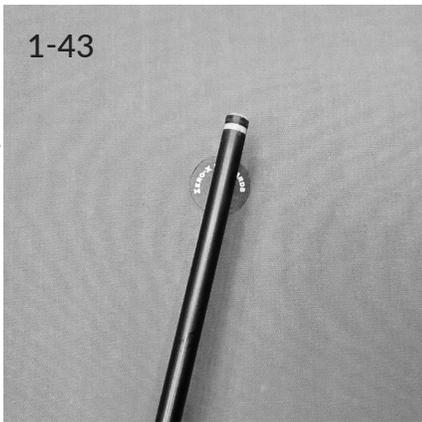
To enhance stroke consistency, especially under pressure, two key practices are recommended. First, consciously slow down the backstroke, ensuring it is pulled back straight and steadily. Second, ensure the backstroke is fully completed, marked by a slight pause before initiating the forward stroke. Initially, performing a straight backstroke at the correct tempo will require conscious effort, but with consistent practice, these elements will integrate seamlessly into your stroke, becoming automatic.



As you begin the forward stroke (1-41), the speed should gradually ramp up - the cue stick should be accelerating reaching the optimum speed just prior to impact with the cue ball. Even though the cue stick will slightly slow down when contacting the cue ball, you still need to keep the stick moving forward

through the cue ball, staying as level as possible through the impact area. One issue that many players share is the over-tightening of their grip before impact with the cue ball. This tightening of the grip pressure is usually the result of the player being anxious about the shot. And with some players it has become a subconscious act to tighten their grip before impact. Try this experiment to check if you're tensing your grip during your shot: Place a ball on the rack spot and aim for the corner pocket with medium-hard speed, using about a five-inch backstroke (1-42). As your cue tip strikes the ball, it should continue through and gently stop a few inches past the spot. An abbreviated follow-through (1-43), indicates tension at or just before





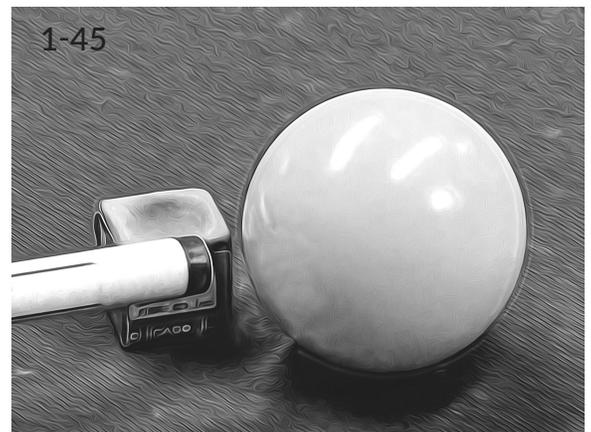
impact. While the duration of tip contact with the cue ball remains unchanged, shortening the follow-through involves activating arm muscles to stop the cue, disrupting the smooth flow of the stroke.

In observing pool players, you'll notice varying degrees of elbow movement during the stroke. Some exhibit a significant elbow drop (1-44), a habit often ingrained from early playing days, while others maintain minimal movement. The goal is to minimize moving parts in the stroke to reduce potential errors,



ensuring all elements are synchronized. Elbow drop can be useful for level follow-throughs and enhancing cue ball action, but its effectiveness is no different than a player who has minimal elbow movement with good follow-through. And if you do decide to implement a pronounced elbow drop it will require extensive practice for precise timing.

Players who have a minimal elbow drop do need to be cautious with their tip placement; failing to position the tip close enough to the cue ball can affect the stroke's speed and accuracy. Ideally, try to position the tip within a chalk cube's distance from the cue ball, as seen in figure 1-45, to ensure optimal impact and targeting.



As players align themselves on the table, initiating the aiming process, their gaze typically shifts between the object ball and the cue ball. While some prefer to focus on the cue ball last to ensure precise contact, most players choose to look at the object ball last, finding comfort in visualizing their target during the stroke. Another approach involves shifting focus from the cue ball during the backstroke to the object ball as the forward stroke commences, often leading to a pronounced pause during transition. The key is to find a method that feels natural to you.

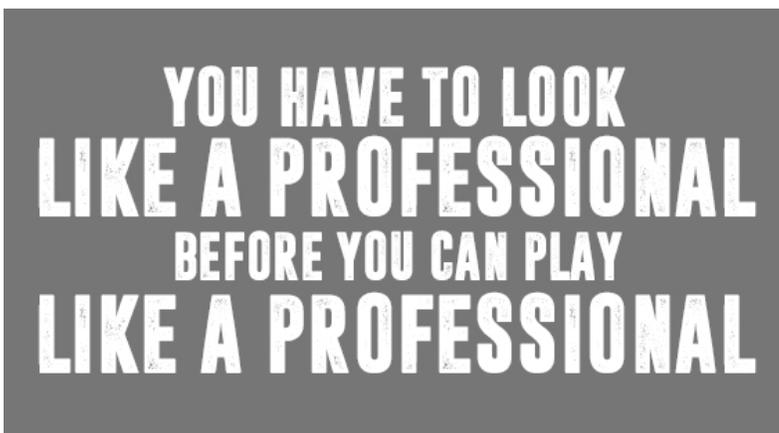
***If we were to put all the steps together here they are:***

1. Begin with the shooting line. As you approach the table, stand slightly further back than your final stance position to clearly visualize the shot line.
2. Place the front of your back foot on the shooting line, either slightly angled or close to 90 de-

grees.

3. While still standing, form your bridge.
4. Relax your grip hand and arm. Make sure your grip hand is in its final position. It may help to place your cue along the shot line while standing.
5. As you lean forward onto the table, your hips will naturally move back, allowing your upper body to lower onto the table.
6. As you descend onto the table, step into the shot with your other foot, positioned parallel to the shot line, either pointing straight or slightly angled.
7. Slide the bridge hand along the shot line until you reach the table.
8. Ensure your bridge hand and both feet form a stable tripod, providing enough space for an unimpeded stroking arm. If your stroke feels crowded, stand back up and place your cue along the shot line. Now create your stance again making sure your back foot is properly placed along the shot line.
9. Place the tip within one cube of chalk from the ball. It may help to push the tip forward until it contacts the ball then move it back slightly to create the proper distance. Lock in on this tip placement so you can repeat it over and over again.
10. Before you begin the aiming strokes focus on the tip and the target. Make sure they are properly lined up.
11. Go through your aiming strokes. As you complete each aiming stroke you'll momentarily pause the tip at the cue ball as your eyes go back and forth from the tip to the target. After you complete the final aiming stroke you'll once again pause the tip at the cue ball and double-check the aim one last time.
12. Execute a slow, controlled backstroke, maintaining alignment with the shooting line.
13. Allow the backstroke to naturally slow and stop, facilitating a smooth transition to the forward stroke.
14. The forward stroke should accelerate, reaching optimum speed at contact with the cue ball. The cue stick should follow through, mirroring the length of the backstroke.
15. Stay still through the impact, remaining motionless until the cue stick completes its movement.

I often advise my students that you have to look like a professional before you can play like a professional. Establishing a solid foundation in pool begins with mastering the correct stance and stroke. Neglecting to properly form your stance or jumping up during a shot fosters detrimental habits that, over time, can become challenging to correct. Experienced players can often gauge an opponent's skill level without seeing them take a single shot; it's evident in their cue handling, posture, and body movements during

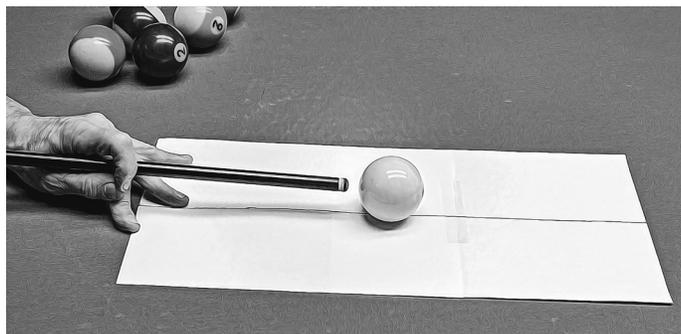


the stroke. Aspiring players should aim to exude a professional demeanor at the table, regardless of their actual skill level, as this is a crucial step towards improvement.

## Stroke Drill:

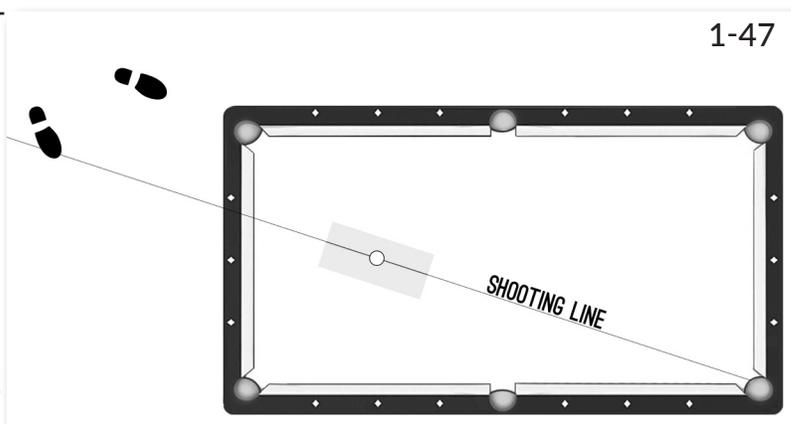
Here's a great drill to help you create a professional stance and stroke. This exercise is particularly beneficial for newcomers to the game and for those who have been playing for some time but struggle with their stroke technique. It's a powerful tool for ingraining a professional stroke into muscle memory. This drill stands out for two reasons. Firstly, it's effective even at high speeds, where many players typically falter in the transition from backstroke to forward stroke. Secondly, it doesn't require a pool table, making it a convenient option for anyone to practice and hone their skills at home.

Let's begin by crafting our stroke drill mat. You'll need a felt piece, ideally measuring 12 by 24 inches. Draw a straight line across its length. If felt is unavailable, you can alternatively tape two sheets of paper together and mark a line down its middle. Place a reinforcement label along the center of the line. In the absence of labels, small holes can be cut into the felt or paper to serve as ball placements.



Place the mat on the table with the line of the mat pointing toward the center of the corner pocket. Place a sticker at the center of the opening to use as a target. Place a ball on the spot, visualizing the shot line extending from the target through the center of the ball (1-47). Begin forming your stance by placing the front of your back foot along this line.

Relax the grip hand and arm - place the grip hand in its final position. As you bend into the shot, ensure your head and cue stick align with the shooting line. Your forearm and grip hand should hang naturally below your elbow when positioned on the table.



When aiming, alternate your focus between the tip of the cue and the target within the pocket; take

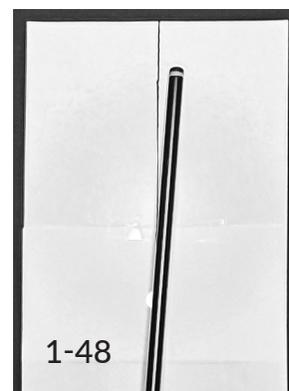
a moment to pause the tip at the cue ball for a final alignment. Ensure a full backstroke to seamlessly transition into the forward stroke. Allow the cue to accelerate gradually, ensuring the ball is struck at the correct speed. Maintain stillness until the ball reaches its destination, avoiding any movements that could affect the shot's outcome. Initially, perform this drill with soft strokes striking center on the cue ball; shooting at a softer speed facilitates closer monitoring and control of your stroke. As there's no need to pocket a ball or play position, you can concentrate solely on refining your stroke and stance, being mindful of any potential issues.

Beginners will be performing three long aiming strokes. Focus on keeping each aiming stroke above the line. On the final aiming stroke you'll be pausing the tip at the cue ball one last time and checking your aim.

All other players will be performing one long aiming stroke and two shorter aiming strokes.

- Is the forearm or wrist incorrectly positioned?
- Is the backstroke overly fast or incomplete?
- How seamless is the transition from backstroke to forward stroke?
- Does the thumb turn during the forward stroke?
- Is the follow-through straight and consistent?
- Be aware that moving your head, though not affecting the shot post-impact, can lead to tension before striking the cue ball. In some cases, early head movement can alter the cue ball's contact point. The key to enhancing your pool skills lies in understanding both your play style and the mechanics of your stroke.

When conducting this drill, I've observed that some students' cue sticks tend to deviate from the line, either veering right or left (figure 1-48), or they exhibit a truncated follow-through. To address this, we guide them to consciously extend their cue stick several inches forward post-impact, aiming to land on or just above the line. Additionally, they are instructed to focus on maintaining the cue's alignment above the line during the backstroke. Initially, this requires deliberate control over each aspect of their stroke. However, after several hundred repetitions, muscle memory begins to develop, gradually leading to a more precise and natural follow-through.



When practicing this drill, prioritize maintaining consistent grip pressure throughout your stroke and consciously avoid tightening your grip upon impact. Focus on remaining motionless, ensuring the cue stays aligned with the line. Initially, you should exaggerate the follow-through - this removes any bad habits and reinforces new habits. Aim to repeat the drill five hundred times; it's at this juncture that the stroke begins to feel more natural. Once comfortable, gradually increase the speed and continue for another five hundred repetitions to further refine and embed the technique.

After the next five hundred shots increase the speed to very fast (right below break speed). On these shots be aware of the tempo of your backstroke, the transition, and keeping the cue on the shot line throughout the shot. The first 200 shots you'll be creating your stance and practicing your alignment. Use tape to mark each foot once you have a stance that is stable and comfortable.



To create lasting muscle memory, follow this progression:

Phase	Focus	Reps
1	Slow speed – create stance (200)	500
2	Medium-fast – maintain form	500
3	Fast (just under break speed)	500
4	Medium-fast – cue above center	500
5	Medium-fast – cue below center	500

If you don't have a pool table you can still create a professional stroke. What you'll need:

- Table approx two and a half feet tall
- Pillow (preferably a memory foam pillow)
- Two hand towels
- Stroke drill mat

Place the table against a wall. Position the pillow at the end of the table (figure 1-50). Next, place two hand towels under the center of the pillow. Lay your stroke drill mat on the table, aligning the line so it points toward the center of the pillow where the towels are placed. Then, place a sticker on the pillow along the same path as the line on the mat.



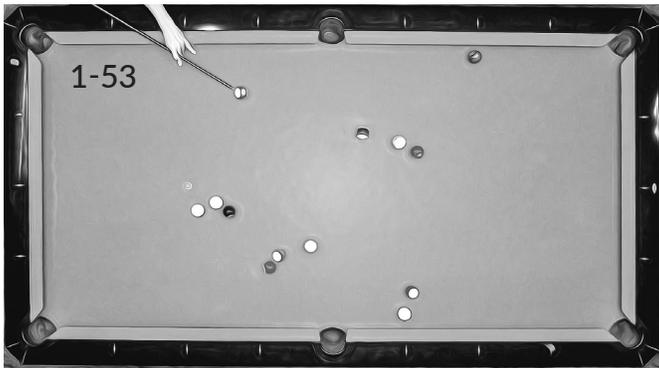
This sticker will be your target as you come down on the shot.

Just as you did with the stroke drill on the pool table, you'll create your stance along the shot line. It may help to lay your cue down along the line to guide your setup. Go through all the steps we covered earlier for

building your stance and performing your stroke.

For the first 200 shots, create your stance and alignment fully for each repetition. After completing 200 repetitions, you can keep your back foot planted while you replace the ball and come down on the shot.

When performing this drill, it's crucial to avoid playing pool casually, in leagues, or in tournaments. Engaging in regular gameplay before you've firmly established this technique can disrupt the development of muscle memory and will likely cause you to revert to your old stroke patterns. To fully integrate the new stroke into your game, dedicate uninterrupted focus to completing this exercise. This commitment ensures the improved technique becomes a natural, consistent part of your performance.



Once you finish the drill, you can try a variation by throwing balls out on the table and shooting them one by one without using a cue ball. This approach allows you to practice your stance and alignment on different types of shots. As with the stroke drill, focus on a correct stance, stable bridge, and smooth stroke on every shot. Keep your head and body still until the ball reaches the pocket (figure 1-53).

Master your stroke fundamentals thoroughly before moving on to ball pocketing and center-ball training. A correct stroke should naturally follow the shooting line without effort. However, remember that strong fundamentals are only one part of becoming a skilled player.

# LOG SHEET

DAY ONE: TOTAL NUMBER OF STROKES

## STEPS:

- Visualize the shot line
- Place cue stick on shot line
- Place back foot on shot line
- Relax and position grip hand
- Focus on target
- Slide bridge hand under cue
- As you descend step forward with front foot
- Pause tip at cue ball confirming the alignment
- Perform aiming strokes
- Slow, controlled backstroke
- Transition between backstroke and forward stroke should be smooth
- Forward stroke accelerates reaching optimum speed at cue ball
- Exaggerate your follow-through
- Remain still until ball goes into pocket.

NOTES:

DAY TWO: TOTAL NUMBER OF STROKES

NOTES:

DAY THREE: TOTAL NUMBER OF STROKES

NOTES:

DAY FOUR: TOTAL NUMBER OF STROKES

NOTES:

DAY FIVE: TOTAL NUMBER OF STROKES

NOTES:

TOTAL:

# LOG SHEET

DAY SIX: TOTAL NUMBER OF STROKES

NOTES:

## STEPS:

- Visualize the shot line
- Place cue stick on shot line
- Place back foot on shot line
- Relax and position grip hand
- Focus on target
- Slide bridge hand under cue
- As you descend step forward with front foot
- Pause tip at cue ball confirming the alignment
- Perform aiming strokes
- Slow, controlled backstroke
- Transition between backstroke and forward stroke should be smooth
- Forward stroke accelerates reaching optimum speed at cue ball
- Exaggerate your follow-through
- Remain still until ball goes into pocket.

DAY SEVEN: TOTAL NUMBER OF STROKES

NOTES:

DAY EIGHT: TOTAL NUMBER OF STROKES

NOTES:

DAY NINE: TOTAL NUMBER OF STROKES

NOTES:

DAY TEN: TOTAL NUMBER OF STROKES

NOTES:

TOTAL:

# LOG SHEET

DAY ELEVEN: TOTAL NUMBER OF STROKES

## STEPS:

- Visualize the shot line
- Place cue stick on shot line
- Place back foot on shot line
- Relax and position grip hand
- Focus on target
- Slide bridge hand under cue
- As you descend step forward with front foot
- Pause tip at cue ball confirming the alignment
- Perform aiming strokes
- Slow, controlled backstroke
- Transition between backstroke and forward stroke should be smooth
- Forward stroke accelerates reaching optimum speed at cue ball
- Exaggerate your follow-through
- Remain still until ball goes into pocket.

NOTES:

DAY TWELVE: TOTAL NUMBER OF STROKES

NOTES:

DAY THIRTEEN: TOTAL NUMBER OF STROKES

NOTES:

DAY FOURTEEN: TOTAL NUMBER OF STROKES

NOTES:

DAY FIFTEEN: TOTAL NUMBER OF STROKES

NOTES:

TOTAL:

# LOG SHEET

DAY SIXTEEN: TOTAL NUMBER OF STROKES

## STEPS:

- Visualize the shot line
- Place cue stick on shot line
- Place back foot on shot line
- Relax and position grip hand
- Focus on target
- Slide bridge hand under cue
- As you descend step forward with front foot
- Pause tip at cue ball confirming the alignment
- Perform aiming strokes
- Slow, controlled backstroke
- Transition between backstroke and forward stroke should be smooth
- Forward stroke accelerates reaching optimum speed at cue ball
- Exaggerate your follow-through
- Remain still until ball goes into pocket.

NOTES:

DAY SEVENTEEN: TOTAL NUMBER OF STROKES

NOTES:

DAY EIGHTEEN: TOTAL NUMBER OF STROKES

NOTES:

DAY NINETEEN: TOTAL NUMBER OF STROKES

NOTES:

DAY TWENTY: TOTAL NUMBER OF STROKES

NOTES:

TOTAL: