

Pre-Shot Routine

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The pre-shot routine is the purposeful set of steps you go through in preparing for and executing a shot to help promote accuracy and consistency.

1. **Visualize the Shot:** Determine what CB motion and final position you want and think about the tip position and speed necessary to accomplish the shot.
2. **Chalk Up:** Make it a habit to chalk the tip before each shot.
3. **Aim and Align:** While still standing straight up, visualize the desired aim and get your vision center and back foot into alignment with the line of the shot (i.e., “**Aim While Standing**”).
4. **Form Stance, Keeping Alignment:** Move your body and cue forward into the stance, keeping your vision aligned with the desired line of the shot (i.e., “**Chin Lock**”), with “**Laser**” focus at the OB target.
5. **Fiddle and Adjust:** With your cue still, and with the tip close to the CB, make small adjustments in your cue alignment and tip position until you are confident you have the cue along the desired aiming line. If any big adjustments are required, go back to step 3.
6. **Warm up:** Take some warm-up strokes to verify you can guide the cue along the desired line while staying relaxed.
7. **Pause and Verify:** With the cue still again, recheck the tip position and cue alignment. At this point, you want to be confident and have no doubt or uncertainty concerning the shot. If you do, get up and start over.
8. **Focus on the Target:** Before the final stroke, focus on your target (e.g., the center of the desired ghost-ball position or the contact point on the OB) and give your eyes time to settle (i.e., have “**Quiet Eyes**”).
9. **Stroke with Confidence:** Now execute the final stroke with a slow backswing, non-rushed forward transition, and smoothly accelerating forward stroke, concentrating only on delivering the cue straight with the desired speed.
10. **Stay Down:** Keep your head and body still during and after the final stroke (i.e., “**Be a Statue**”).

And after every shot, be sure to diagnose how the shot went and take mental notes of what was off, if anything.

For a video demonstration and more information, see the pre-shot routing FAQ resource page here:

billiards.colostate.edu/threads/pre-shot_routine.html