

MASTER CLASS

I.P.A.

Irish Pool Association



COMMUNITY



TEST YOUR SKILL AND CHECK YOUR LEVEL IN THE APPROVED I.P.A. TRAINING ROUTINES

POOL TRAINING

P. J. Nolan

Tel : 086 8634507



www.147academy.com

INTRODUCTION

The P.J. Nolan Academy



Welcome to The PJ Nolan Academy of champions pool training Master Class with the unique scoring system of attempting to score your best possible break on each pool routine.

The training Master Class is approved by the (IPA) Irish Pool Association as the official training program for all their players.

Before you become a good player, you must first learn a variety of shots. There are millions of different kinds of shots to practice and situations to learn on a the pool table.

Each routine will improve the players concentration by giving them the opportunity to practice the routine and increase their best scores to reach Bronze, Silver and Gold levels

To use the **IPA County Level books** you can pot the balls in any order into any pocket.

You are only allowed a maximum of three attempts in each routine. You then record your best score you achieved in the scorecard at the back of the booklet to find your overall academy level.

The books will help you improve the control of the cue ball and if you learn how to control yourself, you will control the match to win more.



COUNTY 1

WEXFORD

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"PRACTICE LIKE THE CHAMPIONS"

COUNTY 8 BALL POOL TRAINING

Attempt to pot any ball in any order into any pocket.
 If you clear replace the balls & continue the break and record your best score.

Irish Pool Association

www.irishpoolassociation.ie

TEST YOUR SKILL
 CHECK YOUR
 BEST SCORE ON MY
 LEVEL CHART

THE 3 LEVELS
Gold : 26 – 40 Balls
Silver : 16 – 25 Balls
Bronze : 10 – 15 Balls

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DOWN

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OFFALY

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KILKENNY

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COUNTY 8

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SCORE CARD

The P.J. Nolan Academy



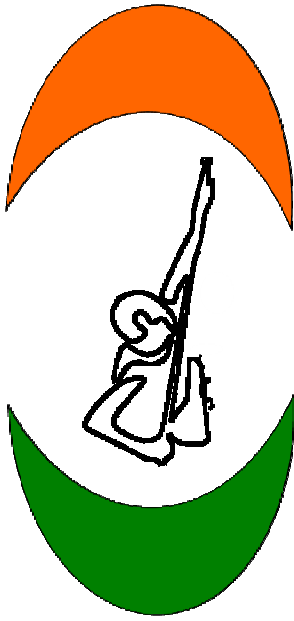
GO FOR GOLD!

Book 1					TOTAL
1					
2					
3					
4					

Book 2					TOTAL
1					
2					
3					
4					

Book 3					TOTAL
1					
2					
3					
4					

Book 4					TOTAL
1					
2					
3					
4					



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SHANE O'HARA

The P.J. Nolan Academy



The Academy Training Routines help you to focus on improving your Cue Ball Control

PLAYER PROFILE

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X = POOR 0 = GOOD ✓ = EXCELLENT

THE STANCE	Balance		Leading Leg		POTTING	
BRIDGE HAND	Fingers		Thumb		POSITION PLAY	
THE GRIP	Ring		Opening & Closing		BALL CONTROL	
CUE ACTION	Pause		Follow Through		BREAK -OFFS	
ADDRESS	Cue Arm		Tip To Ball		SELF CONTROL	
MOVEMENT	Head		Body		CONCENTRATION	
FUNDAMENTALS	Shot Approach		Speed Of Play			

Aiming To Hit The Cue Ball

5
4
3
2
1

Aiming	
Left Hand Side	
Center Ball Aiming	
Right Hand Side	

The Players MAIN Areas to Improve

☐

☐

☐

☐

STEPHEN DEMPSEY

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The Academy Training Routines will improve your Concentration and Shot Selection

GOACHING PRICES

POOL COACHING IN IRELAND

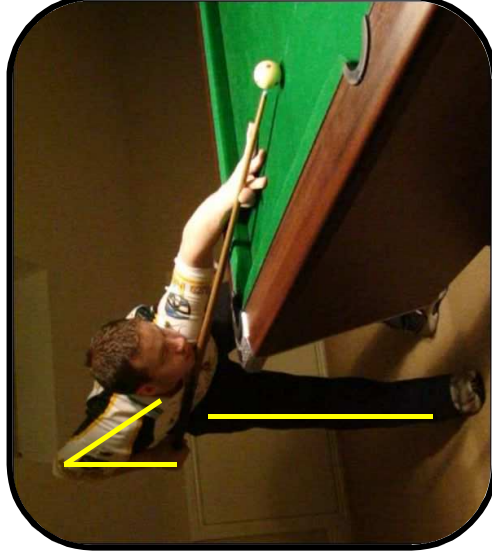


**All Player Can book private lessons
with PJ Nolan**

€20.00 per hour coaching (Min booking 3hrs) + Lights Charge in the Club

Plus €15.00 per hour travel time from CARLOW + Tolls + Parking

Professional DVD's Improve the players technique and potting skills



I.P.A.



Irish Pool Association

web site : www.irishpoolassociation.ie

COACHING ACADEMY

pjcoach147@hotmail.com
Tel : 086 8634507



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ANALYSED**

 **TRAINING
PROGRAMS**

 **A DVD OF
THE LESSON**

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