

FOUNDATION COURSE PLUS

1. Personal Video
2. The Cueing Instrument
3. Mechanics
 - a. Grip
 - b. Bridges
 - c. Stance
4. Demonstration and discussion of all aspects of stroke
5. Personal video viewing and feedback
6. Stroke Positions
 - a. Set
 - b. Pause
 - c. Finish-Freeze
7. Sets and resets
8. Eye patterns
9. Three "S" System
10. Practice vs. Competition
11. The cue ball
12. Speed gauge #1
 - a. soft
 - b. medium
 - c. hard
13. Speed gauge #2
 - a. Positive speeds (2-4)
 - b. Stroke speed (2.5)
 - c. Finesse speeds (F1-F12) and 1 speed
14. The pockets and basic aiming
15. Ghost ball aiming
16. Quarters Aiming System
17. The skid zone
18. Reference shot #1
 - a. angle
 - b. speed
 - c. spin
19. Reference shot #2 (draw)
20. Reference shot #3 (follow)

21. Playing center ball
22. Deflection and squirt
23. Cue ball departure lines
24. The stun shot
25. Side spin (the variables)
26. Putting it all together
27. Reference shots (#4-#16)
28. Priority tip positions
29. Playing the "V" and the fault line
30. Throw/Friction
31. Frozen balls
32. Spin Effects
 - a. balls
 - b. bed cloth
 - c. cushions
33. Banks and the variables
34. Kicks and the variables
35. Jump shots
36. Masse shots
37. "Choke" situations
38. The break and the variables