## F1 - Cut Shot Drill



Instructions (for drills: F1-F4):

- Start with the cue ball (CB) in position 4. Each time you pocket the object ball (OB), advance the CB one position (e.g., from 4 to 5 ); and with each miss, move down by one number (e.g., from 4 to 3 ). If you succeed at position 7 or miss at position 1 , stay at that position. The phrase "progressive practice" is used to describe this type of drill because the difficulty level changes progressively in response to your performance.
- Continue for 10 shots total unless you already have a guaranteed score of 10 (e.g., you can stop if you make the first eight shots).
- Adjust the CB position after the $10^{\text {th }}$ shot based on the outcome, but not below 1 or above 7 . For example if you make the $10^{\text {th }}$ shot at 6 , the final position is 7 ; and if you miss the $10^{\text {th }}$ shot at 6 , the final position is 5 .
- Your score for the drill is the final position number plus a bonus for excellence. The bonus is equal to the numbers of successes at position 7 . The maximum total score allowed is 10.
- Any drill in this exam can be done from the other side of the table (e.g., if it is easier to reach for a left-handed vs. right-handed player).


## F2 - Stop Shot Drill



Instructions:

- Follow the instructions from drill F1.
- The OB must be pocketed, and the stopped CB must overlap at least part of the ghost-ball (GB) outline.
- The CB is allowed to contact the cushion.
- Tap and mark both the OB and GB positions with "little white donuts" to make it easier to check GB overlap after each shot (e.g., by trying to place a ball in the GB position) and to re-spot the OB.
- You are allowed to vary the CB and OB positions away from the rail as long as the CB remains within one diamond of the rail.
- If you end up in position 1 you are allowed to place the CB anywhere between positions 1 and 2. This will allow you to comfortably avoid a double hit.

```
score = CB position number after the last shot + bonus (10 max)
```


## F3 - Follow Shot Drill



Instructions:

- Follow the instructions from drill F1.
- The rectangular target can be printed and cut out from a template on the website. It is an 8.5 " $\times 11$ " sheet of paper with the center removed, leaving a 1 " border.
- The CB and OB are always 1 diamond apart.
- The OB must be pocketed and the CB must end up within or overlapping the target for success.
- Both the CB and OB are allowed to contact cushions.
- You are allowed to vary the CB and OB positions away from the rail as long as the CB remains within one diamond of the rail.

$$
\text { score }=C B \text { position number after the last shot }+ \text { bonus (10 max) }
$$

## F4 - Draw Shot Drill



Instructions:

- Follow the instructions from drill F1.
- You must pocket the OB and the CB must end up within the $2 \times 1$ diamond rectangle adjacent to the side pocket. The CB center (or resting point on the cloth) must be inside of the rectangle border.
- The CB is allowed to hit the side cushion.
- The target rectangle area is fixed and does not move with the CB.
- You are allowed to vary the CB and OB positions away from the rail as long as the CB remains within one diamond of the rail.
- If you end up in position 1 you are allowed to place the CB anywhere between positions 1 and 2. This will allow you to comfortably avoid a double hit.

$$
\text { score }=C B \text { position number after the last shot }+ \text { bonus (10 max) }
$$

## F5 - Stun Shot Drill



## Instructions:

- The OB must be pocketed and the CB must end up within or overlapping the target for success.
- Start with the target in position 4. Note that the target center and orientation for position 4 is different from the others, with the long edge against the rail cushion. The target centers for the other positions are aligned with the long-rail diamonds.
- The CB must head straight to the target (without cushion contact) for positions 1,2 , and 3 , and the CB must rebound off the end rail for target positions 5, 6, and 7. Cushion contact is allowed, but not required, for target position 4.
- With each success, advance the target one position (e.g., from 4 to 5 ); and with each miss, move the target back (e.g., from 4 to 3). If you succeed at position 7 or miss at position 1, keep the target at that position.
- Continue for 10 shots total.
- Adjust the target position after the $10^{\text {th }}$ shot based on the outcome, but not below 1 or above 7 . For example if you succeed on the $10^{\text {th }}$ shot at 6 , the final position is 7 ; and if you miss the $10^{\text {th }}$ shot at 6 , the final position is 5 .
- Your score for the drill is the final position number plus a bonus for excellence. The bonus is equal to the numbers of successes at position 7. The maximum total score allowed is 10.
score $=$ target position number after the last shot + bonus (10 max)


## F6 - Ball Pocketing Drill



Drills F1-F5 above were "progressive practice" drills, where the CB, OB, and/or target moved as you progressed through the drill, taking 10 shots total. In the remaining drills, the CB and/or OB are fixed and you are simply shooting a set of shots, where you attempt each shot a specified number of times. You shoot the shots in order, regardless of whether or not you succeed at each.

Instructions:

- Shoot all 5 shots from each CB position, attempting to pocket the OBs as shown.
- You get 1 attempt at each of the 10 shots. You are not allowed to scratch.
- This and the remaining drills are not "progressive." Instead, you attempt each shot, regardless of the previous shot's outcome.
score = \# of balls pocketed (10 max)
F7 - Wagon Wheel Drill



## Instructions:

- Pocket the OB and have the CB hit each of the rail target balls.
- You score a point by pocketing the OB and hitting the current target ball.
- Rail-first contact, adjacent to the target ball, is allowed, but you are not allowed to hit any other cushion on the way to the target ball.
- Take 2 attempts at each target ball.
- Remove target balls completed, and reposition any remaining balls that are disturbed.

```
score = # of successful attempts (20 max)
```


## F8 - Grid Target Drill



## Instructions:

- The OB (1 ball) must be pocketed and the CB must end up within or overlapping each of the targets.
- Take 4 attempts at each target, scoring 1 point for each success.
- Take any path to the target you desire, off as many rails as you chose or straight to the target.

```
score = # of successful attempts (20 max)
```

