The San Francisco Billiard Academy

Presents:

A Recognized Instructor Course

Taught by Billiard Congress of America
Certified Instructors
Eric Harada
Bob Jewett
Joseph Mejia

What to Teach
How to Teach It
Course Organization

“What a feeling to shoot better and consistently.
We’ll show you the way.”

Recognized Instructor Course

WELCOME

Welcome to the San Francisco Billiard Academy’s Recognized Instructors Course. This is the first level of the Billiard Congress of America’s Instructor Training Program.

The course is divided into three days of eight sections each which are outlined hour by hour on the following pages. Be sure to take notes and ask questions if you want to get full value from the day’s instruction.

At the end of the course, each student will be asked to complete a two-page evaluation sheet and to submit a student feedback form to the Billiard Congress of America (BCA) to rate the quality and professionalism of the SFBA instructors.

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

Instructors:

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

• Certified Instructor Course (three days)
• Recognized Instructor Course (three days)
• Introduction to Billiard Instruction (one day)
• Basics Clinic (four to eight hours)
• Nine Ball Clinic (four to eight hours)
• Eight Ball Clinic (four to eight hours)
• Specialized Courses
• Individual Instruction
Recognized Instructor Course Outline

Day 1
Hour 1 Welcome
Hour 2 Review Quiz, Part 1
Hour 3 Review Quiz, Part 2
Hour 4 Video Analysis -- Station Demo
Hour 5 Lunch and Discussion
Hour 6 Working on Mechanics -- Station Demo
Hour 7 Presenting Basics I -- Station Demo and Practice
Hour 8 Q&A, Review, Homework (new quiz questions)

Day 2
Hour 1 Discuss Homework, Review, Q&A
Hour 2 Progressive Practice -- Station Demo and Practice
Hour 3 Presenting Basics II -- Station Demo and Practice
Hour 4 Teaching Tools
Hour 5 Lunch and Discussion
Hour 6 Mechanics, Part 1 -- Checklist
Hour 7 Video Analysis, Theory and Practice
Hour 8 Q&A , Review, Homework (study for test, develop flyer)

Day 3
Hour 1 Review Homework, Publicizing Your Services
Hour 2 Instruction Formats
Hour 3 Mechanics, Part 2 -- Drills, Symptoms, Fixes
Hour 4 Progressive Practices and Other Drills
Hour 5 Lunch and Discussion
Hour 6 Review of the Five Stations
Hour 7 Final Q&A, Review, Test
Hour 8 Review Test, Feedback Forms
Day 1, Hour 1: Welcome and Introductions

SFBA Staff Intro

BCA Instructor Training Program

  History

  Discussion of levels of certification (App. A2)

  Current programs

SFBA History and Programs

Student Intros

  Experience

  Goals

Course Objectives

  Learn basic instructional techniques

  Learn basic course structures

  Not to learn how to play!

Break
Day 1, Hour 2: Review Quiz Answers, Part 1

Goal: Review quiz to check the Candidate’s basic knowledge of billiards.

See Appendix 1 of this handout for questions and answers.

Side Spin

Stance

Simple Physics

Aiming Systems

Break
Day 1, Hour 3: Review Quiz Answers, Part 2

Goal: Continue checking candidate’s knowledge.

See Appendix 1 for questions and answers.

Half Ball

Banking

Rules

Stroke

Review

Break
Day 1, Hour 4: Video Analysis

Goal: Learn the fundamental of video analysis through demonstration of a basic video session.

See the session handout in the Manual.

Trainer tapes the candidate

Example feedback and analysis

Candidate practices

Example flaws noted during the session:
Day 1, Hour 5: Lunch and Discussion

Day 1, Hour 6: Working on Mechanics

Goal: Learn how to work on basic mechanics through an example session.

Example handout is in the Manual.

Notes:

Spots drill

One-handed drill

Stroke practice with markers
Goal: Learn clear, efficient ways to present the basics of billiards.

Example handout is in the Manual (App. B5)

Always have the students participate.

Examples:

- Tip curvature
- Cue straightness
- Squirt/deflection
- Chalk
- Bridges
- Left arm
- Right arm
- Grip
- Stroke sequence

Sighting: ghost ball and fractional ball (see following page)

Break
Example Fractional Ball Aiming Handout

- **Full ball**
- **3/4 ball**
- **Half ball**
- **1/4 ball**
- **Thin**
Recognized Instructor Course

Day 1, Hour 8: Q&A, Review, Homework

Goal: Check progress so far and reinforce material

Are there any questions on:

- BCA Instructor Program
- Course Objectives
- Entrance Quiz Items
- Video Analysis
- Mechanics Training Session
- Presenting the Basics, Part 1

Homework:

Prepare four (or more) new questions (with answers) suitable for the entrance quiz.
Day 2, Hour 1: Review Homework and Day 1

Goal: Work through candidate’s ideas for new quiz questions

Review new quiz questions.

Review of Day 1

  Video
  Mechanics
  Basics I

Break
Day 2, Hour 2: Progressive Practice Demo

Goal: Learn how to present progressive practice drills through a demonstration session.

Example handout is in Appendix C of the Manual.

Trainer presents session to candidate.

Candidate presents session to trainer.

Break
Goal: Learn more demos to illustrate pool basics.

**Position Play (App. B5)**

**Straight shots**

- Use a stripe to show spin

**Angle shots**

- Straight in the side to make geometry obvious
- Mark the rail

**Side Spin Shots**

- Running/reverse -- use a stripe

Example running shot: three cushion position from an easy side pocket shot

Demonstrating the problems:

- Miscue
- Squirt -- end rail cut
- Swerve -- slight masse
- Throw -- frozen or close shot
- Cling -- chalked balls

**Others**

**Break**
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Day 2, Hour 4: Teaching Tools

Goal: Learn to use teaching tools to ease learning

Notes on each item:

- Mirror
- Laser sight
- Practice Balls
- Donut stick-ons
- Chalk for marking positions
- Pendulum
- Mirrored ball for bank systems

...
Day 2, Hour 5: Lunch and Discussion

Day 2, Hour 6: Mechanics Theory, Part 1

The Mechanics Checklist

Goal: to understand what mechanics are, why they’re important, how to check them, and how to fix them.

What do we mean by mechanics?

Importance of good mechanics

Using the “Billiard Rating Sheet” (App B-7)

A Starting Point

Causes and effects

Avoid student overload

Emphasize the points appropriate to the student’s level

Highlights From the Checklist

Cradling the cue

Solid bridge

Pendulum technique

Back swing

Straight follow through

Break
Day 2, Hour 7: Video Analysis, Theory and Technique

Goal: Learn to use video taping to analyze student problems

Motivation

Equipment Considerations

Selecting Shots (App. B-10, diagrams on next page)

Design the setup to look for a specific part of the mechanics

Video Analysis Examples

Hitting the major problems

Positive comments too

Referring back to the checklist (App. B-7)

Video Taping Practice

Break
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Example Video Positions

Stop shot

Draw shot for position

Rail shot

Follow or draw shot

Grip

Bridge or elbow

Head position

Steady under pressure?

Elbow, bridge, finish
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Day 2, Hour 8: Q&A, Review, Homework

Goal: Check and reinforce material learned today

Review:

New quiz questions

Progressive practice demo

Teaching basic position, spin, and bridges

Teaching tools

Mechanics, Part 1

Video Analysis

Homework:

Study for final quiz

Develop an advertising flyer -- What points must be covered?
Day 3, Hour 1: Review, Publicizing Your Services

Goal: Learn ways to market your services

Q&A Review

Discussion of candidates’ flyers

Discuss section in the Manual

Forming Alliances
    Rooms
    Leagues
    Supply Stores

Break
Day 3, Hour 2: Instruction Formats

Goal: Learn some specific lesson formats

Only a Beginning!

Station Format (App. B-3)

Four Week Format (App B-4)

Ten Week Format (next page)

Specialized Courses

Break
Example Format: 10-Week Course

Format: A 10-week course meeting twice a week, perhaps at a college recreation center. One hour (50 minutes) per day.

Level: Beginner

Ratio: One instructor for 10-16 students, two students per table.

The students warm up for the first ten minutes each day to allow for late arrivals. The second ten minutes or so is a mini-lecture on the topic of the day. The remainder of the hour is spent in practice or play with the instructor helping with questions and problems.

Handouts: Course outline, simplified rules of 8 ball, list of references

Week 1 Selecting a cue, chalking, basic open bridge, stance; Basic sighting, rules of 8 ball

Week 2 Speed/stroke drill, rail bridges; Mechanical bridge, closed bridge, playing left handed

Week 3 Follow shots; Draw shots

Week 4 English - benefits; English - pitfalls

Week 5 Stroke practice, margin of error; Throw shots, combinations

Week 6 Kiss shots; Carom shots, the half ball shot

Week 7 Bank shots; Masse and jump shots

Week 8 Care of equipment; Rules of straight pool

Week 9 Rules of 9 ball; Rules of billiards

Week 10 Two days, double elimination 8 ball tournament
Day 3, Hour 3: Basic Mechanics, Part II

Goals: Learn to use drills to improve mechanics. Learn to diagnose problems and find cures.

Review Practice Drills (App. B-9)

Over the spots

One handed

Standard cueing drill

Symptoms and Fixes

Examples:

<table>
<thead>
<tr>
<th>Symptom</th>
<th>Problem</th>
<th>Fix</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pump-handle stroke</td>
<td>Misplaced grip</td>
<td>Rubber band</td>
</tr>
<tr>
<td>Unintended side spin</td>
<td>Maybe a dominant position</td>
<td>Try to move the head or concentrate on which</td>
</tr>
<tr>
<td>misses to one side</td>
<td>problem</td>
<td>eye is doing the work</td>
</tr>
<tr>
<td>swerve in all strokes</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Stick finishes in air</td>
<td>Elbow drops</td>
<td>Over the spots drill, focus on ferrule</td>
</tr>
</tbody>
</table>

Break
Day 3, Hour 4: Progressive Practice and Other Drills

Goal: Learn to use progressive practice and other drills improve fundamentals and work on specific problems.

Progressive Practice (App. C)

- Problems noted during practical test
- Main features/characteristics compared to other drills
- Working with two students per table
- Efficient demonstration when explaining the important parts of the drill

Five Minute Lessons (App. D)

- Softly to the side (App. D-3)
- Zen draw (App. D-7)
- Soft maximum draw (App. D-8)

Other drills and demonstrations
Day 3, Hour 5: Lunch and Discussion

Day 3, Hour 6: Review of Station Format

Goal: Review each of the main sections of a short course on billiard basics.

This will be your final chance in this course to clear up any points on the following sections of the “station” format.

Video Analysis

Mechanics

Progressive Practice

Basics, Part 1

Basics, Part 2

Break
Day 3, Hour 7: Final Q&A, Review, Test

Goal: Clear up any final questions. Test your knowledge.

Review

Other topics:

   Jump shots
   Systems
   Masse
   Refereeing
   Rules
   A selection of games
   Mental preparation
   Other sections in the Manual

Quiz

Break
Day 3, Hour 8: Wrap-Up

Goal: Receive and give feedback on the course.

Review test answers

Feedback forms

Final discussion