

# How to own a perfect stroke

## with the *Sand Stroke Solution*

Use this extremely effective tool to bring your stroke (and your aiming ability) into a perfect line. Follow the *Stroke verification* instructions to identify whether your stroke is precise. Then use the *Stroke fix* technique to make the necessary corrections.

To help line up the cue ball, place a paper reinforcement ring over the line crossing.

### Stroke verification

1. Put the paper over the head string and line up the long line towards the far table pocket.
2. Place the cue ball on the paper reinforcement ring.
3. Line up your stroke to shoot the cue ball down the long line.
4. After you make the stroke, look at where the cue stick stops.
5. Repeat at different speeds (slow roll, medium speed, fast speed, and  $\frac{3}{4}$  break speed. Each time verifying the stick against the line.

A perfect stroke ends with the stick stopping exactly centered over the top of the long line. If you find that you are consistently drifting the stick line to one side, one or more of your stroke fundamentals is off line. This could be head position off of true vertical, stick arm moving too much or shifting sideways on the move, wrist curling up at the end, or a grip that is too tight.

### Stroke fix

To fix your stroke, you will not be using the cue ball.

1. Line up your stroke over the paper with the tip about half way down the long line.
2. Use your standard practice strokes and watch the cue shaft.
3. If you are seeing the line appear on either side of the shaft, shift your stick arm around until the line never appears.
4. Once this is stabilized (100 strokes minimum), reset your stick setup so that the cue tip is above the crossed lines.
5. Use your Slow Roll speed to shoot through the imaginary ball to a full length stroke. Check your alignment. Use the visual feedback to make adjustments until you are stroking the Slow Roll accurately. Run the *Stroke verification* steps 1-4 at Slow Roll speed to ensure you have real control.
6. Repeat at your Medium speed. Make necessary adjustments until you have an accurate stroke. Run the *Stroke verification* steps 1-4 at Medium speed to ensure you have real control.
7. Use your Fast speed to check, adjust, and practice accuracy. Run the *Stroke verification* steps 1-4 at Fast speed to ensure you have real control.

You want to ensure that you have good control at all speeds. To ensure your stroke stays true and straight, run this exercise once a week for the first 2 months, followed by every two weeks for 2 months.

#### **Please note:**

The process of correcting your stroke will require thousands of repetitions. If you are serious about doing this – do it all the way through. A few hours of repetition spread over 3-4 months is a small price to pay for a lifetime of accurate stroking.

Email your reactions and opinions to: [billiardgods@gmail.com](mailto:billiardgods@gmail.com)

