

Pool Fundamentals “Best Practices” Check List

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Name: _____

Date: _____

Category	“Best practice”	Y	N	Comments
preliminaries (cue and tip)	cue is straight			
	cue has comfortable weight (most common: 19 oz)			
	ferrule is tight and not cracked			
	tip is well shaped (between dime and nickel radius)			
	tip holding chalk well (surface not too hardened and smooth)			
	bridge hand and cue shaft are clean and dry			
grip	natural, relaxed, and light (but closed) cradle			
	forearm perpendicular to cue at CB impact			
	wrist in comfortable position with cue hanging beneath forearm			
	cue allowed to pivot on index or middle finger (with the other fingers relaxed) without wrist motion during stroke			
hand bridge	solid foundation (fingers spread, large hand contact area)			
	stable and reliable guide for cue without too much resistance			
	comfortable and appropriate bridge length (not too short and not too long)			
	with open bridge, cue resting on index finger and thumb “V,” off fleshy parts of fingers and hand			
mechanical bridge	bridge held firmly (on table if possible) with opposite hand			
	reverse grip (dart grip)			
	elbow out, or elbow down (e.g., if cue elevation required)			
	forearm perpendicular to cue at CB impact if possible			
pre-shot routine	consistent cadence and tempo for entire shot routine			
	chalk and check tip before every shot			
	“vision center” over required aiming line while standing, with the rear foot also on this line			
	straight approach into aim (e.g., chin locked with eyes focused on the aiming line and OB when sliding the bridge into the line)			

Category	“Best practice”	Y	N	Comments
stance	consistent feet placement (e.g., with rear foot at about a 45° angle, and with the front foot at least a shoulder width to the side and forward of the rear foot, pointing roughly forward)			
	stable, well-balanced, comfortable body position (e.g., tripod formed by bridge hand and two feet, with some weight on bridge hand and the remaining weight balanced fairly equally between the feet)			
	arm extended in front (not bent)			
	head at low, but comfortable height, over cue			
	cue as level as possible			
	clearance between body and stroking arm during the entire stroke			
alignment	tip on ball vertical centerline			
	stroking arm, cue, and “vision center” all in the vertical plane of the aiming line			
	eyes level and face square to the shot			
	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			
	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			
	body, head, and tip kept down and still after the follow-through			