

Stop/Follow/Draw Drill

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Drill:

1. Place the CB and OB as shown below, with the CB in position “A.”
2. Start with the stop shot (“1”).
3. Pocket the OB and have the CB stop within 1 inch of target CB position “1.”
4. Repeat until you get two consecutive successful attempts.
5. Repeat steps 2-4 for the follow shots (“2”-“5”), having the CB stop within the number of inches indicated by the CB target number (e.g., 2 inches for “2,” 3 inches for “3,” etc.). If you can’t achieve a target position after 5 attempts, go to the next step (step 6 if you were shooting follow shots, or step 7 if you were shooting draw shots).
6. Now repeat steps 2-5 for the draw shots, starting at position “a” and continuing through “e,” using 2 inches for “b,” 3 inches for “c,” etc.
7. Move the CB to the next start position (“B”) and go back to step 2. After the last CB position (“C”), got back to step 1.

