

Pool Fundamentals “Best Practices” Check List

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Name: _____

Date: _____

Category	“Best practice”	Y	N	Comments
preliminaries (cue and tip)	straight cue			
	comfortable weight (most common: 19 oz)			
	ferrule tight and not cracked			
	well-shaped tip (between dime and nickel radius)			
	tip holding chalk well (not too smooth)			
	hand and cue shaft clean and dry			
	tip chalked and checked before every shot			
grip	relaxed, light cradle			
	wrist aligned with forearm			
	forearm perpendicular to cue at CB impact			
hand bridge	solid foundation (fingers spread, large hand contact area)			
	stable and reliable guide for cue without too much resistance			
	comfortable bridge length (e.g., 4-12 inches), appropriate (e.g., not too long) for back-stroke distance, shorter for softer shots			
mechanical bridge	bridge held firmly (on table if possible) with opposite hand			
	reverse grip (dart grip)			
	elbow out or elbow down (e.g., if elevation required)			
	forearm perpendicular to cue at CB impact if possible			
stance	view impact line (and OB contact point) and aiming line while standing before starting stance approach			
	good approach into aim (e.g., lock chin and keep eyes on the aiming line and OB when approaching the stance)			
	consistent feet placement (e.g., with rear forefoot on the aiming line at about a 45° angle, and with the front foot at least a shoulder width to the side and forward, pointing forward)			
	stable, well-balanced stance (e.g., tripod formed by bridge hand and two feet, with rear leg straight and the front knee bent slight, with some weight on bridge hand and the remaining weight on feet, with a little more on the back foot)			
	head at low, but comfortable height, over cue			
	comfortable body posture			

Category	"Best practice"	Y	N	Comments
stance	arm extended in front (not bent)			
	clearance between the body and the stroking arm and cue during the entire stroke			
aim and alignment	head in "vision center" position			
	tip on ball vertical centerline			
	stroking arm, cue, head (or dominant eye), and aiming line are all in the same vertical plane			
	cue is as level as possible (not elevated)			
	consistent and comfortable eye positions			
	focus on the CB during aim and tip check			
	move eyes between CB and OB in "set" position			
stroke preparation	distinct "set and aim" position			
	tip close to the CB at "set"			
	consistent cadence and tempo			
	consistent, complete, and straight warm-up strokes			
	free motion of arm and cue relative to body			
	distinct "set pause" before final back-swing			
	consistent and purposeful eye motion between CB and OB			
	slow, smooth final back-swing			
	"pause" at end of final back-swing			
	focus on the target before the final forward-swing			
stroke execution	smooth transition from back-swing to forward-swing (i.e., no jerk)			
	pendulum swing with no elbow drop before CB contact			
	accelerate smoothly			
	forearm perpendicular to cue at CB contact			
	no head, body, or bridge movement			
	straight and complete follow-through (e.g., 6-8 inches)			
	grip relaxed during the entire stroke			
	"freeze" and stay down after the follow-through			
tip down in "freeze" position				