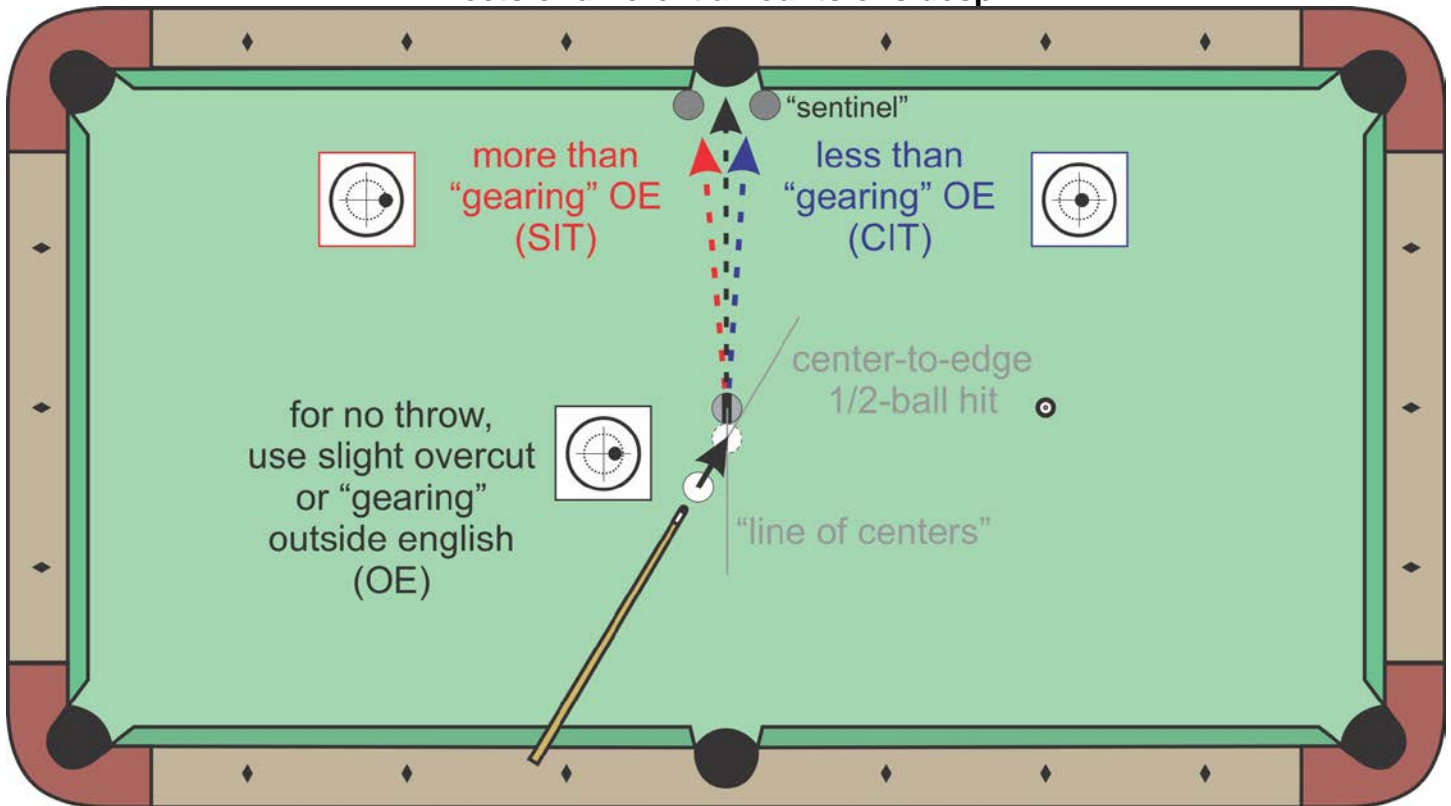


# Gearing Outside Spin (English)

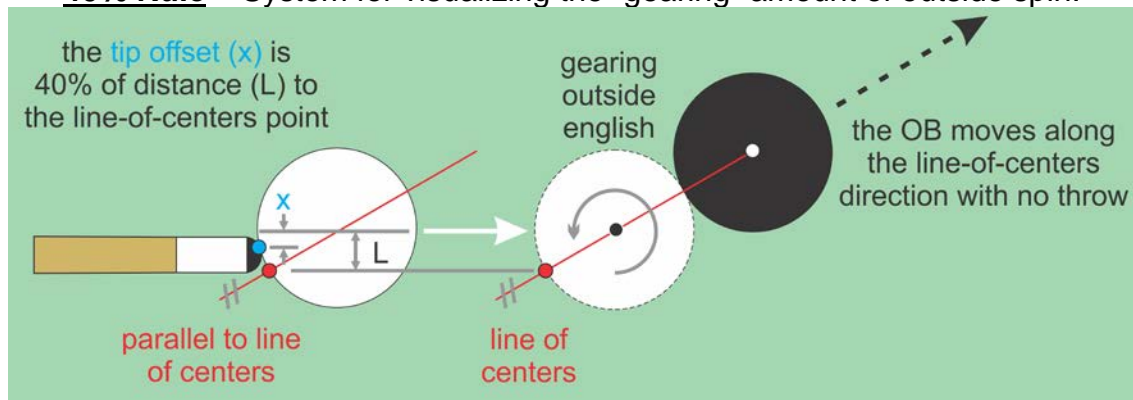
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## Effects of different amounts of sidespin:



**drill:** test aim first with fast-speed draw/follow (less throw); then vary speed and draw/follow/stun to see changes in throw; then experiment with slow stun (max throw) and various amounts of sidespin

## 40% Rule – System for visualizing the “gearing” amount of outside spin:



## Alternative to using gearing outside spin (e.g., when shot calls for different sidespin):

Adjust aim for throw (before adjusting for squirt/swerve, for example with BHE/FHE), understanding:

- Maximum throw is about 1 inch per foot of OB travel, which is about 5 degrees.
- Maximum CIT occurs with a slow-speed stun shot at about a 1/2-ball hit.
- Maximum SIT, for a straight shot, occurs with slow speed, stun, and about 50% sidespin.
- Throw is less with faster speed and with topspin or bottom spin (unless drag, then more throw).