



Junior Program Curriculum (A)

Below is a list of topics that will be covered over the course of a 10-week Junior Division (first) session. Some will likely be addressed on a regular basis and some may not be addressed until players are ready to learn them. Coaches will determine when players are ready to learn certain skills.

1. Etiquette and Sportsmanship
2. Fundamentals – Stance, Stroke, Grip, Bridge
3. Aiming – Ghost Ball, Tangent Line
4. Game Rules for 9 Ball (Racking, Breaking, Ball Sequence, Fouls)
5. Scorekeeping (APA 9-Ball: <https://www.youtube.com/watch?v=K-shuWUHS1g>)
6. Eye Contact, Breathing, Follow Through
7. Banking, Kicking
8. Cue Ball Control (Stop Shots, Back Spin, Follow)
9. English (Left and Right Spin)
10. Pattern Play
11. Pool Cue Care (Hand Washing, Chalking and Scuffing, Storage)
12. Table Care (No drinks, food, sharp objects, etc)

We will provide instructional videos, higher-level drills and lower-level drills that cover each skill.

Course Outline

Week	Topic	Videos
1	Stance and Alignment	<ul style="list-style-type: none"> Lee Brett: https://www.youtube.com/watch?v=XHAI4j5eRBA Jeannette: https://youtu.be/UjSaZU17XXQ Florian: https://youtu.be/rGKaC7-qlxw Beeler: https://youtu.be/hr9_Ognkf4w
2	Bridges	<ul style="list-style-type: none"> Jeannette: Bridges https://youtu.be/OXsdu9KqVFA Florian: Bridge Techniques https://youtu.be/5OY05hWyaYM Lee Brett: Bridge Hand & Arm https://www.youtube.com/watch?v=UqGhn5wqyE4 Back Arm at Address https://youtu.be/4fe8fZHbEQQ Beeler: Bridge Hand Distance → https://youtu.be/ALXrLDmJ6ao // Bridges → https://youtu.be/Xp5MPB_CqiE
3	Grip	<ul style="list-style-type: none"> Jeannette: https://youtu.be/EAE82TsXqKU Lee Brett: https://www.youtube.com/watch?v=4FQ3E0Oo8yw Beeler: https://youtu.be/zbye8JWEub8
4	Stroke	<ul style="list-style-type: none"> Lee Brett: Backstroke & Pause https://www.youtube.com/watch?v=CnWK0zJYtIs Follow Through: https://www.youtube.com/watch?v=sjLx2jAWP0A Jeannette: The Perfect Stroke https://youtu.be/eL_DvTmCJfM Beeler: Stroke → https://youtu.be/manDPj1VmHE Stroke Drills → https://youtu.be/O-Ec6mAez9s (follow & draw) Advance Stoking Technique → https://youtu.be/EIZBDOvwULM Florian: Improving Your Stroke https://youtu.be/0VR40ZtmzI Bottle Drill https://youtu.be/Msdetysygc0
5	Aiming, Sighting, Ghost Ball, Tangent Line	<ul style="list-style-type: none"> Lee Brett: Sighting and Aiming https://www.youtube.com/watch?v=YYRygaWcJp8 Corey Deuel: Aiming with the Ghost Ball - https://youtu.be/ewqybrOteN0 The Eclipse Concept https://youtu.be/xm6K-ACb_hM Florian: Ghost Ball https://youtu.be/7cwBPGPiZ0E Florian: Tangent Line https://youtu.be/FDuJiBFp974
6	Stop Shot, Draw, Follow	<ul style="list-style-type: none"> Beeler: The Most Important Shot In Pool → https://youtu.be/Vd38lCaFo48 Ball Running Drill → https://youtu.be/zcAMcxNh9oU Corey Deuel: How to do a Stop Shot - https://youtu.be/ixO1WhKRIJE Mighty X Pool Drill - https://youtu.be/FXig0vMXug8 (RE: follow, stop, draw) Force Follow - Force Draw Drill - https://youtu.be/7RoJ1ji2Cms Corey Deuel - Draw Shot Drill - https://youtu.be/gN1s1EMrfq
7	Center Ball vs English	<ul style="list-style-type: none"> Florian: English https://youtu.be/MbxGC_fkZUs Corey Deuel - Center Ball Reflection Drill - https://youtu.be/a6fD4EuCyH4 Corey Deuel - Cue Ball Control Drill - https://youtu.be/tBaCZUQ7t8A
8	Breaking	<ul style="list-style-type: none"> Lee Brett: 9-Ball Rack, Making Wing Ball: https://www.youtube.com/watch?v=atJHOr5djN0 Loose-Wrist Snap for More Power: https://www.youtube.com/watch?v=IYxdAucFIHY Corey Deuel - Ep 8 - Breaking - https://youtu.be/Aiz7u6pOSI0 Corey Deuel - Ep 10 - How I Break in 9-Ball - https://youtu.be/X631iYLL9KM
9	Banking and Kicking	<ul style="list-style-type: none"> Lee Brett: Banking https://www.youtube.com/watch?v=vWJmKsHftzI How to Kick https://www.youtube.com/watch?v=ziOyixJgMoQ Corey Deuel: How to Bank https://youtu.be/dhEj_zVrDys Florian: How to Kick & Bank https://youtu.be/UjPEXXx6nX8 Kicking & Banking Practice https://youtu.be/qWkDNSm0fw8 (RE: play of a table) Skill Level 5 to 6 https://youtu.be/7yp7Z-GSL68 (RE: Kick/Bank Adjustments) Skill Level 6 to 7 https://youtu.be/gmZh_eoPqfc (RE: Kick/Bank Theory, pattern play)
10	Shooting System, Eye Movement	<ul style="list-style-type: none"> Lee Brett: Eye Pattern https://www.youtube.com/watch?v=BKRJSx1G0AI Jeannette: Shooting System https://youtu.be/6Wgf5gLDBks (RE: not pre-shot routine, but when shooting, eye movement, where hitting cue ball)
Other	Mental Game	<ul style="list-style-type: none"> Lee Brett: Mental Game: https://youtu.be/B1-cuFy3bCw Beeler: Mental Game → https://youtu.be/LoGuXhCdcc0 Corey Deuel - The Yips Drill for Contact Anxiety - https://youtu.be/MD7jEvedpZg
Other	Pattern Play	<ul style="list-style-type: none"> Beeler: Practicing Pattern Play with the Brainwash Drill → https://youtu.be/SgimZZNmm84
Other	Safeties	<ul style="list-style-type: none"> Lee Brett on Safety Play: https://www.youtube.com/watch?v=wllX4xG_-mc