

The P.J. Nolan Champions Academy™



# The



# POOL

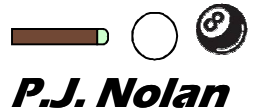
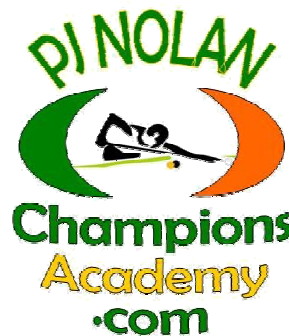
[www.irishpoolassociation.ie](http://www.irishpoolassociation.ie)

# Game

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*Learn how to train like champions.*



**" PRACTICE LIKE THE CHAMPIONS "**



**The P.J. Nolan Champions Academy™**

# ***Successful Pool***

## **" The Pool Game "**

**Written By P.J. Nolan © 2009**



*P.J. Nolan*

Last season I was contacted by the Irish Pool Association and asked if I would be interested in getting involved in coaching pool to their members.

I was very impressed with the Irish Pool Association and the great atmosphere at the tournaments.

The amount of talented players playing pool was very good but I was amazed to find out that there is no set training programs for the players to practice other than playing games.

I am the current Irish national snooker coach and I have been coaching players to win major titles for over 20 years.

I have written ' The Pool Game ' to outline my new training ideas on pool training and how the new workbooks will work to test the players skill by allowing them to make record scores.

My top snooker players train at least 50% of their time doing solo practice working on the weak points. The rest is match practice or training their minds to be ready for the big events.

I really believe both training games are similar and after I worked with some of the top professional players that compete on the IPA Main tour and coached some of the top juniors and I have seen all players can pot the balls.

But it is only the very top ranked main tour players that have great concentration levels and composure to keep on potting and making the run outs time after time by not missing the easy ball or go in off at a crucial time.

I understand that pool is a very different game to play and it is very tactical and you will need to play matches to learn how to play the correct shots.

If you believe you can improve your cue ball control, concentration and run outs to make you more successful which ever tour you compete on then I know my new training workbooks will help you improve.



**I am not claiming my pool training programs are the only way to practice, but I do know that my snooker workbooks have helped produce a number of Irish, European and Asian snooker champions.**

**There are two different levels in the IPA Pool Training Programs to suit all standard of pool players. I am sure the new pool training will help players achieve more success.**

**The County Level Books are for the beginner or junior player. This program you can you can pot the balls in any order.**

**The International Level Books are only for the elite pool players, because you will need to pot the ball in a set order.**

**Both workbooks the players tries to achieve their highest possible scores on the routines.**

**You are only allowed a maximum of three attempts on each pool routine.**

**Next the player adds up their best score from each of the five routine together to check what IPA scoring level they can achieve.**

**The players must start on the County level books and achieve the level one scores before moving on to the International level books.**

**This is because they haven't reached that level yet and they haven't the control, scoring power and consistency to train like an international player.**

**The county players who work on their potting will achieve the scores and move on to other level books but it will take time to build up your scores.**

**I am a qualified snooker coach and I am not going to start bluffing that I can coach pool tactics to a high level to the top player but I can advise players on how to train and advise them on the best playing techniques.**

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

**Every good shot you play or run out you make in a pool tournament will depend on how much ground work you have done on the practice table.**

**This is because the harder you work on your overall pool game the more success you will get out of it.**



Before you start to play at a high level you must develop a solid stance, have a good bridge hand maintain an accurate cue action that can control the path of the cue ball.

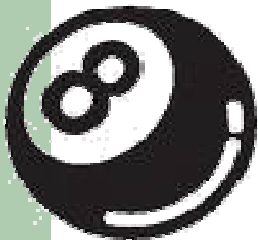
These workbooks will help you improve cue ball control and concentrate better by learning you how to control yourself.

If you can control the balls will control your matches to win more.

Identifying the areas within your game that you believe are your weak areas is the one of the key to success in any sport

I have now designed a special fitness profile chart for pool players to complete on all aspects of their game.

This works on breaking down your game and rating yourself in your potting, run outs, break offs to the kind of practice partners you play against.



## Give yourself a mark out of 3

**1 = Weak – 3 = Strong**

Stance

1

2

3

Confidence

1

2

3

Cue Action

1

2

3

Commitment

1

2

3

Speed of play

1

2

3

Self Control

1

2

3

Tactics

1

2

3

Concentration

1

2

3

Break-Offs

1

2

3

Fitness Levels

1

2

3

Run - Outs

1

2

3

Health

1

2

3

P. Opponents

1

2

3

Training

1

2

3

Coaching

1

2

3

Success to Date

1

2

3

I am regularly asked why some players seem to be winners and some players work very hard but they never seem to get over that winning line and win major tournaments or improve to reach their true potential.

This is because talent alone or hard work alone will only get you so far.

In the end it will boil down to your own mind set, self control and concentration levels to get you over the winning line and into the champions circle.

Some players practice everyday but keep making the same mistakes over and over again


Others never mentally prepare properly for an event and then wonder why they never seem to play their best.

Some players get too big headed, lazy but teaching the players the difference between training and playing is what I believe is one of the keys to keep the player focused on improving his game.



Training is like a work out working on a particular area of your game or technique and playing is done at the end of your training to check the overall improvement.

If you need more information on the Irish Pool Association please contact the committee member below or go to [www.irishpoolassociation.ie](http://www.irishpoolassociation.ie)

<b>Contact us</b>		<b>Irish Pool Association</b>		
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Disciplinary Committee	John Magee, Rod Clifford, Garreth Fitzpatrick, Gavin Geraghty, Seamus Keogh,			

**Remember " fail to prepare, be prepared to fail "**

My entire coaching book is on The [pjnolanchampionsacademy.com](http://www.pjnolanchampionsacademy.com) Web Site

The pool training programs are available on [www.irishpoolassociation.ie](http://www.irishpoolassociation.ie)

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# P.J. NOLAN COACHING ACADEMY



## The Champions Fundamentals

1. **Look at the shot and decide what you want to play**
2. **Good approach coming in on line**
3. **Do not start cueing until you get the line of the shot.**
4. **Start cueing naturally.**
5. **After cueing make a front pause at cue ball to re-check aim.**
6. **Focus on the spot on the object ball.**
7. **Smooth back swing on the final takeaway**
8. **Smoothly accelerate the cue through the cue ball.**
9. **Allow the elbow to drop on the follow through.**
10. **Stay down & parallel on completion of the shot.**

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# I.P.A.

## Irish Pool Association

web site : [www.irishpoolassociation.ie](http://www.irishpoolassociation.ie)

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# COACHING ACADEMY

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**TECHNIQUE  
ANALYSED**



**TRAINING  
PROGRAMS**



**A DVD OF  
THE LESSON**



PJ Nolan will be coaching

at selected I.P.A. tournaments in 2009