

# NZ Cuesports Coaching

NEWSLETTER 2011

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## Latest News

A busy time for Cue Sports over the last month or so. We have had the NZ Billiards and Snooker Championships in Gore, coaching seminars in both Auckland (24 attended) and Wellington (40 attended), and on the 5th Aug I am off to Brisbane for a mix of golf and snooker coaching for 9 days, then onto PNG for coaching their coaches and National Team for 10 days. Home in time for the first day of Spring.

## Latest News

NZ Snooker Champion  
Bayden Jackson

NZ B Grade  
Martin Jones

NZ Billiards  
Gary Oliver

NZ B Grade  
Peri Lillii

## Upcoming Dates Canterbury Snooker Open

13 & 14th August at the  
CBSA Rooms, Cuthberts  
Green. Entry form on  
NZBSA Website.

## ABSA/ OWMC Snooker Open

20th & 21st August  
Entry on NZBSA Web.

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The first Cue Sports Academy,  
Cuthberts Green, Christchurch.  
23rd to 26th July 2011

*Attended by Player and Coaching  
representatives of all 10 regions in  
New Zealand.*

## Gazza's Say.... "NZ Cue Sports Academy"

Run over the Saturday, Sunday, Monday and Tuesday of the school holidays, the players and coaches came together at 9.00am each day. Throughout the day there was a mix of "lessons" where the students sat and took notes, and practical exercises where the players were putting into practise the knowledge gained, under the supervision of the coaches.

The Academy was pleased to welcome three guest speakers over the course of the four days, they were:

Mr Barry Appleton

Rules and Table Etiquette

Mr Craig Wilson

NZ Institute of Sport, Nutrition and Sports Psychology

Mr Mark Canovan

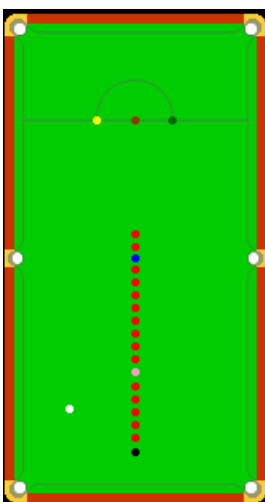
Twice NZ Snooker Champion who spoke on practise routines, life as a player and then conducted a class on using the rest.

I thank all of these people for giving us their time and expert knowledge.

## This Month's Practice Routine.... "Line Up"

The diagram to the left shows how the table could be set. (You can vary this by taking 1 or 2 of the balls from above the Blue spot and putting them between the Black spot and cushion.)

The reds can be placed as you wish, but don't place them too close together. For the first stroke you may place the cue-ball where you please, after that - then as in snooker, it is played from where it comes to rest. The objective of course is to clear the table, 15 reds, 15 colours, and yellow through to black. **Keep a record of your best effort each day, try and beat it the following practise session.**



Although less skilful players are unlikely to clear the table they should still practice this routine seriously. Breaks in the 30's, 40's and 50's will be found much easier to make than in a normal frame because the balls are all out in the open. Regular practice will improve your break building and this extra confidence will carry over to your competitive play.

More experienced players can make this routine more challenging by considering it a foul (and so having to start again) when the cue-ball contacts a cushion.

To really test your cue-ball control try to pot the reds in sequence.

