

Robles' Fundamentals

1. Grip the cue lightly.
2. Line up the shot with your left/right back foot and the cue stick.
3. Step into the shot while at the same time keeping your left/right front foot at about a 45 degree angle from your line of aim.
4. Your weight should be evenly distributed. Some players like to keep more weight on the front foot.
5. Make sure to keep your arm perpendicular to the floor when the cue tip is about to contact the cue ball.
6. Always try to keep the same rhythm while looking back and forth at the object ball and the cue ball making sure that you have a slight pause on the last stroke. The object ball is the last thing that you should look at when you make the final delivery. Coming back slowly on the last stroke will prevent you from rushing the last stroke which causes a jerky stroke. This is one of the most important keys to consistency.

The key to a consistent smooth stroke is acceleration not power. Speed equals power. Most people do not realize that if you come back too quickly on the last stroke, it will cause your muscles to tighten up. If you tighten up your muscles, then you will not be able to deliver that cue stick in a smooth straight line. You will also decelerate rather than accelerate and, therefore, limit the amount of power that you are transferring to the cue ball.

Remember that your rhythm should always be the same. Do not come back slowly on one stroke and fast on the other. By keeping the same rhythm you will always give yourself the best chance to pace yourself and put yourself in a position to get into dead stroke.

7. Take no less than 3-5 warm-up strokes. It teaches you discipline. One of the major reasons that players miss easy shots is because they do not take enough warm-up strokes. What happens is when you do not take enough warm-up strokes, you get into the habit of assuming that you have the aim point on the ball rather than knowing that you have the aim point. This is what I call Lazy Pool.

The difference between assuming and knowing is HUGE in this game. You need to be able to focus on a specific spot on the object ball and trust it. If you do not trust it, you will get into the habit of steering the cue ball or the object ball, which takes us to the next rule.

8. The best way to develop a straight stroke is to train yourself to follow through in a dead straight line to the aim point that you chose on the object ball. Teach yourself to learn how to ignore the path of the cue ball and the object ball.

The secret to pocketing balls consistently is to learn how to focus on your technique rather than on the result. When you are focused on the result, most people won't realize that they are steering because they are too busy looking at the outcome of the shot instead of paying attention to whether or not they followed through in a dead straight line to the intended aim point. The shot will take care of itself if you focus on your technique. If you apply this rule to your game, it will teach you how to focus on your technique all the time. Focusing on your technique = consistent pocketing.

9. Stay down. Combine this rule with rule # 8. Train yourself to stay down until the cue ball comes to a complete stop while following through in a straight line to the aim point.

Have you ever wondered why you can't seem to stay down on your shot when you are under pressure? Do you seem to get up whenever you need to come up with a big shot no matter how hard you try to stay down? That's because you never really trained yourself to stay down for an extended period of time. Most people get into the habit of getting up before the shot is completed because they are too anxious to see the outcome of the shot.

10. If you can master these rules, you will build a strong solid foundation that will hold up even under the most intense pressure situations. Good luck to you all and remember that once you master these rules they will last a lifetime. Just be sure to read these rules 2-3 times a day until they become second nature.