

MASTER CLASS

I.P.A.

Irish Pool Association



INTERNATIONAL

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



POOL TRAINING



P. J. Nolan

Tel : 086 8634507



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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 International Level books** you must attempt to pot the balls in a set order.

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.

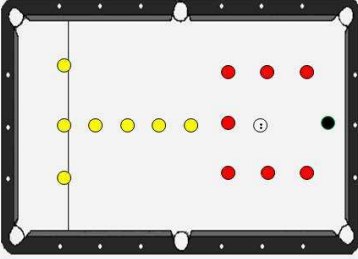


INTERNATIONAL 1

THAILAND

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Attempt to pot any set of balls, followed by the other set of balls with the black ball last.

If you clear replace the balls & continue the break.

www.irishpoolassociation.ie

TEST YOUR SKILL
 CHECK YOUR
 BEST SCORE ON MY
 LEVEL CHART

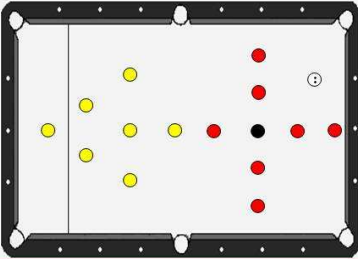
THE 3 LEVELS
 Gold : 46 – 60 Balls
 Silver : 31 – 45 Balls
 Bronze : 20 – 30 Balls

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SPAIN

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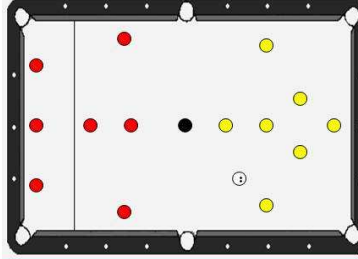
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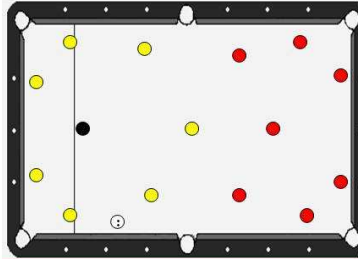
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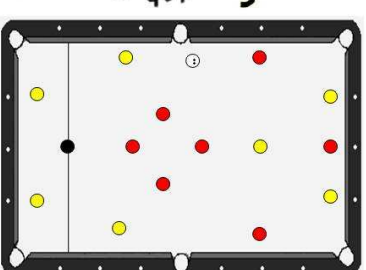
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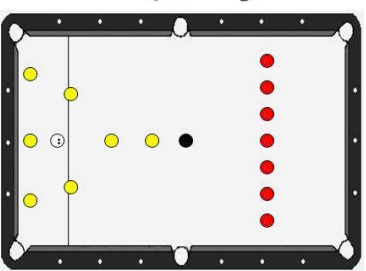
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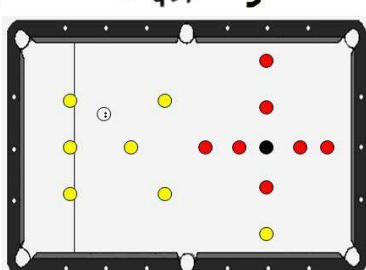
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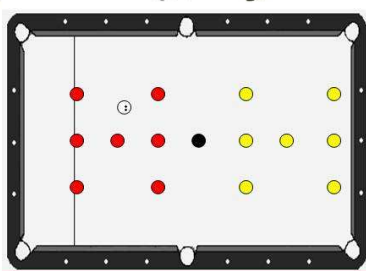
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WALES

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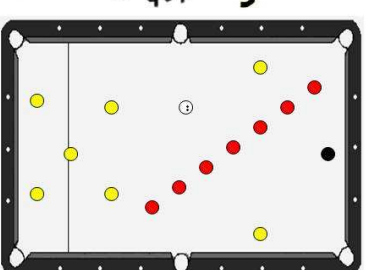
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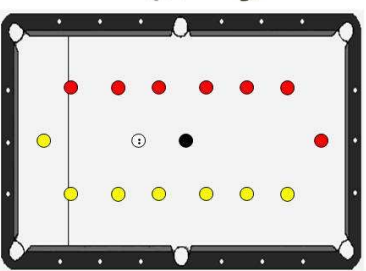
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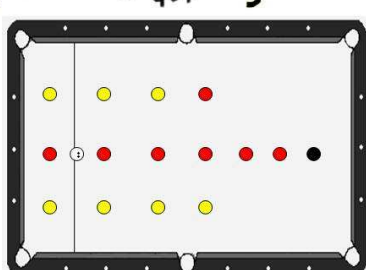
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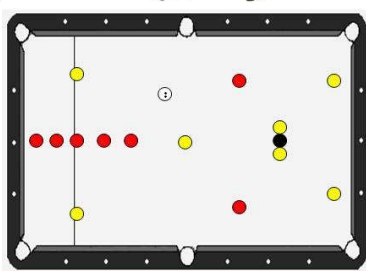
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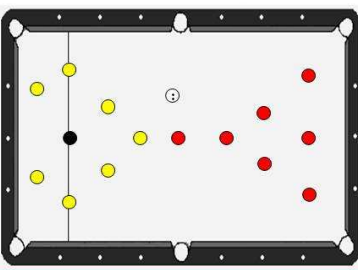
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GERMANY

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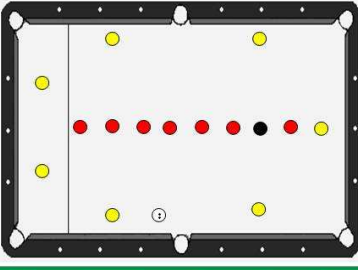
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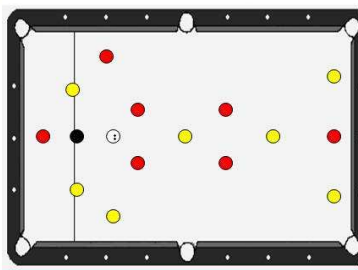
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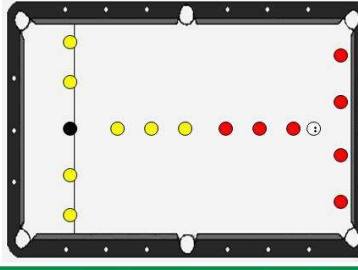
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SCORE CARD

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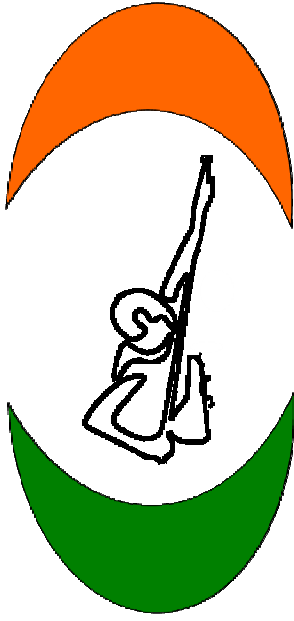
GO FOR GOLD!

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

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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

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STEPHEN DEMPSEY

The P.J. Nolan Academy



The Academy Training Routines will improve your Concentration and Shot Selection

GOACHING PRICES

POOL COACHING IN IRELAND

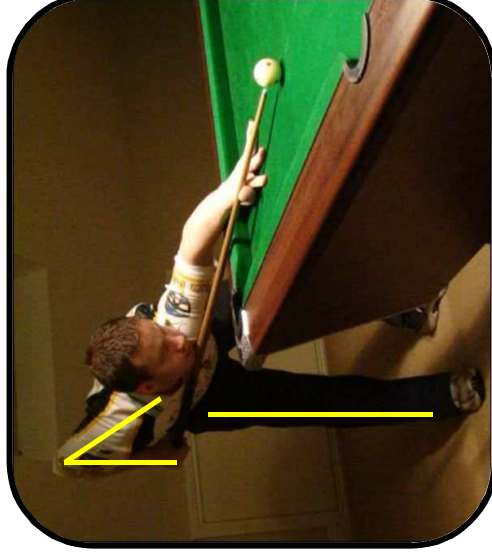


**All Player Can book private lessons
with PJ Nolan**

€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



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ANALYSED**



**TRAINING
PROGRAMS**



**A DVD OF
THE LESSON**



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