

# The San Francisco Billiard Academy

Presents:

## A Nine Ball Clinic

Taught by Billiard Congress of America-Trained Instructors

Eric Harada

Bob Jewett

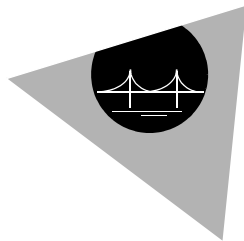
Joseph Mejia

Video and Technical Analysis

Tips and Insights

The Break Shot

Nine Ball Drills



**SFBA**



**B C A**

*"What a feeling to shoot better and consistently.  
We'll show you the way."*

## Nine Ball Techniques

# WELCOME

Welcome to the San Francisco Billiard Academy's Nine Ball Clinic. The clinic was created by the Billiard Academy to give its students the tools and knowledge to improve their game of nine ball and shoot consistently.

Each clinic is limited to four students per instructor to ensure that the SFBA can provide a quality session and to keep the student-to-instructor ratio low. Each student will be asked to complete an instructor evaluation sheet at the end of the course.

Thank you for your participation. We hope that your participation in our clinic will be a learning experience of a lifetime. Please feel free to call the instructors with any questions.

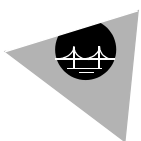
### Instructors:

Eric Harada    harada@sfbilliards.com

Bob Jewett    jewett@sfbilliards.com

Joseph Mejia    mejia@sfbilliards.com

Instruction is available at billiard rooms throughout the Bay Area and in private facilities by arrangement.



## Nine Ball Techniques

### **Clinic Outline**

Introduction of Staff

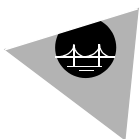
Introduction of students and review of questionnaire

The Clinic is divided into four parts or “stations” which each cover one aspect of nine ball. You will be in one group of up to four students who will go through the clinic together. Each station takes about an hour including a short break between stations.

Stations:

1. Video taping and analysis of fundamentals
2. Tips and insights
3. The break shot
4. Customized drills

Be sure to take notes on this handout, especially when things aren't clear and you may need to ask questions later. If you have trouble on a drill, write down the problem for future work.



## Nine Ball Techniques

### **Station 1: Video Analysis of Fundamentals**

**Goal:** To check for any flaws in fundamentals and to plan improvement.

**Technique:** Each student will shoot several shots which will isolate different aspects of form and stroke. After all students have been taped, we will review each shot, looking for both good points and those that could be better.

Shots: Long shot; follow shot to side; draw shot from side; frozen cue ball

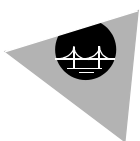
Good fundamentals to watch for:

- Forearm perpendicular at contact
- Anchored bridge hand
- Minimum elbow drop
- Body still

Follow through details:

- Straight
- Long enough
- Head over stick

See the rating checklist in Appendix 1.



## Nine Ball Techniques

### **Station 2: Tips and Insights**

**Goal:** To learn some tactics and strategies for use in nine ball.

#### Rollouts

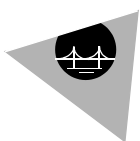
- Plan ahead with moves and counter moves.
- Rollout to your strength (i.e., carom), and your opponent's weaknesses.
- Include plans to rollout to a kick, jump or mass?.

#### Safeties

- Ideally, strive to leave your opponent both snookered and leave the object ball in a difficult position.
- Do not rush your safety options -- many games are lost to weak safety attempts.
- As in chess, strategy options should be mapped out in the mind.
- Strive to execute aggressive safeties to your advantage.
- If your probability of executing a safety is lower than shooting a difficult shot, go for the shot!
- What to do when you cannot hit the ball.
- Maximum viciousness safety.
- Strive to play position to improve safety execution.

#### To Run or Not to Run

- What is your chance of running out?
- Is there a safe way to ride the nine ball?
- If there is no chance of a run out, what is the best safety?

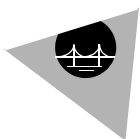


## Nine Ball Techniques

### **Station 2: Tips and Insights (continued)**

#### Three Ball Positioning

- Plan three ball sequences before shooting your first object ball.
- Look for angles to help you link your three ball sequence. Often this will mean working for a half-ball angle (30-degree cut) when moving the cue ball a lot.
- Allow for flexibility in planning your three ball positioning sequence.
- Each shot provides a new three ball sequence, until your last three balls (i.e., 7, 8 and 9 ball).



## Nine Ball Techniques

### **Station 3: The Break Shot**

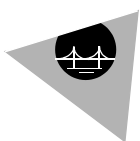
**Goal:** Improve your chances of making a ball on the break and/or controlling the start of the game..

#### Strategies

- Run out -- pocket a ball and keep the cue ball centered
- Nine ball -- read the rack and place cue ball accordingly
- Safety -- firm break and take the cue ball to foot rail

#### Objectives

- Pocketing balls -- the best way to keep control of the table. If nothing is dropping, change something:
- Is the rack right?
- Location of cue ball
- Speed of break
- Scattering balls -- try to ensure a good chance at the run
- Maximum power into the rack?
- Cue ball location
- Cue ball position
- Cue ball to the center of the table increases the chance of a shot on the one ball -- try to leave the cue ball between the two spots in the middle four diamonds of the length of the table.
- Centering the CB also decreases the chance of a scratch
- A full hit on the one ball and a near stop shot is required to get the cue ball to the center of the table. This also gets maximum power into the rack.



## Nine Ball Techniques

### **Station 3: The Break Shot (continued)**

Now we will practice the break shot keeping in mind the above principles. This is set up as a scored exercise so you will be keeping track of how well you meet the objectives. This drill will be done in pairs, with one student racking and the other breaking in sets of five breaks. Help each other to note any mistakes and record scores for each break on the following score sheet.

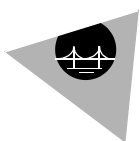
Each student will break the rack 10 times, with each break scored for the following items with a maximum score of 6 points on each break:

CR = Checked the rack before breaking	1 point
CZ = Center zone	1 point
BP = Ball(s) pocketed	1 point
AS = Available shot on the lowest ball	1 point
SP = Not much side spin on cue ball	1 point
NR = The cue ball hits no rail	1 point
9B = 9 ball pocketed on the break	6 points

#### Notes:

- For “CZ”, the center zone is between the two spots.
- A foul results in a zero score.
- “AS” is a point if you can directly hit either side of the lowest ball.
- For “NR” check with your practice partner for what the cue ball did.
- Pocketing the nine ball gives the maximum score for the rack (6 points) regardless of the other items, unless you scratch.

Check on your log sheet for your weak areas, and develop a plan with the instructor to work on those weaknesses.





Nine Ball Techniques

## Break Shot Log Sheet

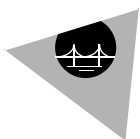
Name \_\_\_\_\_ Date \_\_\_\_\_

Inn	CR	CZ	BP	AS	SP	NR	9B=6	Score	Comment
1									
2									
3									
4									
5									
6									
7									
8									
9									
10									
Total									(max of 60)

CR = check rack; CZ = center zone; BP = ball pocketed; AS = available shot; SP = no side on cue ball; NR = no rail for cue ball; 9B = made 9 ball

Areas for improvement:

Ways to improve:



## Nine Ball Techniques

### **Station 4: Custom Drills**

For each of the following diagrams, place five balls on the table as shown. Begin with cue ball in hand. The balls must be shot in order.

Try each diagram five times in a session. Add the total number of balls pocketed for each diagram, one point for each ball. That is your score for that diagram - A, B, C, D. When you have finished all four diagrams on a sheet, add the total and enter it on the score sheet. A maximum score is 100.

Try to do this drill with a practice partner. If you're having trouble getting from one ball to another, discuss other possible ways of playing the sequence.

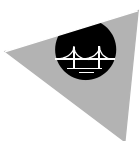
You may find that you need practice on a particular kind of shot, such as a stop shot. Make a note of the problem, then find one of the progressive practice drills in the Appendix that will exercise that part of your game.

#### Hints and Strategy

Often you need to leave the cue ball on one "side" of the following shot. That is if you leave a cut to the right, position play will be easy, while a cut to the left will make it difficult to get position on the next shot.

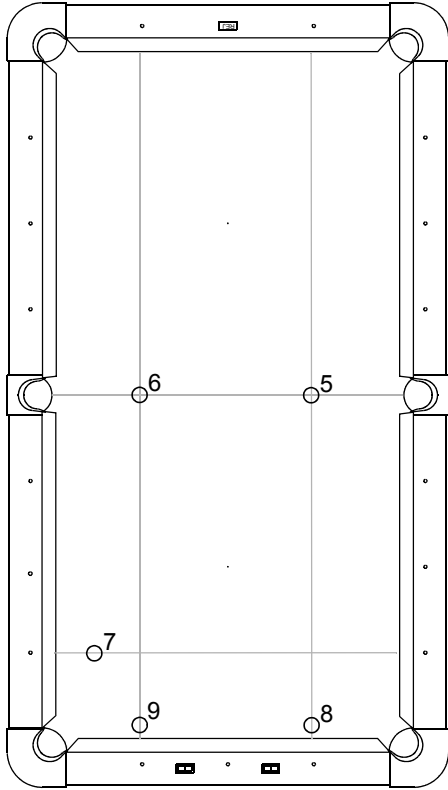
With ball in hand, there is often a choice between a draw and follow shot, for example in diagram 101C and 101D. In these cases follow shots will probably give more consistent results.

Some shots in a run require pin-point positioning. Learn to recognize these critical shots so you can be extra careful with the cueball. Use a "position dot" or any small piece of paper to mark the pin-point requirement (legal in practice sessions).

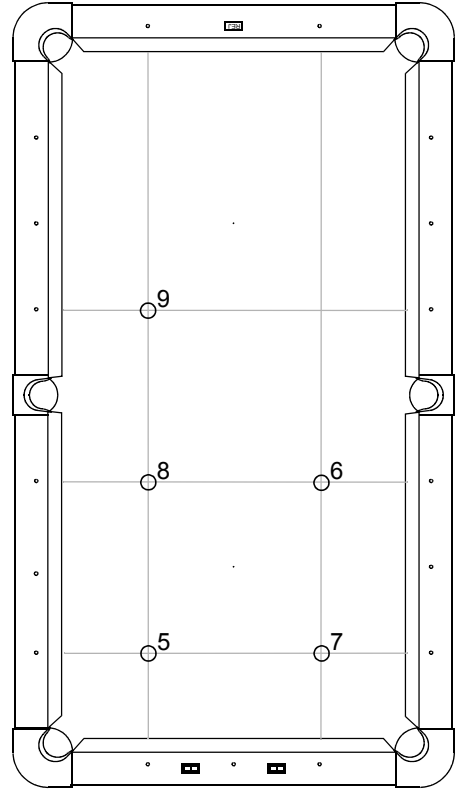


Nine Ball Techniques

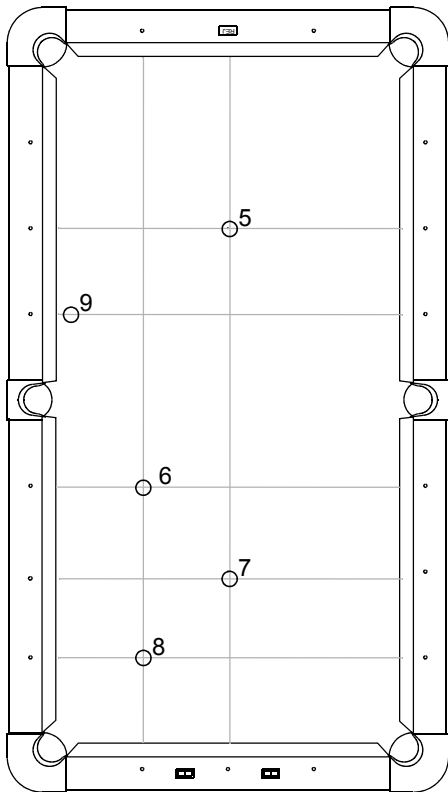
101A



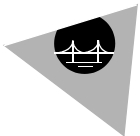
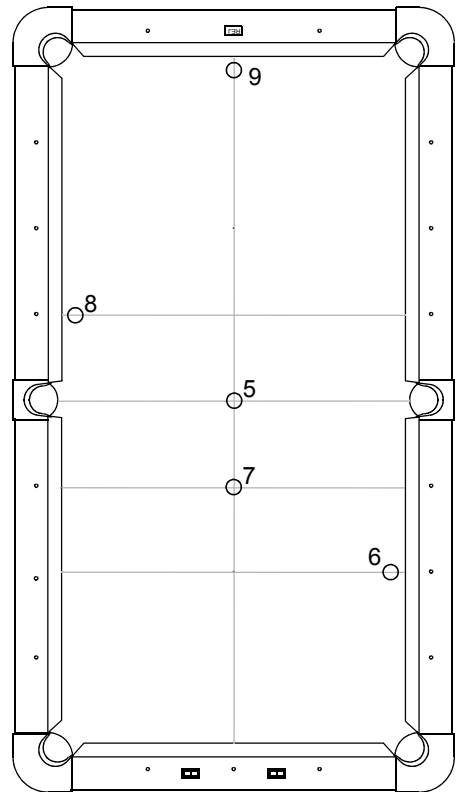
101B



101C

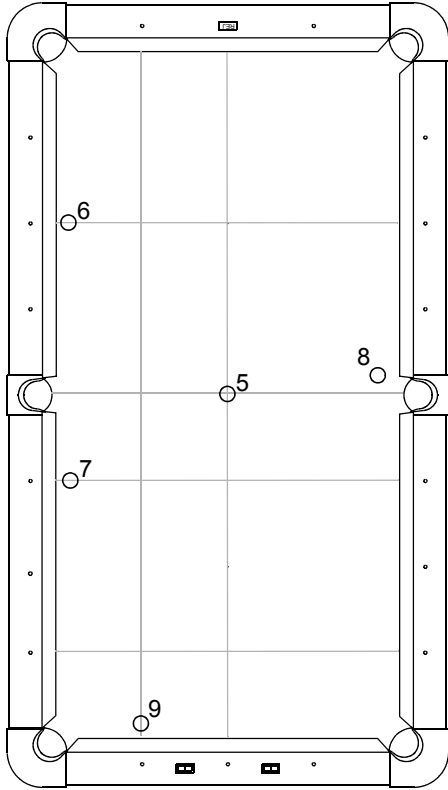


101D

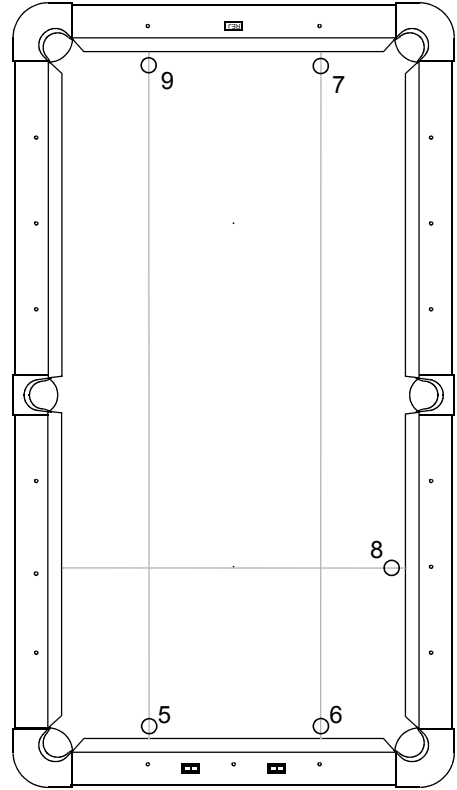


Nine Ball Techniques

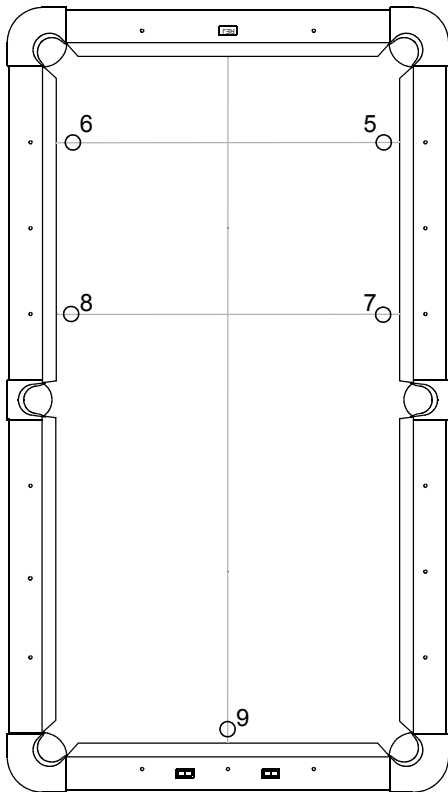
102A



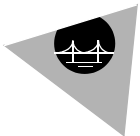
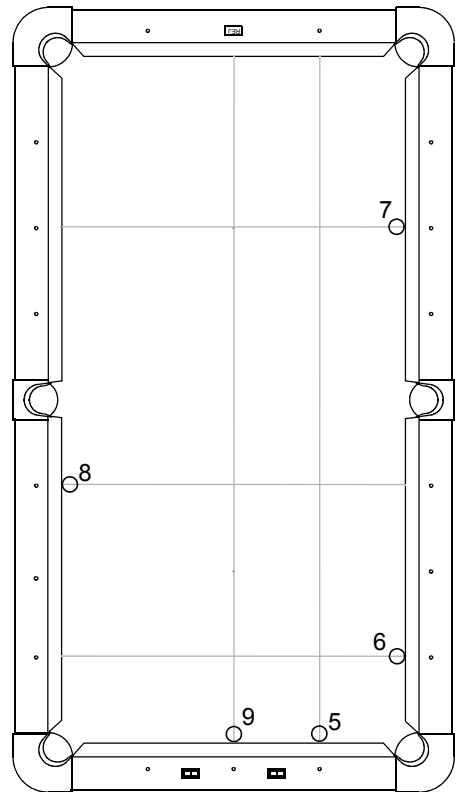
102B



102C

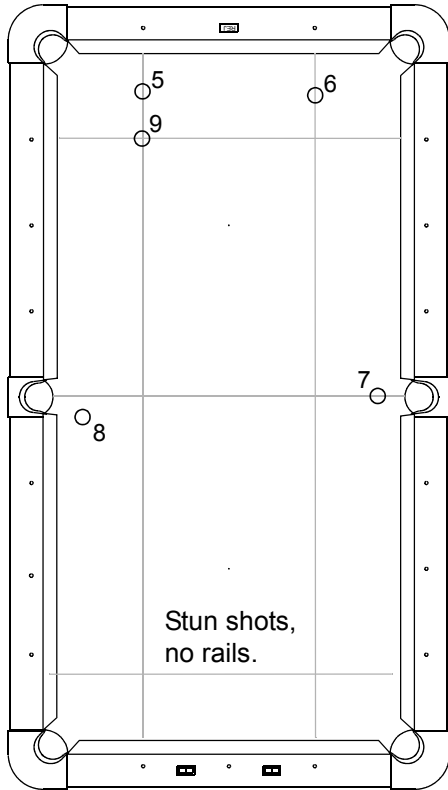


102D

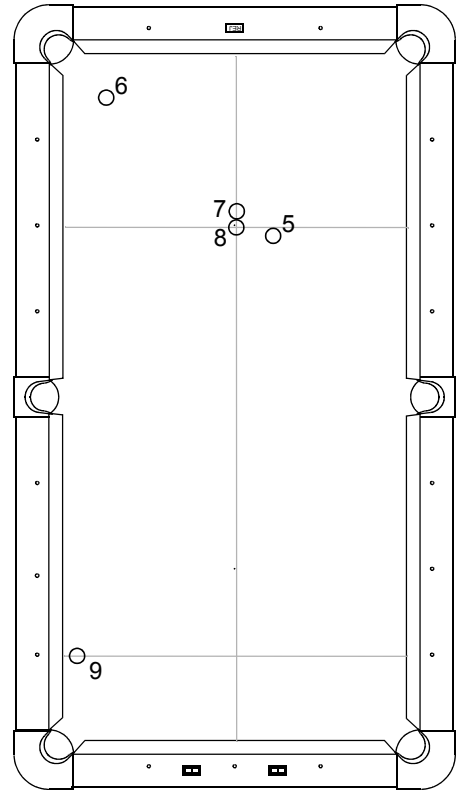


Nine Ball Techniques

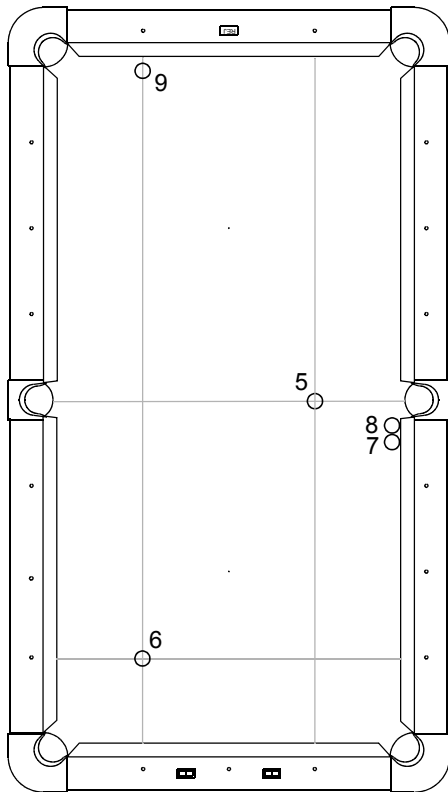
103A



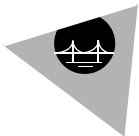
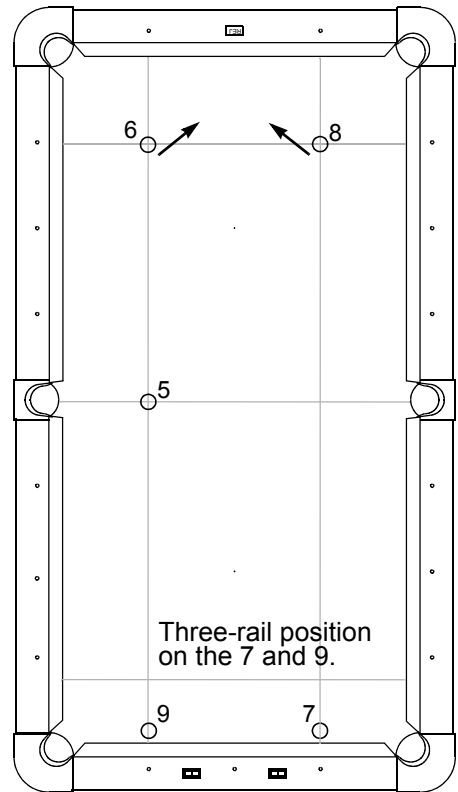
103B



103C



103D



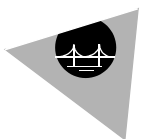
Nine Ball Techniques

**Custom Drill Score Sheet**

Set	Try 1	Try 2	Try 3	Try 4	Try 5	Total
101A						
101B						
101C						
101D						
Grand Total						

Set	Try 1	Try 2	Try 3	Try 4	Try 5	Total
102A						
102B						
102C						
102D						
Grand Total						

Set	Try 1	Try 2	Try 3	Try 4	Try 5	Total
103A						
103B						
103C						
103D						
Grand Total						



## Nine Ball Techniques

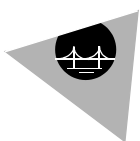
### **Wrap Up**

Do you know what you need to work on?

What are you going to do differently from what you did before this clinic?

Any final questions?

Instructor/course evaluations.



## Nine Ball Techniques

# Appendix 1: Billiard Fundamentals Rating Sheet

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Area	Item	Comments
Grip	<input type="checkbox"/> Cue cradled by back hand <input type="checkbox"/> Hand relaxed <input type="checkbox"/> Wrist aligned with forearm <input type="checkbox"/> Forearm perpendicular at contact	
Bridge	<input type="checkbox"/> Anchored bridge hand <input type="checkbox"/> Firm guidance for cue <input type="checkbox"/> Proper bridge length <input type="checkbox"/> Solid rail bridge <input type="checkbox"/> Over ball bridge <input type="checkbox"/> Open and closed bridges tight <input type="checkbox"/> Mechanical bridge technique	
Stroke	<input type="checkbox"/> Elbow pendulum swing <input type="checkbox"/> Close approach <input type="checkbox"/> Complete practice strokes <input type="checkbox"/> Slow backswing, smooth acceleration <input type="checkbox"/> Correct extension <input type="checkbox"/> Straight follow through <input type="checkbox"/> Minimum body movement	
Stance	<input type="checkbox"/> Feet placed consistently <input type="checkbox"/> Weight and balance even <input type="checkbox"/> Rear leg is straight <input type="checkbox"/> Major parts in a vertical plane <input type="checkbox"/> Appropriate head elevation	
Aim	<input type="checkbox"/> Head directly over cue <input type="checkbox"/> Aiming with correct eye <input type="checkbox"/> Looks at object ball last	
Other	<input type="checkbox"/> Chalks frequently and correctly <input type="checkbox"/> Consistent tempo <input type="checkbox"/> Realigns when unsure	

