PERFORMANCE POOL COACHING

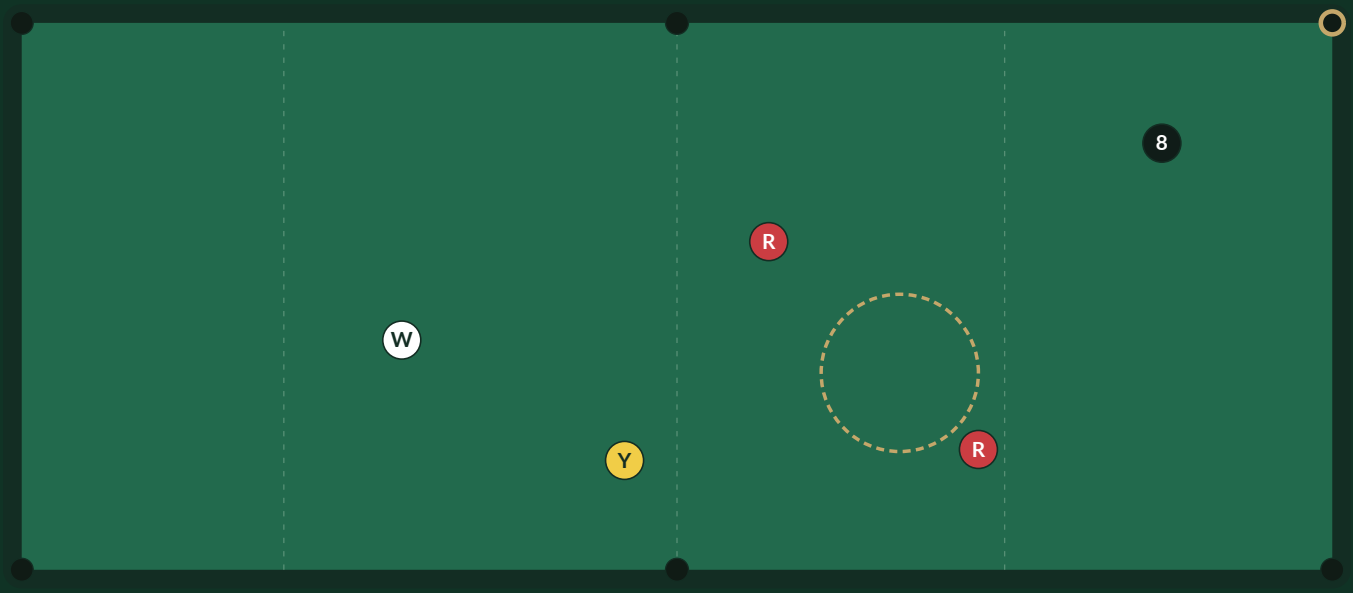
North East

THE COMPLETE BOOK OF

ENGLISH 8-BALL POOL

The self-coaching bible

Train with purpose. Diagnose your weaknesses. Build a game that performs under pressure.



240 SCORED CHALLENGES / 24 SKILL FAMILIES

12-WEEK PROGRAMME / BASELINE 128

DIGITAL EDITION 2.0 • NOVEMBER 2026

Independent coaching resource • Rules and practice guidance.

FREE SAMPLE EXTRACT | SAMPLE 1 OF 6 | NOT THE COMPLETE BOOK

Read the table diagrams

Repeatable placement makes scores meaningful.

Coordinate convention

The baulk cushion is x=0; the far short cushion x=100. The top long cushion is y=0; bottom y=50. Coordinates refer to ball centres, as percentages of the cushion-nose bed length. On a non-2:1 table use proportional width placement. Measure the actual bed, not the external table size.

Example

On a bed measuring 180 cm by 90 cm, W(20,25) means 36 cm from the baulk cushion and 45 cm from the top long cushion. A zone radius of 5 means 9 cm. All placements are relative; use the actual white-ball centre and actual ball diameter.

Diagram key

W = white; R = red; Y = yellow; 8 = black. Gold pocket outline = nominated pocket. Gold rail = required cushion. Dashed circle = landing area. Dashed paths, where shown, are planning estimates, not exact physical trajectories. A rack outline is only a placement aid; use the official event rack.

Legal physical placement

A ball centre must be at least its radius from a cushion nose and separate from every other ball by the sum of their radii. If a coordinate cannot be set on your table, do not force it: use a safe modified setup and record it as practice, not a comparable scored test.

COACHING ACTION

Set up three shots with a ruler, then reset them without guessing. Record table dimensions, balls, cloth and rules.

Find the fault, then test it

Choose a family from the symptom, not from guesswork.

Straight pots miss / cue wanders

Test F01 then F02. If lateral return error persists, check tip contact and rear video. If cue returns accurately but pots miss, test alignment and object-ball line. F03 isolates constrained bridge work.

Cuts or rail pots miss

F04–F06. Keep one layout and pace for eight attempts; log thick/thin or jaw contact. If a change of speed alters the result, investigate pocket entry and throw separately.

White stops instead of drawing / runs on

F07–F10. Verify rotation outcome with the same pot. Use modest strike changes and observe actual movement. F11–F12 isolate pace if landing is the main weakness.

Wrong side of the next ball

F13–F15, then F19–F20. Draw the intended white path and next-shot line before playing. If path is correct but distance fails, train pace. If path is wrong, train angle and rotation.

Clearances or decisions fail

F16–F18 and F21–F24. Identify the first problem ball or decision, compare attack and safety, then test a specific route. Track whether the opponent had an easy reply.

COACHING ACTION

Choose one symptom, one family and one adjustment. Retest the identical scored variant after a rest day.

F01 Centre-line return

Band 1/5 • Foundation • Build the line

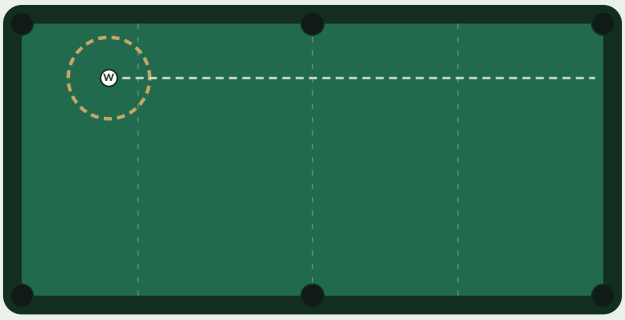
Purpose. Isolate cue delivery from potting. Use a line parallel to the long cushions.

Execute. Sight the intended return line standing. Strike centre ball at medium pace.

Diagnose and correct. If the white returns sideways, check tip contact before changing stance.

Score one point when: White strikes only the far short cushion and returns to the zone; no scratch. Record lateral and length errors separately.

F01-01 ORIGINAL SIDE



SETUP W(15,10)

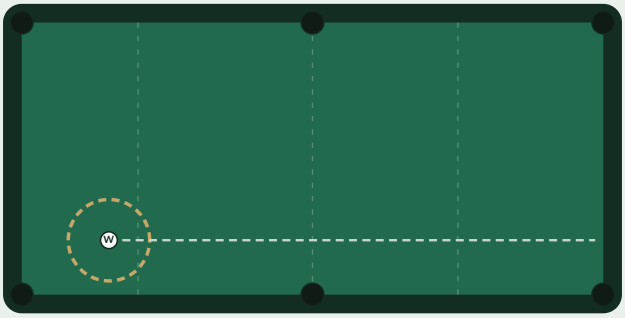
ZONE (15,10), r=7

Declare one coaching focus before the set.

8 ATTEMPTS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **SCORE ____ / 8** DATE _____

First error / correction: _____

F01-02 MIRROR / TRANSFER



SETUP W(15,40)

ZONE (15,40), r=7

Compare mirror errors: does the same correction still work?

8 ATTEMPTS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **SCORE ____ / 8** DATE _____

First error / correction: _____

Transfer to a frame: Use the same delivery check before a straight pressure pot.

F08 Follow distance

Band 1/5 • Foundation • Natural roll

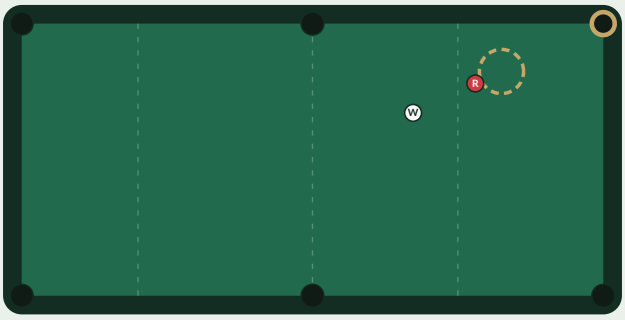
Purpose. Control forward travel after a straight pot, without confusing it with stop.

Execute. Choose a rolling cue ball and a pace that reaches the short forward target.

Diagnose and correct. If the white stops, check its rotation at impact rather than just raising the tip.

Score one point when: Pot red legally; the white must roll forwards after contact by at least one white-ball diameter AND stop in the marked zone.

F08-01 ORIGINAL SIDE



SETUP W(67.3,16.4) R(78,11)

ZONE (82.5,8.8), r=3.8

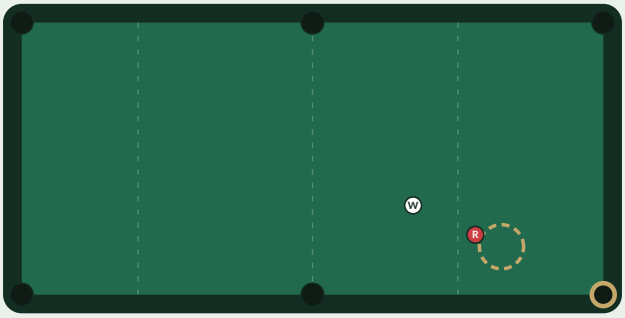
POCKET top right

Declare one coaching focus before the set.

8 ATTEMPTS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **SCORE ____ / 8** DATE _____

First error / correction: _____

F08-02 MIRROR / TRANSFER



SETUP W(67.3,33.6) R(78,39)

ZONE (82.5,41.2), r=3.8

POCKET bottom right

Compare mirror errors: does the same correction still work?

8 ATTEMPTS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **SCORE ____ / 8** DATE _____

First error / correction: _____

Transfer to a frame: Use follow when the next ball lies naturally ahead; do not add side without a reason.

F19 Three-ball route

Band 1/5 • Foundation • Choose the key ball

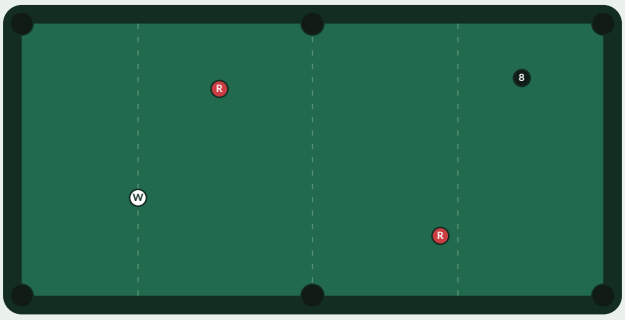
Purpose. Learn to plan backwards from black while retaining a natural angle.

Execute. Select the red giving the simplest black route before the first shot.

Diagnose and correct. If you finish wrong side, reassess instead of forcing the original plan.

Score one point when: Clear both reds then black in separate legal shots in one visit; no foul. Record the first positional error even if clearance succeeds.

F19-01 ORIGINAL SIDE



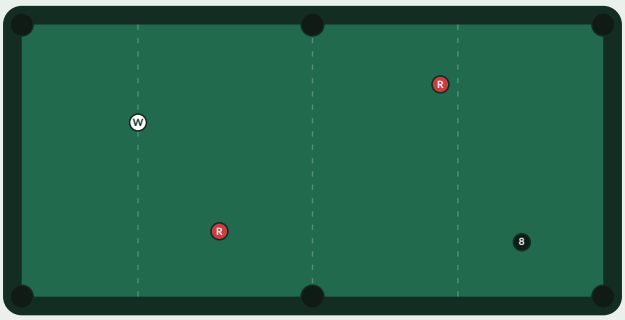
SETUP W(20,32) R(34,12) R(72,39) 8(86,10)

Name your intended route and expected finish before playing.

8 ATTEMPTS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **SCORE ____ / 8** DATE _____

First error / correction: _____

F19-02 MIRROR / TRANSFER



SETUP W(20,18) R(34,38) R(72,11) 8(86,40)

Re-plan the mirrored visit; do not copy a route blindly.

8 ATTEMPTS ☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐ **SCORE ____ / 8** DATE _____

First error / correction: _____

Transfer to a frame: Use the same backwards plan when facing the last two colours in a match.