

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 (p. 3): Dr. Dave’s “Pyramid of Progress” and “Rack of Skills”
- website resources (tour of [billiards.colostate.edu](http://billiards.colostate.edu))
- intro to pool basics (e.g., see NV B.59)
- digital video filming and analysis of fundamentals
  - handout (p. 4): stroke video analysis
- stroke practice and play with individual evaluation, feedback, and coaching
  - handout (p. 5): centerline stroke drill (MOFUDAT)
  - practice stroke “best practices” hitting balls down table into far corner pocket

#### **Day 2:**

- review of all fundamentals (aiming, stance, grip, bridge, stroke)
  - handout (p. 6): stroke “best practices” flowchart and routine
- video analysis, discussion, and feedback
  - handout (p. 8): stroke video analysis check-list
- aiming basics
  - handout (p. 10): ghost-ball aiming
    - show “circle of CBs” visual demo with ghost-ball template
  - handout (p. 12): ghost-ball template
- 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 (p. 13): speed control drill

### **Day 3:**

- practice drills
  - MOFUDAT (p. 5), ghost-ball aiming (p. 10), speed drill (p. 13)
- stop/draw/follow basics
  - handout (p. 14): draw/follow quick-reference
  - handout (p. 15): stop/follow/draw drill
  - demo and do drill with striped ball, with stripe horizontal
- Q&A, evaluation, feedback, discussion, coaching

### **Day 4:**

- review of advanced fundamentals (cue ball position control with top/bottom/center and speed)
  - handout (p. 16): 90° rule
  - handout (p. 17): 30° rule
- demo run-out racks with Dave (with discussion of strategy and cue ball control)
- practice drills (MOFUDAT, alignment check, speed drill, stop/follow/draw drill, English drill)
- Q&A, evaluation, feedback, discussion, coaching
- follow-up digital video filming and analysis
  - side pocket stop/draw/follow shots (pocketing CB and OB, except for stop)
- individual future-work check-sheet evaluation
  - handout: stroke “best practices” video analysis check-sheet
- book, DVDs, CD-ROM available for purchase

### **Additional Topics (more advanced):**

- handout (p. 18): 3-ball run-out practice for fun and evaluation.
  - use stop, follow, draw only at first
  - progressively increase # of balls with consistent success
  - add English when ready
- English (sidespin) basics
  - handout (p. 19): English quick-reference
  - handout (p. 20): English drill
- handout (p. 21): 9-ball player-rating and progress-monitoring drill
- bank and kick shots
  - mirror systems (see NV B.81)
  - rolling-CB, through-diamond system (see NV B.82)
  - shallow-angle contact-point mirror kick (see NV B.83)
  - Plus System for 2-rail kicks (see NV B.84)
  - Corner-5 System for 2-, 3-, and 4-rail kicks (see NV B.85)
  - bank shot effects (see FAQ page)
- jump shots (see NV B.87)
- masse shots (see NV B.88)