

BILLIARD ACADEMY INSTRUCTOR'S GUIDE



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ILLUSTRATIONS BY ANDRE ADAMS

FOREWORD

Acknowledgements: The Billiard Academy would like to give thanks and credit to the Billiard University. We used many of their ideas in the creation of this training program. I recommend visiting their website for thousands of billiard tips and ideas.



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1.SCOPE

1.1 The Billiard Academy School is dedicated to providing the best in billiard instruction. It is our goal to help students reach their billiard goals through high quality instruction and coaching. The Billiard Academy focuses on all aspects of instruction starting with fundamentals and building of though strong fundamentals to cue ball control, strategy, and competition.

1.2 APPLICABLE References

1.2.1 The Billiard University. www.billiarduniversity.org/index.html

1.3 Overview

1.3.1 Video Analysis

1.3.2 Video Analysis Review

1.3.3 Fundamentals

1.3.4 Position Play

1.3.5 Banks and Kick Shots

1.3.6 Safety Play

1.3.7 Strategy and Competition

1.3.8 Exam

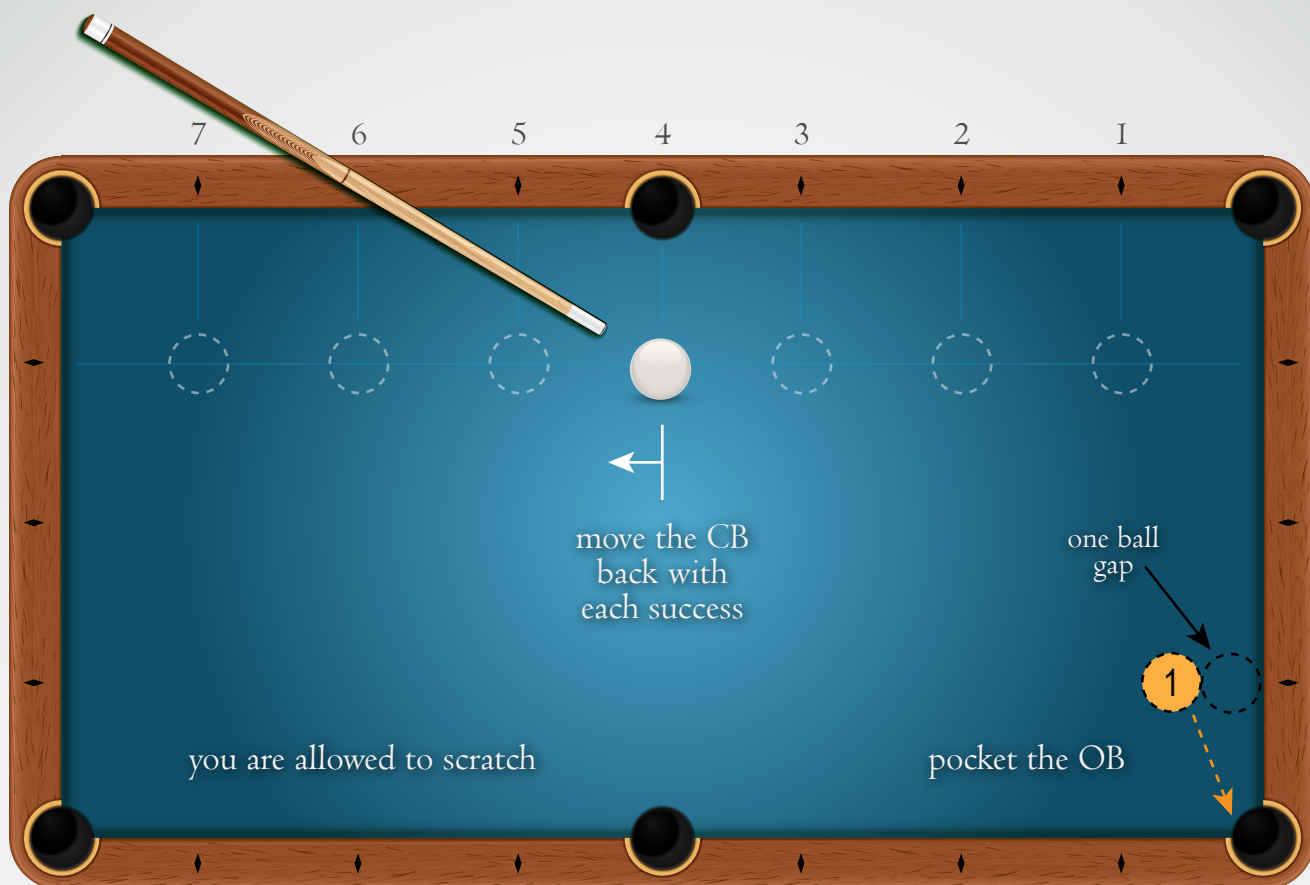
1.3.9 Final Review



2.CURRICULUM

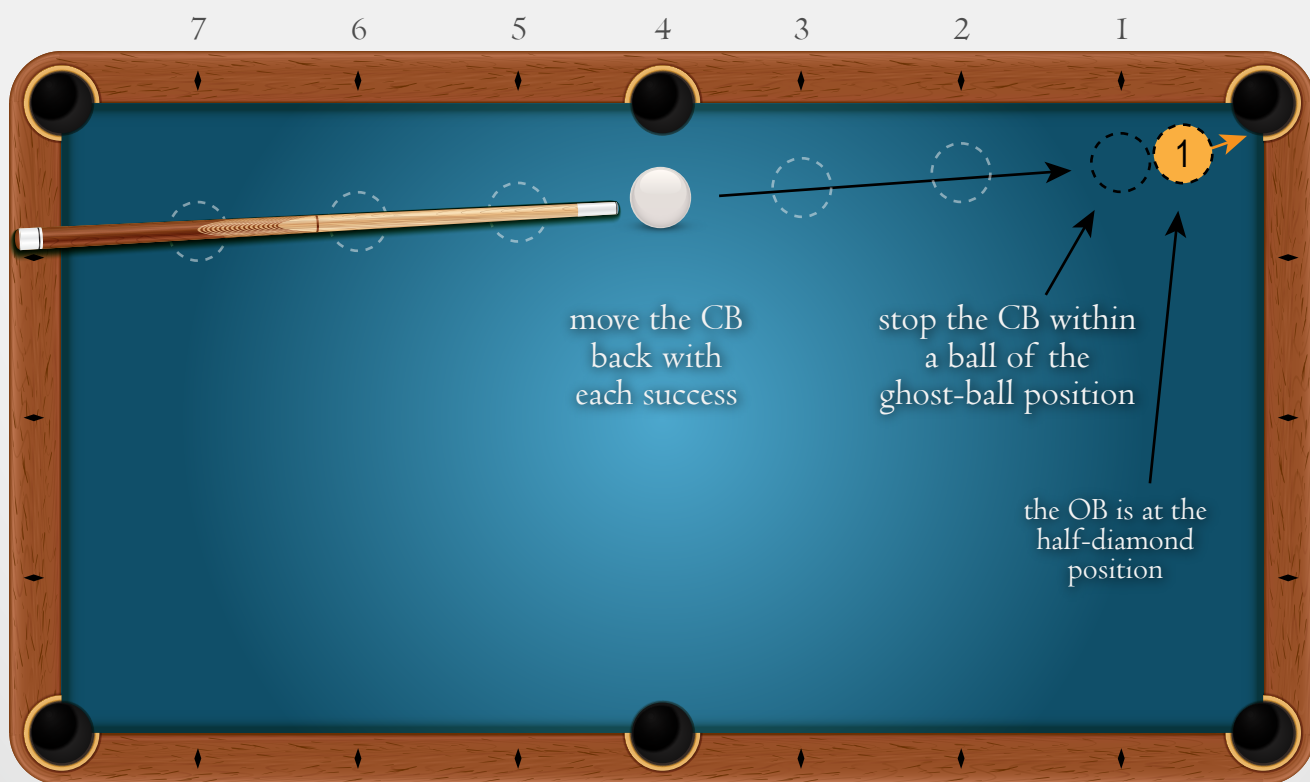
STANCE	consistent feet placement (45° to shot, pointing slightly forward), stable, well-balanced, comfortable body position, arm extended, head at low but comfortable height, over cue, cue level.
ALIGNMENT	tip on ball vertical centerline, stroking arm, cue, and “vision center” all in the vertical plane of the aiming line, head in consistent “vision center” position, cue still while checking aim and tip position, with tip close to the CB.
STROKE PREPARATION	consistent, complete, slow, and straight warm-up strokes, forearm perpendicular at contact point, free motion of arm and cue relative to body, distinct "pause" (and re-check of tip position and aim) before final backstroke, focused on CB when tip approaches ball during warm-up strokes, focused on OB (or aiming target) before the final forward stroke.
STROKE EXECUTION	slow, smooth final back-swing (with an optional pause at the end) , smooth transition from back-swing to forward-swing (i.e., a non-rushed transition), pendulum swing with no elbow drop before CB contact, accelerate smoothly into the CB, no head, body, or bridge movement during the stroke, grip relaxed during the entire stroke, straight and complete follow-through (e.g., 4-8 inches), body, head, and tip kept down and still after the follow-through.
POSITION PLAY	draw shots, follow shots, stun, right and left English.
PATTERN DECISIONS	3, 4, 5, 6, and 7 ball rotation; various 8 ball patterns.

In session one the instructor is there for observation and to guide the student through the following shots and patters. The objective of this session is to understand where the student is with regard to his existing skill sets. The instructor should not influence how the student executes the shots, which shots they choose during pattern play or help with determining position. The instructor will be observing and noting various aspects of the student's skills to be discussed in the next session. Instruction during this session may incorrectly influence the remainder of the lessons.



INSTRUCTIONS:

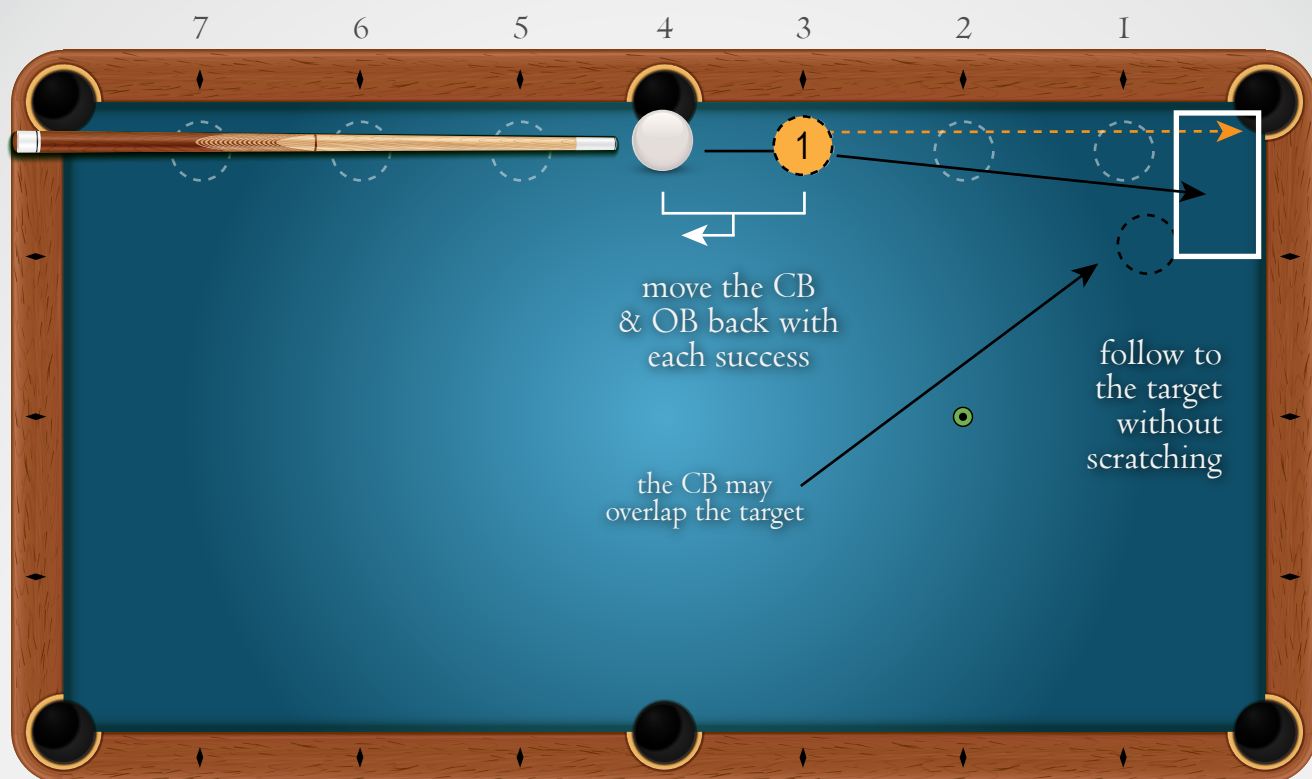
Execute this shot 4 times from starting position at the side pocket known as position 4.



INSTRUCTIONS:

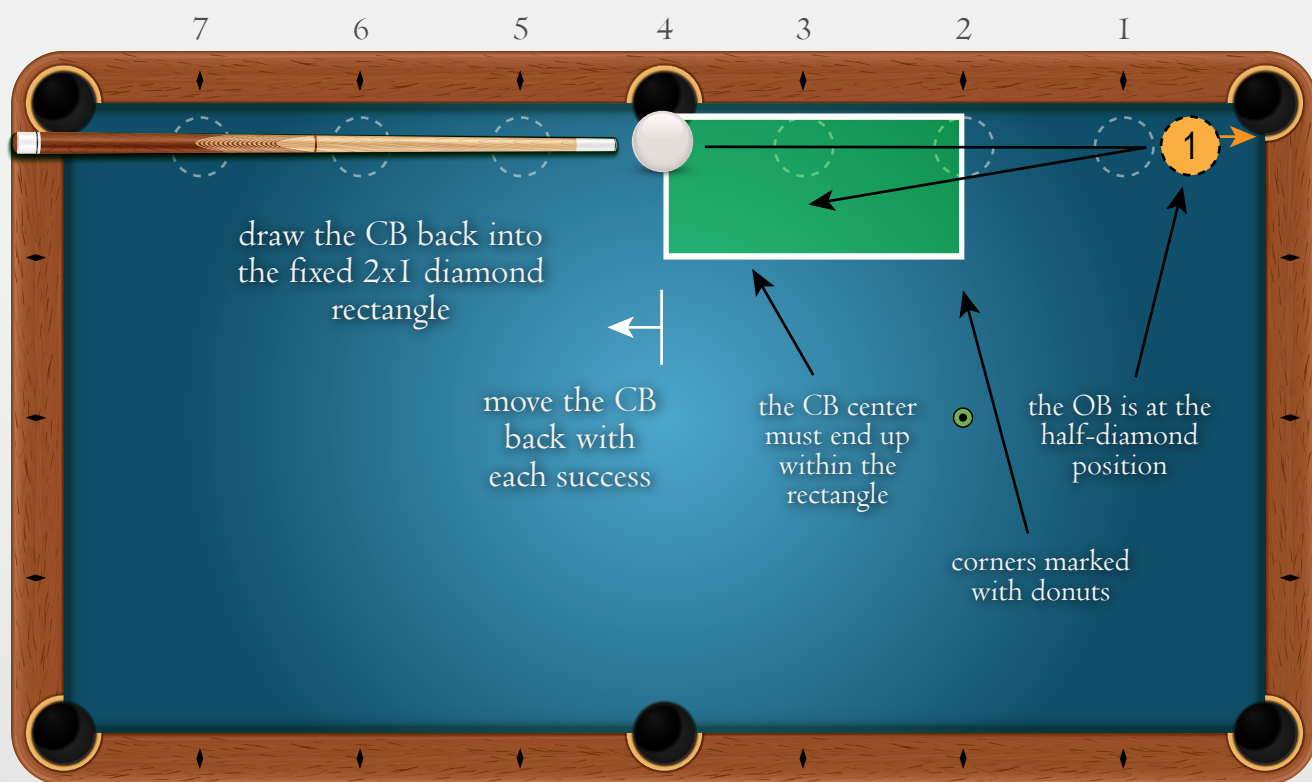
Execute this shot 4 times from starting position at the side pocket known as position 4.





INSTRUCTIONS:

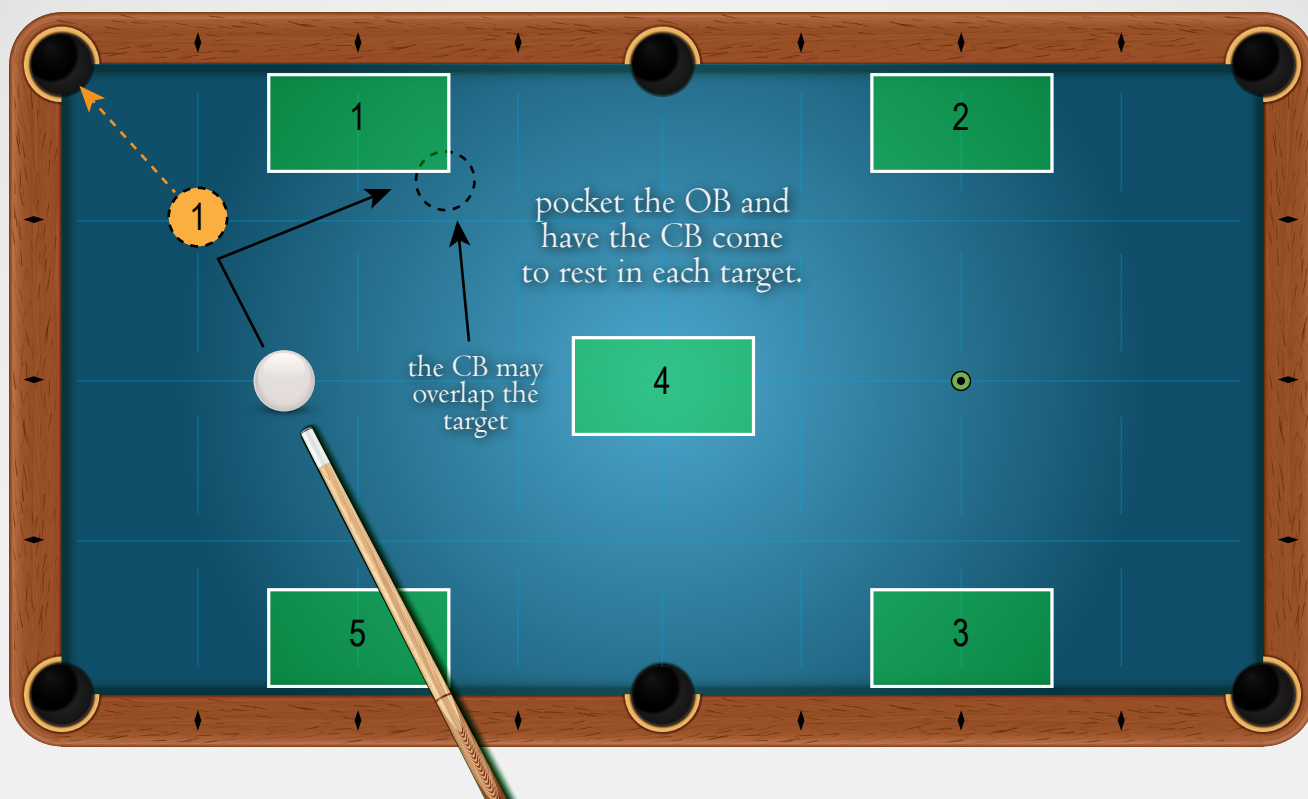
Execute this shot 4 times from starting position at the side pocket known as position 4.



INSTRUCTIONS:

Execute this shot 4 times from starting position at the side pocket known as position 4.





INSTRUCTIONS:

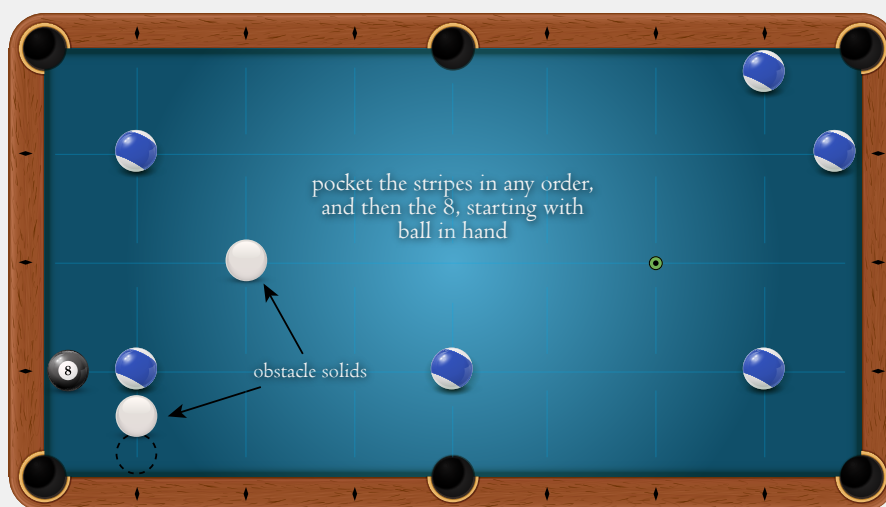
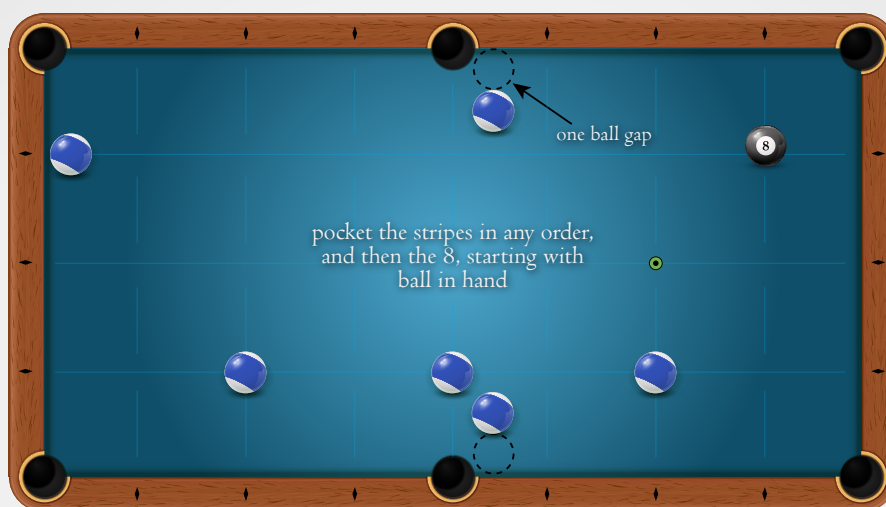
Pocketed the OB and the CB must end up within or overlapping each of the targets. 2 attempts each target.



INSTRUCTIONS:

Start with ball in hand; attempt the 7, 8, 9 ball run out, then attempt 6, 7, 8, 9 and so forth until you have attempted all 7 balls.





INSTRUCTIONS:

Attempt to run each of the 8-ball patterns starting with ball in hand.

2.2 SESSION TWO:VIDEO REVIEW

2.2.1 Video Review

2.2.1.1 **Goal:** Identify focus areas and develop and improvement plan.

2.2.1.2 **Technique:** Review the entire video with the student pointing out any concerns and documenting recommended practice routines.

2.3 SESSION THREE:FUNDAMENTALS

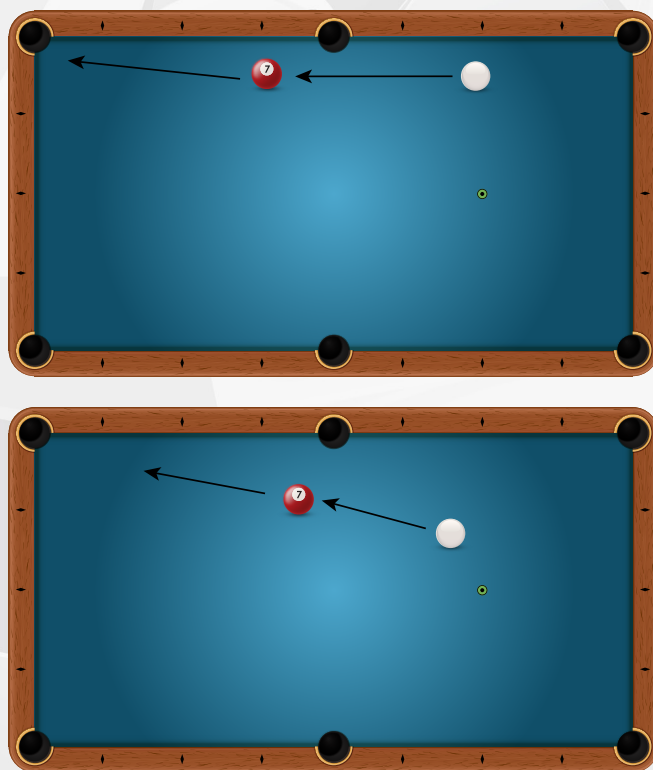
2.3.1 Shot Fundamentals

In this portion of the fundamentals session the instructor is assisting the student with fundamentals of alignment and aiming at various shots.

2.3.1.1 **Goal:** Ensure the student has a firm understanding of fundamentals

2.3.1.2 **Technique:** Student shoots several shots with instruction focusing on concern areas from video analysis.

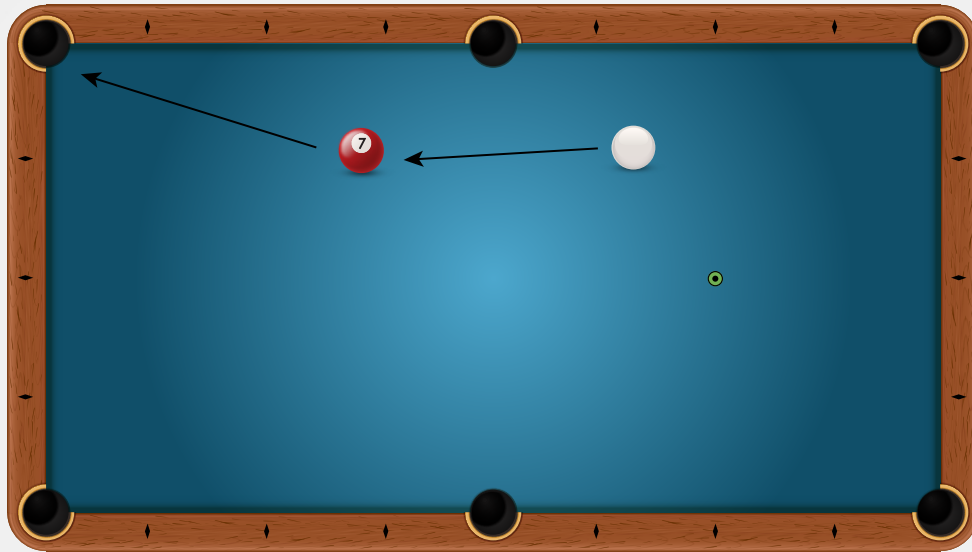
2.3.1.3 Shots: Long shot; follow shot; draw shot; frozen cue ball



INSTRUCTIONS: Execute this shot 10 times each with draw, follow, and stun.
If the shots become easy progressively back up the cue ball to the rail.

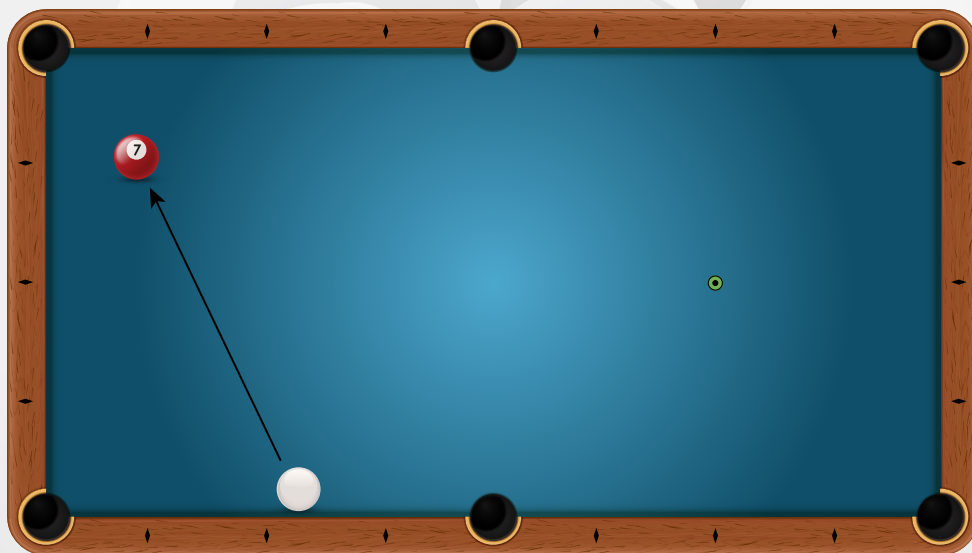
INSTRUCTIONS:

Execute this shot 10 times each with draw, follow, and stun. If the shots become easy progressively back up the cue ball to the rail. The instructor may elect to change the angle during the routine.



INSTRUCTIONS:

Execute this shot 10 times each with draw, follow, and stun. If the shots become easy progressively back up the cue ball to the rail. The instructor may elect to change the angle during the routine.



INSTRUCTIONS:

Execute this shot 4 times.



2.3.1.4 Good fundamentals to watch for

2.3.1.5 Forearm perpendicular at contact

2.3.1.6 Anchored bridge hand

2.3.1.7 Minimum elbow drop

2.3.1.8 Body still

2.3.1.9 Follow through details

2.3.1.9.1 Straight

2.3.1.9.2 Long enough

2.3.1.9.3 Head over stick

2.3.2 Fundamental of cue ball control

2.3.2.1.1 Cue ball contact for a draw shot

2.3.2.1.2 Controlling the draw shot

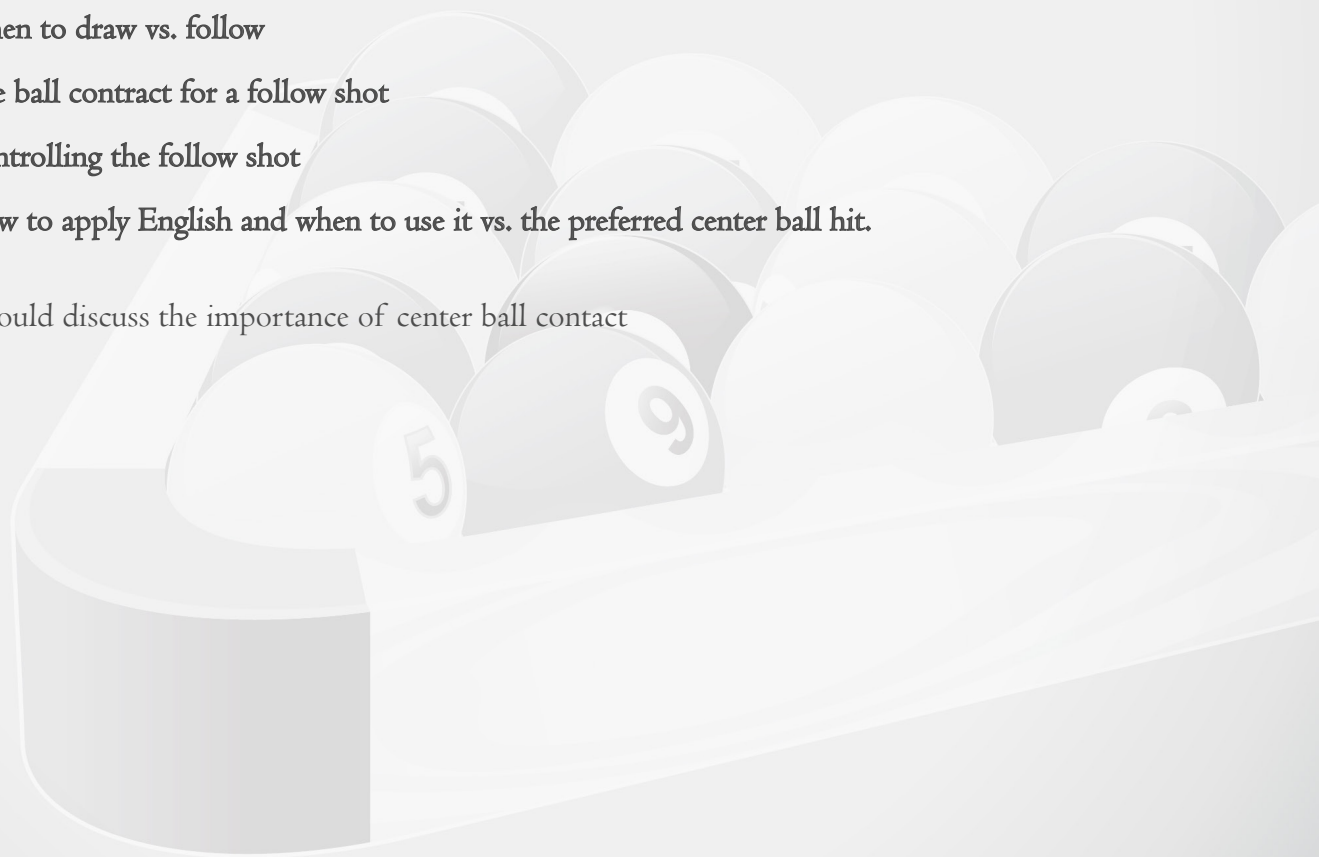
2.3.2.1.3 When to draw vs. follow

2.3.2.1.4 Cue ball contract for a follow shot

2.3.2.1.5 Controlling the follow shot

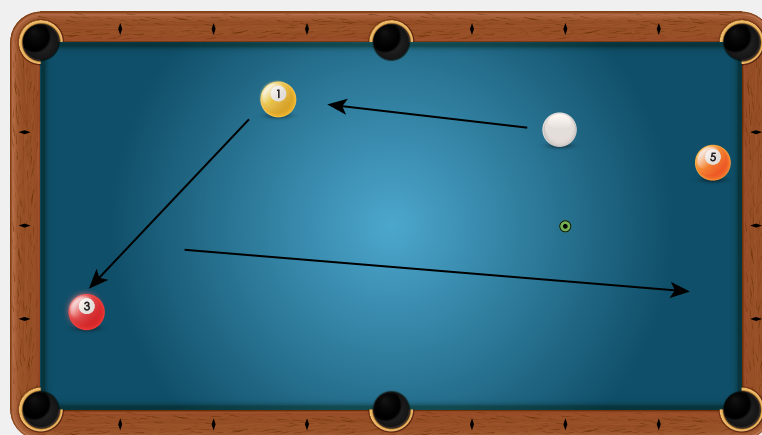
2.3.2.1.6 How to apply English and when to use it vs. the preferred center ball hit.

Instructor should discuss the importance of center ball contact



2.4 SESSION FOUR : POSITION PLAY

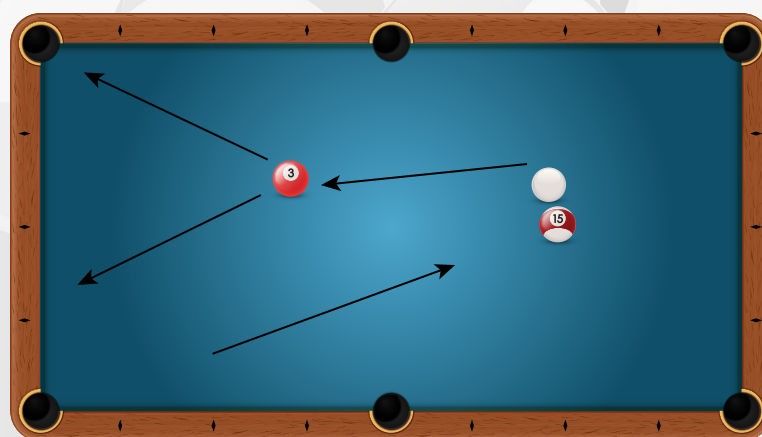
2.4.1 The three ball rule



This is an example of the three ball rule. If you were to shot the 1 ball and roll forward too far the 3 ball might be straight in thus leaving a very difficult shot to play position on the ball down table. However, if you shot the one in and stop there it is natural shape to shot the three in and let the cue ball rebound off the rail for position on the 5 ball. This is a much higher percentage play.

Instructors should set up multiple examples (approx. 30-40 minutes) and work with the student to ensure they understand natural shape and how to position for the second ball.

2.4.2 Position toward the target line



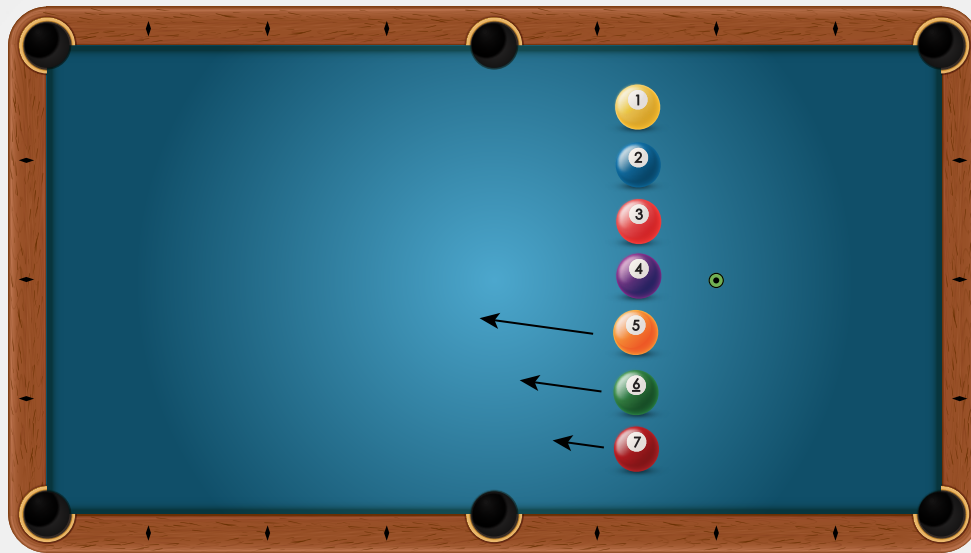
Cue ball travels two rails toward to next ball. This gives a large margin of error. Alternative would be draw and cross the line of shape. This might work well if exact position isn't needed but it is very easy to over hit the shot and be left with a difficult shot.

Instructor should set up multiple examples and ensure they student understands cue ball traveling the target line.



2.4.3 Speed Control

Instructor should demonstrate speed control drill



INSTRUCTIONS:

Attempt to shot each ball slightly further than the previous. Increase number of balls until all fifteen can be shot in this progressive manner without hitting the end rail.

2.5 SESSION FIVE : BANKS & KICK SHOTS

2.5.1 Effects of Speed

Instructor should demonstrate how speed of a shot can widen or shorten a bank as well explain the terminology.

2.5.2 Effects of English

Instructor should demonstrate how right and left English affects a bank shot.

2.5.3 Banking systems

2.5.3.1 Splitting the difference from a known bank angle

2.5.3.2 Estimating with diamonds

2.5.3.3 Using feel to execute banks

2.5.4 Kick systems

2.5.4.1 Using the diamonds for one rail kicks

2.5.4.2 5-to-5 diamond system for two rail kicks

2.5.4.3 Max English on bank to corner goes to first diamond

2.6 SESSION SIX : SAFETY PLAY

2.6.1 Playing safe vs. attempting a difficult shot

2.6.2 Safety Practice

2.6.3 30 degree rule

2.7 SESSION SEVEN : STRATEGY & COMPETITION

2.7.1 8-Ball

2.7.1.1 Break shot

2.7.1.2 Safety play

2.7.1.3 Breakout shots

2.7.1.4 Run out attempts vs. playing safe

2.7.2 9-Ball

2.7.2.1 Break shot

2.7.2.2 Safety vs. run out

2.7.2.3 Jump shots

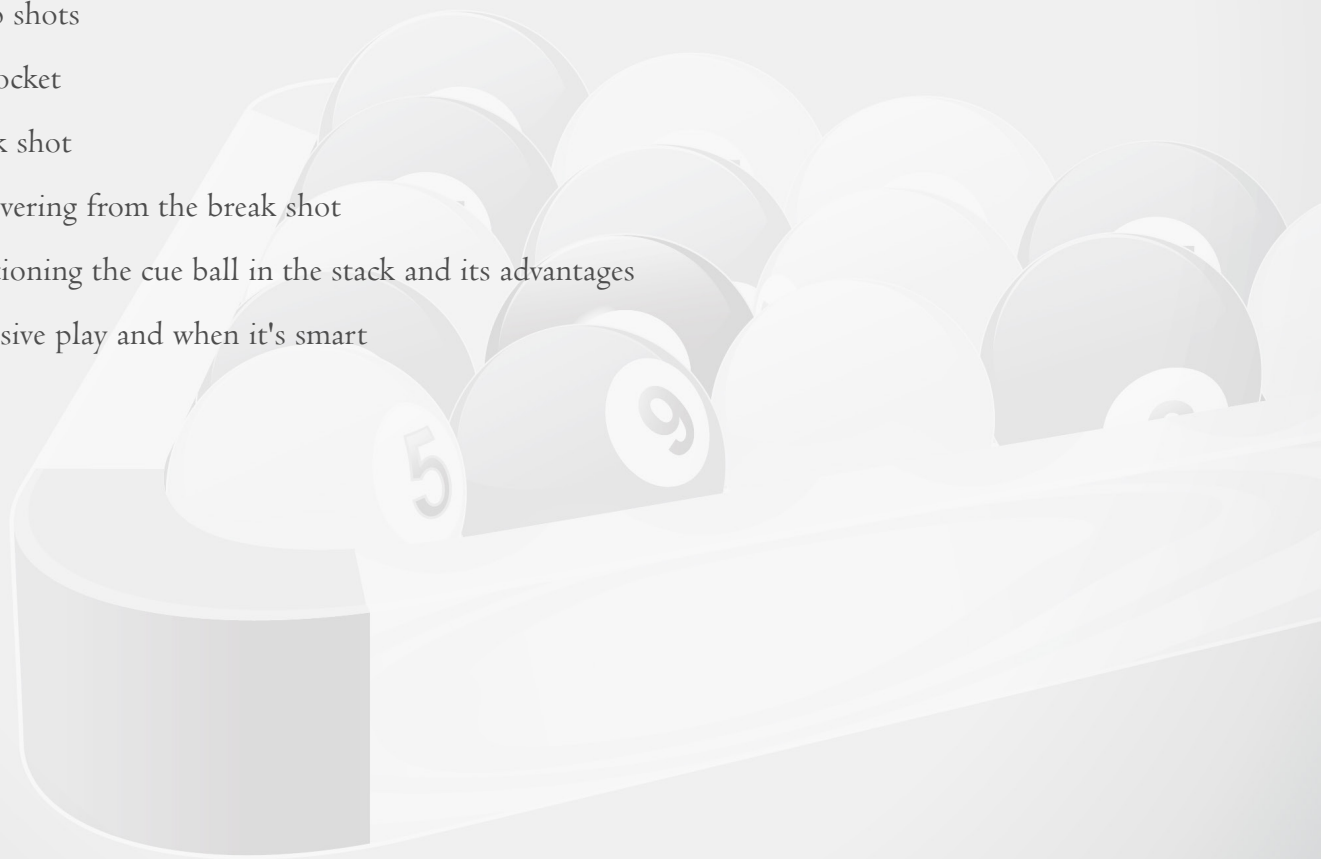
2.7.3 One pocket

2.7.3.1 Break shot

2.7.3.2 Recovering from the break shot

2.7.3.3 Positioning the cue ball in the stack and its advantages

2.7.4 Aggressive play and when it's smart



2.8 SESSION EIGHT: EVALUATION EXAM

Billiard University Fundamentals exam. Student will be videotaped during this exercise and submitted for a diploma if they pass.

2.9 SESSION NINE: FINAL REVIEW

2.9.1 Recommended Practice Routines

2.9.2 Follow-up

3. SCHEDULE OPTIONS

3.1 Weekly Sessions

3.2 3-Day class offered over a weekend

