

## **Basic Lesson 3 of 4: Spinning the Cue Ball** **(Stop, Follow, Draw & English)**

### **The STOP Shot – The most important shot in pool!**

1. It is the essential beginning of controlling the cue ball & playing position.
2. Stop shot is zero spin, center hit: 100% of the motion transfers to the Object Ball.
3. Can you hit a shot with zero spin? Not very far because of friction. Measles ball.
4. A stop shot cue ball must not be spinning at contact - but it is always spinning!
5. DEMO zero roll → forward roll. Then backward roll → zero roll → forward roll.
6. (DEMO 4 consecutive stop shots.)

### **FOLLOW – Easy to do but hard to control**

1. Cue the ball high and follow through smoothly. Distance? Speed & cue tip.
2. How high do you hit the cue ball? Max of half way from the center to the top.  
(The same goes for any off center hit – DEMO with a striped ball & with cue tips.)
3. Our playing surface = 50"x100" or roughly 4'x8'. Follow 6", 2', 4'+.

### **DRAW – Hard to do AND hard to control**

1. Pendulum motion from the elbow with a level cue. NOTHING else moves.
2. Do not: hit hard, elevate cue, jerk the cue back.
3. Do: smooth follow through, 6 inches past the cue ball.
4. Because you are hitting the cue ball low, your cue tip will graze the cloth, and your cue may bend (!). But that's OK, both the cloth and the cue are used to it.
5. Draw 6", 2', 4'+. too close to OB = nip or elevate, but avoid the double hit  
(explanation)

**One DEMO of stop/follow/draw: two balls in one pocket**

### **ENGLISH – Don't Do It!**

**Definition:** As used here, English is side spin (not draw or follow)

Left vs Right. Inside \* vs. Outside. Running vs. Reverse. DEMO both sides of OB.

**DON'T DO IT!** Many bad things happen, all simultaneously!

1. Deflection of the cue ball (cue tip pushes cue ball to the side)
2. Curve of the cue ball (below)
3. "Throw" of the object ball (below)

4. You CANNOT calculate these effects, and each is worse at higher speeds and greater distances. Only practice will let you to “feel” what English will do to your poor cue ball.

Then, WHY DO IT? The main reason: change the path of the cue ball off a rail.

A secondary reason: to sink an otherwise unsinkable ball (throw or curve)

### **Basic English** (*YOUR two practice drills*)

1. Understanding English off the rail. Cue bank straight into the rail (no OB).  
DEMOS along the head string:
  - 1 tip of English = 1 diamond
  - 2 tips = into pocketShooting across the line and back
2. Cue banks are rare. Usually you hit an OB and then the rail. To see that effect, shoot a simple cut shot and change the path of the cue ball off the rail. For repeatability, mark the CB and the OB locations. Hit w zero, left & right English.

### **Advanced English**

1. “Throw” object ball the long way. DEMO impossible side shot blocked by another ball.
2. Frozen throw DEMOS: a – CB+OB straight in (~1” of throw per foot)
  - b– CB+OB into a short bank.
  - c- Two OBs on spot (this is not hard, and is very impressive – if you’ve practiced).
3. Curve the cue ball with an elevated cue (usually a bad idea - coin jump DEMO)
  - a. DEMO hitting around a ball to sink a ball hanging in the corner pocket

### **Final Advice**

1. AVOID English if you can because of throw, curve and deflection (use maybe 15%)
2. Best at short range (half table), for the same reasons.
3. Miscues are common if you are not hitting the cue ball dead center. **CHALK!**

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### **Practice – Get A Feel For It!**

1. Shoot a “perfect” **STOP** shot: Cue Ball does not move or spin after contact. Not at all!  
Shoot from 6 inches, then from 4 feet.
2. Shoot “perfect” **FOLLOW** shots: Cue Ball follows Object Ball on the same line for 6 inches. Then for as far as you can.
3. Shoot “perfect” **DRAW** shots: Cue Ball comes straight back for 6”. Then for as far as you can.
4. Hit the cue ball (no OB) straight to the rail and have it go off the rail to **where you want.**

5. Place an object ball near a corner pocket, hit it at an angle, first with no English, then left English, then right English. First, watch where the cue ball goes. Second, try to make it go to spots of **your own choosing**.