

3-ball Run-out Practice Drill

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Drill:

1. Randomly place three balls on the table (e.g., throw them out).
2. Place the CB anywhere you want on the table (i.e., take “ball in hand”).
3. Pocket the balls in numerical order (i.e., in “rotation”).
4. Repeat steps 1-3.

Reminders:

1. Plan and visualize the entire run-out first.
2. Reevaluate your plan after the first shot if necessary.
3. Leave angles on shots to allow natural position routes with controlled speed (see below).
4. Plan and indicate (e.g., touch your finger to) the desired CB position for the next shot.
5. Stay on the vertical centerline of the CB (i.e., use center-ball hit, draw, and follow only) when possible.
6. Use the 90° and 30° rules to help predict CB direction.

Examples of “leaving angles” on shots

