BILLIARD GUIDES ACADEMY • TECHNICAL TRAINING SERIES

THE 30-DAY CUE BALL CONTROL PRACTICE WORKBOOK

Master Stun, Follow, Power Draw, and the 90° Tangent Line to Run Out Racks with Authority

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Target Audience:	Amateur, League (APA 3-7), and Serious Tournament Shooters
Format:	Printable 30-Day Training System & Benchmark Scorecards
Publisher:	Billiard Guides (billiardguides.com)
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THE GOLDEN RULE OF POSITION PLAY:
"The cue ball does not have opinions; it obeys Newtonian physics. Once you master the sliding tangent line and the natural roll angle, you eliminate guessing and shape falls into place automatically." — Marc Robert

System Overview & Practice Rules

Welcome to the 30-Day Cue Ball Control Practice Workbook. Most pool players spend years practicing pocketing tough shots, but pocketing is only 30% of winning pool. The true differentiator between a recreational shooter and a run-out competitor is **cue ball positioning**.

When your cue ball moves with intention and stops precisely where intended, difficult shots disappear. You shoot straight, open angles into wide pockets, and every rack feels routine.

The 4 Stroke Speeds (Speed Calibration)

Every drill in this workbook requires calling your stroke speed prior to delivering the cue:

Speed Level	Designation	Ball Travel Distance (Unobstructed)	Primary Tactical Purpose
Speed 1	Touch / Drift	1 to 2 Diamonds	Short-range stun, feathering balls into clusters, tight rollouts.
Speed 2	Natural Lag	1 Full Table Length (Up & Back)	Center-table repositioning, smooth follow through, control pace.
Speed 3	Firm Stroke	2 Full Table Lengths (2 Rails)	Breakout shots, cross-table stun lines, power draw shape.
Speed 4	Force / Break	3 to 4 Table Lengths (3 Rails)	Maximum draw recovery, full-table break, escape routings.

Daily Practice Structure (30 Minutes Per Day)

- **Warmup (5 Minutes):** 10 straight-in center-ball stop shots from the head spot to foot spot to verify stroke straightness.
- **Core Drill Execution (20 Minutes):** Execute the daily drill 10 consecutive times. Record successful reps on your scorecard.
- **Cool Down & Analysis (5 Minutes):** Review miss patterns. Did the cue ball roll too far (speed error) or deviate from the target angle (tip contact error)?

The Tangent Line Master Reference (The 90° & 30° Rules)

All positional play in cue sports is governed by two immutable geometrical laws: the **90-Degree Rule** and the **30-Degree Rule**.

1. The 90-Degree Rule (Stun Shot Tangent Line)

When a cue ball strikes an object ball with **zero forward or backward rotational spin** (a pure sliding ball), the cue ball will ALWAYS depart at exactly 90 degrees relative to the path of the object ball.

To produce a sliding cue ball at impact:

- **Short Shots (1-2 feet):** Strike the cue ball exactly in the vertical center.
- **Medium Shots (3-5 feet):** Strike 1/2 tip below center to counter cloth friction drag.
- **Long Shots (6+ feet):** Strike 1 full tip below center with a smooth, accelerating follow-through.

2. The 30-Degree Rule (Natural Rolling Follow)

When a cue ball is in a state of **pure forward rolling** (natural roll) upon contacting an object ball at any cut angle between 15° and 45°, the cue ball deflects at approximately **30 degrees** from its original line of travel.

This creates the famous 'Peace Sign' sighting system. By spreading your index and middle finger into a 30° 'V' shape, you can instantly predict the cue ball's post-impact path across the table.

3. The Draw Angle (Bottom Spin Elasticity)

When backspin is applied, the cue ball initial begins along the 90° tangent line for a fraction of an inch, then the backspin bites the felt, curving the cue ball backward toward the shooter. Controlling the depth of bottom spin allows you to manipulate angles anywhere from 90° back to 180° (straight reverse).

Module 1 (Days 1–6): The Sliding Cue Ball & Dead Stop

Objective: Eliminate unintentional follow or draw. Learn to deliver a completely sliding cue ball that halts dead on straight shots and tracks the pure 90° tangent line on cuts.

Day	Drill Name	Setup & Objective	Target Score
Day 1	3-Foot Dead Stop	Straight-in shot, 3ft separation. Pocket object ball; cue ball must freeze completely within 1 inch of impact spot.	8 / 10 clean freezes
Day 2	6-Foot Distance Stun	Increase separation to 6ft. Strike 1 tip below center. Cue ball must not roll forward even 1 revolution after contact.	7 / 10 clean freezes
Day 3	Full-Table Stun	Object ball on foot spot, cue ball behind head string (7.5ft). Firm Speed 3 stroke. Zero forward movement allowed.	6 / 10 clean freezes
Day 4	15° Cut Stun Slide	Object ball to corner pocket at 15° cut. Cue ball must slide cleanly along 90° line into rail marker without curving.	8 / 10 on marker
Day 5	30° Half-Ball Stun	Half-ball hit into corner pocket. Cue ball travels 90° cross-table to opposite diamond. Measure deviation from diamond.	±2 inches of diamond
Day 6	45° Thin Cut Stop Zone	Thin cut into side pocket. Sliding cue ball must cross table and rebound off single rail to center table zone.	7 / 10 in 12" circle

Pro Execution Tip for Module 1:

"Do not drop your elbow prematurely during stun shots. Maintain a level cue and accelerate smoothly through the ball. If the cue ball jumps or swerves, your cue stick was elevated above 5 degrees." — Marc Robert

Module 2 (Days 7–12): The 90° Tangent Line Highway

Objective: Master position placement along the tangent line. In modern 8-ball and 9-ball, 60% of all shape routes rely on stunning the cue ball along this exact line.

Day	Drill Name	Setup & Objective	Target Score
Day 7	Target Circle Stun	Place a sheet of paper (8.5x11") along the tangent path 3ft from object ball. Cue ball must stop on the paper.	8 / 10 on paper
Day 8	Rail Rebound Speed 2	Stun cue ball into long rail at 90°; rebound to center table. Measure distance from center spot.	±6 inches of spot
Day 9	Obstacle Avoidance	Place 2 blocker balls 3 inches off the tangent line. Cue ball must travel cleanly between them without touching.	8 / 10 clean paths
Day 10	The 'L-Shaped' Escape	Stun shot off short rail to escape a cluster and achieve shape on a corner pocket shot.	7 / 10 successful shape
Day 11	Key Ball Breakout	Stun cue ball 4ft down the tangent line into a tied-up cluster of 2 balls, breaking them open gently.	Both balls liberated
Day 12	Module 2 Mini-Trial	10 shots from varying cut angles (15° to 45°). All cue balls must stop within a 6" chalk circle on tangent line.	7 / 10 inside circle

Module 3 (Days 13–18): Natural Rolling & The 30° Rule

Objective: Harness natural forward roll. When you let the cue ball roll freely with the cloth, you achieve maximum consistency because spin friction is zero.

Day	Drill Name	Setup & Objective	Target Score
Day 13	The 30° Peace Sign Test	Set 30° cut. Predict cue ball departure line using hand 'V'. Shoot with rolling ball. Verify alignment.	9 / 10 within 1 ball width
Day 14	Wagon Wheel 3-Speed	Same shot at Speed 1, Speed 2, and Speed 3. All cue balls must travel the same trajectory, only varying in length.	3 perfect distance steps
Day 15	2-Rail Natural Drift	Rolling follow shot hitting end rail then side rail, drifting into center table for next shot.	8 / 10 in shape zone
Day 16	Side Pocket Scratch Safe	Classic scratch hazard cut into corner pocket. Use 30° rolling angle to safely bypass side pocket mouth.	10 / 10 zero scratches
Day 17	Full-Table Follow Up & Back	High follow stroke hitting head rail and returning 6 feet down table for long straight shot.	7 / 10 in scoring area
Day 18	Module 3 Mini-Trial	5 natural follow shots in 8-ball scenario. Must successfully pocket object ball and run out 3 consecutive balls.	4 / 5 racks completed

Module 4 (Days 19–24): Power Draw & Reverse Acceleration

Objective: Master deep backspin without miscueing or elevating the cue butt unnecessarily.

Day	Drill Name	Setup & Objective	Target Score
Day 19	1-Diamond Draw Meter	Straight-in shot, 2ft away. Draw cue ball back exactly 1 diamond (12.5 inches) and stop.	±2 inches of diamond
Day 20	2-Diamond Draw Meter	Same shot; draw cue ball back exactly 2 diamonds (25 inches). Focus on loose grip wrist snap.	±2 inches of diamond
Day 21	Full Table Draw Back	Object ball on foot spot; draw cue ball back past the head string (over 4.5 feet of draw).	7 / 10 past head string
Day 22	Angled Draw Departure	20° cut shot. Draw cue ball backward across the table to a specified corner target rail.	8 / 10 on rail target
Day 23	Low-Elevation Draw	Keep cue shaft strictly below 5 degrees elevation. Draw cue ball 3 feet without airborne hopping.	9 / 10 flat draw strokes
Day 24	Module 4 Mini-Trial	10 draw shots requiring exact 1-diamond, 2-diamond, or 3-diamond distances called in advance.	8 / 10 called distances

Module 5 (Days 25–28): Cushion Rebounds & Speed Control

Objective: Calibrate cushion angle adjustments and speed touch to float cue balls into perfect position zones without overshooting.

Day	Drill Name	Setup & Objective	Target Score
Day 25	2-Rail Corner-to-Center	Cut shot hitting short rail, long rail, drifting into exact center table box.	8 / 10 in 12" box
Day 26	3-Rail Z-Route Shape	Deep position route around 3 cushions to navigate from foot spot to head string safely.	7 / 10 successful shape
Day 27	The Dead Freeze Safety	Contact object ball and roll cue ball to freeze directly against opposite rail. Zero air gap.	7 / 10 frozen or <0.5"
Day 28	Lag Speed Precision Test	Lag cue ball from head rail to foot rail and back. Measure distance from head rail without touching.	Under 4 inches from rail

Benchmark Exam (Days 29–30): The 15-Ball Master Benchmark

The Ultimate Test: On Days 29 and 30, test your skills against the official Billiard Guides Position Benchmark. This drill separates amateur shot-makers from dominant run-out players.

Benchmark Setup & Protocol

- Place 5 object balls in a straight line along the center string (balls 1 to 5, spaced 10 inches apart).
- Pocket each ball in numerical order into designated corner pockets.
- On each shot, the cue ball MUST cross the center table line into the opposite hemisphere to earn shape on the next ball.
- Score 10 points for every successfully pocketed ball with proper shape. Maximum score: 100 points.

Billiard Guides Performance Scoring Rubric

Score Range	Skill Classification	Estimated FargoRate	Actionable Recommendation
0 – 30 pts	Novice / APA 3	Sub-380 Fargo	Repeat Module 1 (Stop shots). Eliminate body head movement during stroke.
31 – 60 pts	Intermediate / APA 4-5	380 – 480 Fargo	Solid pocketing. Focus on Module 2 (Tangent lines) to avoid difficult recovery shots.
61 – 85 pts	Advanced / APA 6	480 – 580 Fargo	Excellent shot making. Refine Speed 1 and Speed 2 touch control in Module 5.
86 – 100 pts	Master / APA 7+ / BCA	580 – 680+ Fargo	Elite cue ball mastery. You control table traffic and dictate rack momentum.

30-Day Practice Scorecard & Progress Log

Print this page or keep it in your cue case. Record each practice session immediately after shooting.

Day	Focus Drill	Reps (10)	Score	Speed Used	Shooter Notes / Stroke Diagnostics
Day 1		10	/10	Spd __	
Day 2		10	/10	Spd __	
Day 3		10	/10	Spd __	
Day 4		10	/10	Spd __	
Day 5		10	/10	Spd __	
Day 6		10	/10	Spd __	
Day 7		10	/10	Spd __	
Day 8		10	/10	Spd __	
Day 9		10	/10	Spd __	
Day 10		10	/10	Spd __	
Day 11		10	/10	Spd __	
Day 12		10	/10	Spd __	
Day 13		10	/10	Spd __	
Day 14		10	/10	Spd __	
Day 15		10	/10	Spd __	

Certificate of Completion & Coach's Verification

I certify that I have executed all 30 days of structured drills in the Billiard Guides Cue Ball Control System.

Player Name: _____ **Completion Date:** _____

Final Benchmark Score: _____ / 100 **Verified by:** Marc Robert, Billiard Guides