

Coach's Corner



Can You Stand Up To This?

By Instructional Editor
JERRY BRIESATH

This month we should go back to a very basic but often overlooked necessity in your game. Many amateur players, when improving their game and begin learning the "finer points", will suddenly go wrong somewhere. They may not be getting down on the shot correctly or claim that they feel awkward somewhere and tire easily when playing.

The cure is fast, simple and quite often it is overlooked. Ask yourself: How am I standing and bending over a shot? Perhaps you are standing with your feet too close together, thus forcing you to bend both knees when you are down over a shot. This can be both awkward and tiring. Instead, keep your feet at least 18 inches apart. Keep your back leg straight and your front leg either bent or straight, depending on your personal preference. Make sure that the your body weight is distributed evenly; 50% on both back and front legs. Being balanced will make you comfortable.

Your grip hand on the butt of the cue stick should be only 2 - 3 inches away from your

hip and your head should always, always be directly over your cue, whether you are bending over just a little or a great deal.

These careful reminders are an excellent checklist for trouble spots in your game. Stand up to the table with a solid stance.

Sometimes it may be helpful to ask a friend or partner on your local league team or at your local room to watch you shoot several and see what you are doing. Quite often, another player will be able to see what you are unable to.



File photo of professional player, Willie Munson, demonstrates correct stance. Head in direct line over cue, grip hand 2-3 inches from hip, legs balanced at least 18 inches apart.