

Samples – Basic Defense & Safety Fundamentals For Pool & Pocket Billiards

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*These are some sample pages from the book by
[Allan P. Sand, Author](#)*

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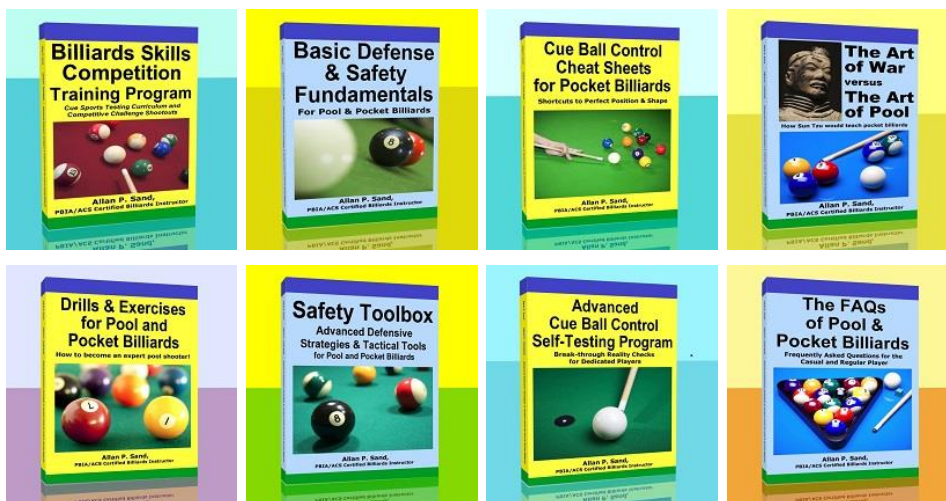


Table of Contents

Basic Defense and Safety Fundamentals

Introduction

Types of Safeties

Cue Ball Position Control

Object Ball Position Control

Dead Zones

Translations of Other Books

Basic Defense and Safety Fundamentals

These are sample pages from the book. These recommendations will help you in your competitive efforts and improve your winning opportunities.

Introduction

The information provided here will eventually ensure that you become a tough competitor and a dangerous player. This book presents information that will help get you past the bar-banger stage of your pool playing career. The information learned here and from the exercises will set your feet firmly upon the path of continued improvements to the intermediate level. When your defensive skills in this book become second nature, get the more advanced *Safety Toolbox*, which will further your competitive abilities.

The fundamental concepts presented in this book are when to consider defensive tactics and how to select the most effective shot. This new awareness allows you to consider the many ways to offer your opponent one of many possible unfriendly layouts. You are going to have to give up one very bad habit – letting your imagination run wild.

Let your opponents continue following the bar-banger style of calling fantastic hero shots, such as, “5 ball, four rails, off the 7 and into the side pocket.” It is a sign of pool player maturity to stop playing shots that a five year old can recognize as dumb. With that change in your attitude, this book, and some practice sessions, you can start using a few of those brain cells to make better playing decisions.

I don't need to wish you good luck. This book and some of your time is all you need to begin winning more games. You will actually discover that you can win more games simply by preventing your opponent from winning. And it is also more fun that simply outshooting him.

Types of Safeties

Remember this - you are not playing a professional who can take advantage of your slightest mistake and run out the table. You are competing against someone around your skill level. That means that a bad situation for you will also be a problem for your opponent.

These are the basic safety types that are easy to understand, practice, and learn to control. There are other safety types, but these are the most commonly used.

You don't need to spend hours and hours practicing, but five or ten minutes working with these different types and some of the other exercises will have very beneficial results. With just these four types (and various combinations), you can keep an opponent off-balance and under your control.

The important and useful types of safeties are:

- Bad angle – tough or impossible cut shot.
- Distance – object ball far, far away.
- Frozen cushion – force a shot off the rail.
- Hidden ball – force a kick for a legal hit.

Cue Ball Position Control

The next level of ball control is controlling where and how far the cue ball goes after it contacts an object ball. Being able to do this intentionally helps you consistently get the results you intended before the shot.

There are three ways that the cue ball runs out of energy, and you must get a feeling for how much energy will be lost in each situation.

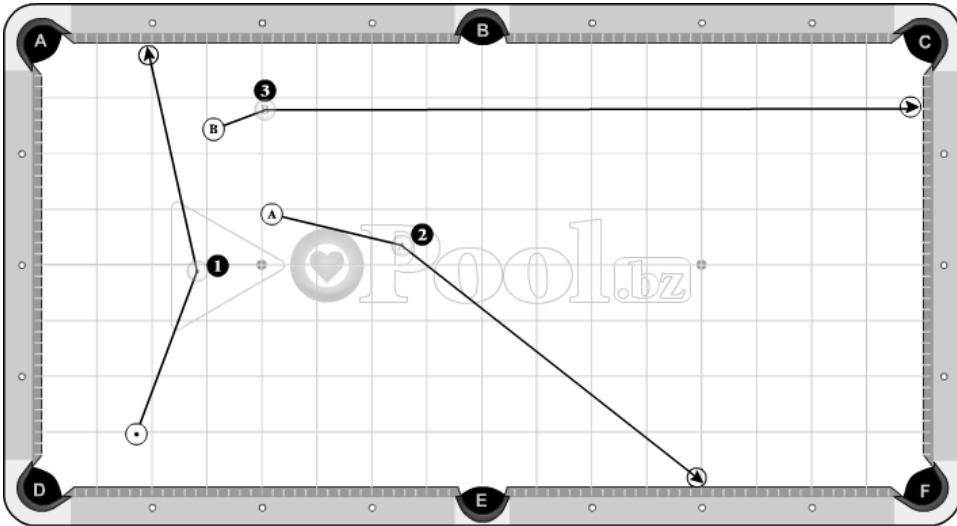
- Amount of energy lost when the cue ball hits the object ball. The more full the hit, the more energy is transferred from the cue ball to the object ball. The more thin the hit, the more energy is kept with the cue ball.
- Amount of energy lost when the cue ball hits the cushions. The quality of the cushions can change from table to table. A few speed control shots will provide enough information to adjust for this.
- Amount of energy lost from rolling on the cloth. A few test rolls determine any differences between your regular table and the match table. Another technique is to rub your hand across the cloth. The less resistance, the further the balls will roll.

For these cue ball control exercises, use donuts (paper reinforcement rings). This allows you to consistently position the balls so that shots can be repeated over and over until you get consistent results. Adjust

the target location to different locations to get a “feel” for different distances and different contact (thin to full). Like the speed control shots, practice these until you can perform them at will.

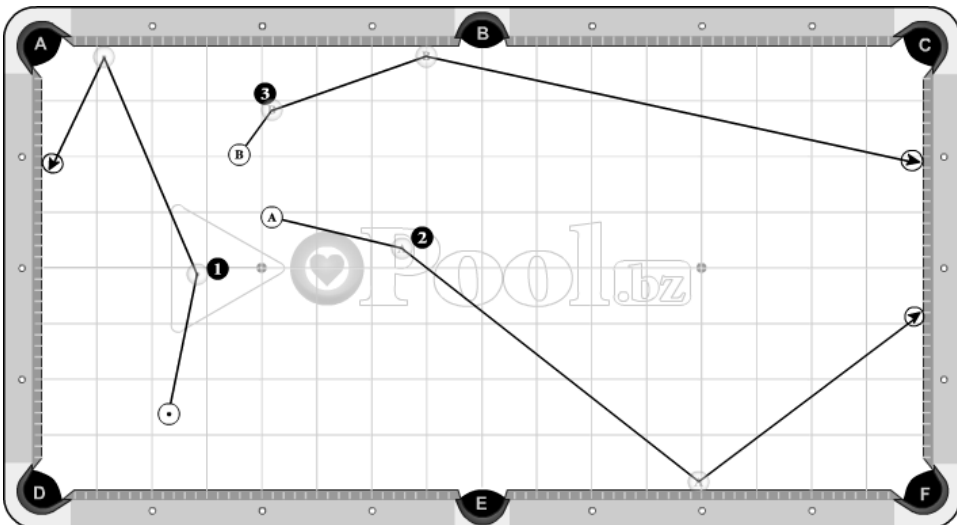
One Cushion examples

Try these shots into the object balls from thin to thick (i.e., 1/4 ball, 1/3 ball, and 1/2 ball). For thick contacts, use follow to help the cue ball roll in the direction and distance intended.



Two Cushion examples

Do the same thin-to-thick object ball contacts.



Object Ball Position Control

There are playing situations where it is more important to control where the object ball stops rolling than where the cue ball ends up. You can always get a rough idea where the cue ball will go, but the necessary precision is necessary only for the object ball.

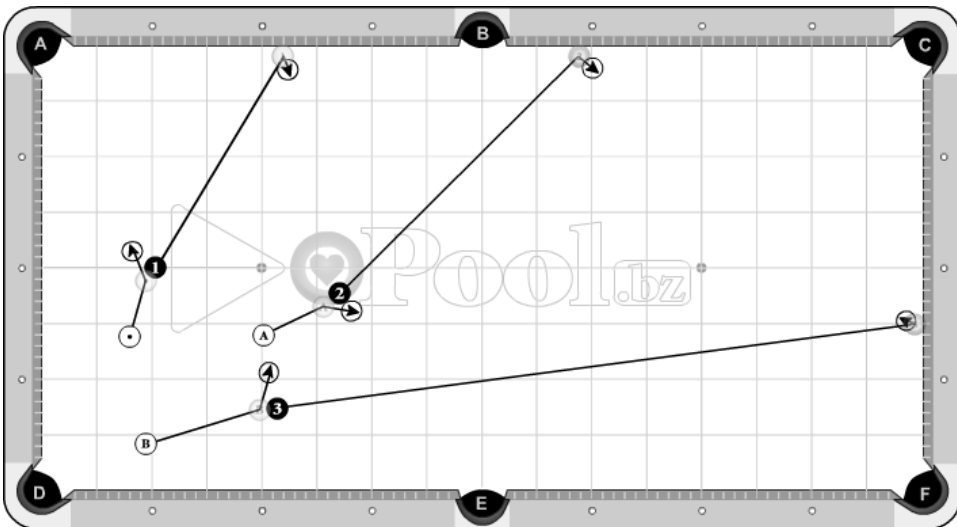
In an 8 Ball game, you can move one of your balls into a blocking position or use your ball kick your opponent's ball out of a good position. In 9 Ball, you can create an effective distance or bad angle safety.

The more skillful you become with object ball positioning, the more options available when analyzing table layouts. Over time, you will develop some complex game strategies and tactics that will be the despair of your opponents.

When you first start practicing this, put a sheet of paper on the table where you want the object ball to stop. As you get better, use a dollar bill.

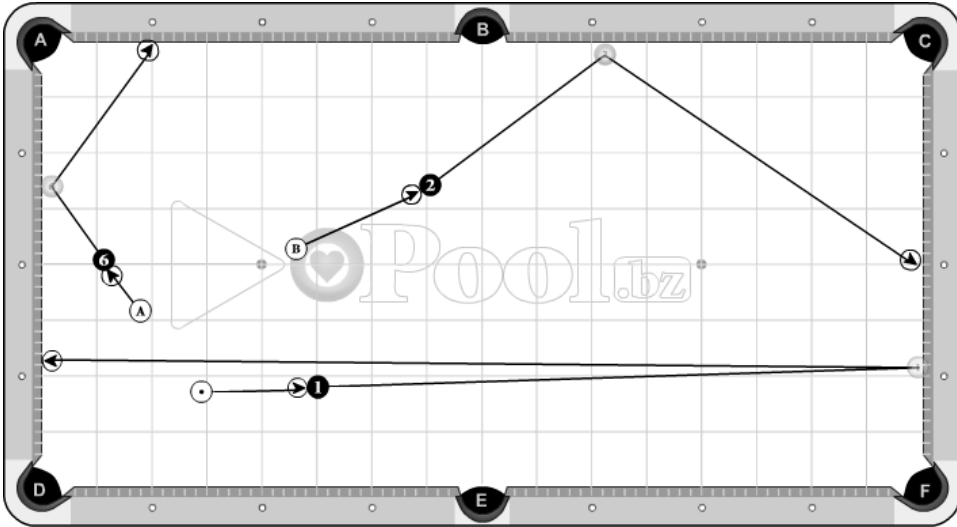
One Cushion examples

Start with using thin object ball contacts and get the cue ball to roll up against the cushion. Then move the cue ball position (right or left) in order to contact the object ball more full. You'll need to learn the angle off the object ball and the effects of using follow at various speeds.



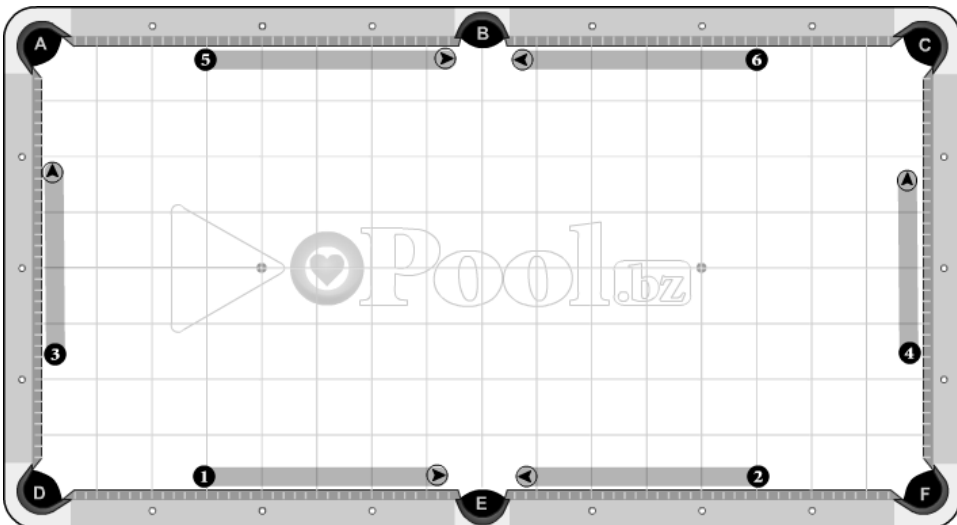
Two Cushion examples

Knowing how to carefully place the object ball in these examples can cause your opponent untold problems.



Dead Zones

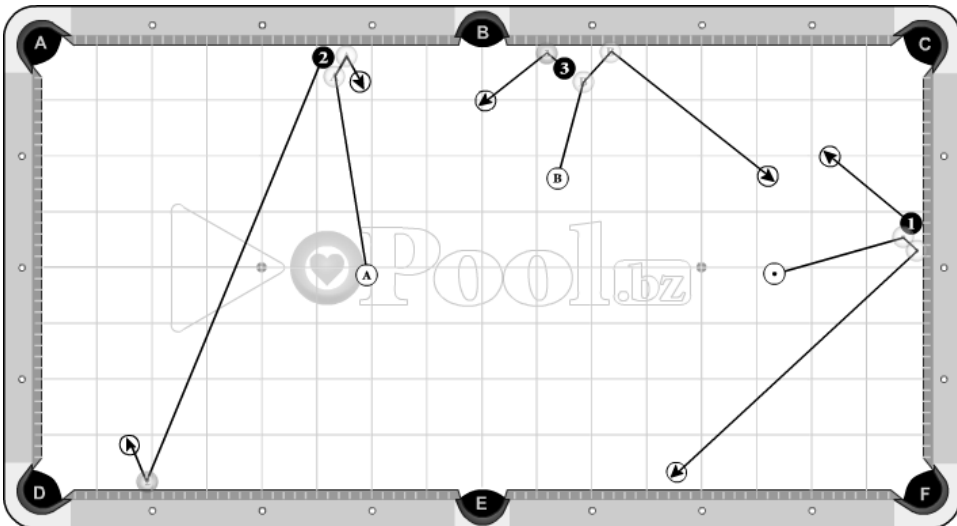
There are areas of the table, known as dead zones. When an object ball is within these zones, pocketing the ball is much more difficult. The shaded areas in the following table layout define these dead zones. When a target object ball is within these areas, there are very small areas in which you must place the cue ball in order to properly shoot the ball.



In 8 Ball, when your opponent avoids improving his table by leaving dead zone balls for later, he reveals a playing style weakness you can take advantage. Essentially, any of his balls in a dead zone becomes insurance. That means he cannot run out the table. Eventually, when he is forced to play a dead zone ball, you will come to the table with a chance to win.

If your ball is in a dead zone, get it out in the open or near a pocket early in the game – while playing a defensive shot. Here are some 8 Ball examples on how to properly play balls in a dead zone. Do these shots early in the game, so that these balls are easily made for your final run-out.

How to Handle Your Own 8 Ball Dead Zone examples



Translations of Other Books

These are links to descriptions for the books that have been translated to other languages:

- [Advanced Cue Ball Control](#)
- [Cue Ball Control Cheat Sheets](#)
- [Drills & Exercises](#)

All books are available on Amazon (printed) and ebook (PDF).

[Afrikaans \(Afrikaanse Taal\)](#)

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Published by Billiard Gods Productions.

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