

NAME: \_\_\_\_\_  
\*\*\* please bring this packet to class each week \*\*\*

**Pool and Billiards Fundamentals**  
**“Dr. Dave” Alciatore and David Gross**  
[billiards.colostate.edu](http://billiards.colostate.edu)

Objectives:

1. Learn all of the important fundamentals required to be a successful pool player.
2. Receive individualized coaching and instruction with the help of video analysis.
3. Raise your pool game to the next level.
4. Have fun and learn in a non-competitive setting.
5. See diverse perspectives from both an instructional book author and columnist (“Dr. Dave”) and a top regional player (David Gross).

Course Outline and Handouts:

**Day 1:**

- introductions, personal objectives
- course goals
  - handout: Dr. Dave’s “Pyramid of Progress” and “Rack of Skills”
    - most important things in pool: fundamentals, especially stroke and speed control
- website resources (tour of [billiards.colostate.edu](http://billiards.colostate.edu))
- digital video filming and analysis of fundamentals
  - handout: stroke video analysis
- playing with Q&A, evaluation, feedback, discussion, coaching
  - handout: centerline stroke drill (MOFUDAT)
  - handout: 3-ball run-out practice

**Day 2:**

- review of all fundamentals (aiming, stance, grip, bridge, stroke)
  - handout: ghost-ball aiming
  - handout: stroke “best practices” routine and flowchart
- video analysis, discussion, and feedback
  - handout: stroke video analysis check-list
- practice drills (ghost-ball, MOFUDAT, alignment check, speed drill)
  - check cue alignment periodically on the top of the rail along the cloth line (check front and back of cue with aim, stroke, and follow-through)
  - handout: speed control drill

### Day 3:

- student recap of things learned, things need to work on
- review of advanced fundamentals (cue ball position control with top/bottom/center and speed)
  - handout: 90° rule
  - handout: draw/follow quick-reference
  - handout: 30° rule
- practice drills (MOFUDAT, alignment check, speed drill, stop/follow/draw drill, 3-ball run-out)
  - handout: stop/follow/draw drill
- demo run-out racks with Dave (with discussion of strategy and cue ball control)
- Q&A, evaluation, feedback, discussion, coaching
  - 3-ball run-out practice

### Day 4:

- review of English
  - handout: English quick-reference
- practice drills (MOFUDAT, alignment check, speed drill, stop/follow/draw drill, English drill, 3-ball run-out)
- Q&A, evaluation, feedback, discussion, coaching
  - optional: 9-ball rating drill (see handout)
- follow-up digital video filming and analysis
- individual future-work check-sheet evaluation
  - handout: stroke “best practices” video analysis check-sheet

### Day 5:

- course recap and recommendations
  - drills, stroke “best practices”
  - website resources ([billiards.colostate.edu](http://billiards.colostate.edu))
    - drills, handouts, articles
- Q&A, evaluation, feedback, discussion, coaching
  - practice drills (MOFUDAT, alignment check, speed drill, stop/follow/draw drill, English drill, 3-ball run-out)
  - optional: 9-ball rating drill
- handout: 8-ball and 9-ball rules
- optional: fun tournament with discussion and coaching
  - double-elimination 8-ball, one game per match
  - Dr. Dave’s book to 1st place
- book, DVDs, CD-ROM available for purchase
- written feedback and course evaluation