

## **SNOKER: COURSE SYLLABUS...**

### **PREAMBLE**

This Coaching Course is conducted jointly between the National Sports Council & the Malaysian Snooker & Billiards Federation, with the object of promoting snooker with a higher expectation of performance through proper and systematic coaching especially to beginners, who aspire to become champions of the sport at all levels.

The Course is structured in three(3) levels, with each going through poor lecture and practical coaching, the end of which will subject the candidates concerned to an examination, (both theoretical and practical), the passing of which will entitle the candidate be awarded a Coaching Certificate based on NSC's accreditation and prescribed enumerations, starting from Level One to ultimately Level 3.

It is targeted that after qualifying the Course, the holder will be qualified to take up coaching employment in local snooker centres and overseas assignments. It is further expected that the Academy once gains momentum and credibility in its endeavours, overseas candidates will be enrolled for the same purpose.

The Course will be conducted at the Malaysian National Training Centre in Bukit Jalil, with English as the teaching medium and candidates are required to pay an enrolment fees for RM500 for each Level Course.

### **COURSE SYLLABUS FOR COACHING**

#### **A.1 INTRODUCTION**

- History of the sport
- Organization structure
- Competition structure

#### **B.1 IMAGE PRESENTATION**

- Personal conduct & mannerism
- Dress code & attire presentation
- Physical fitness (sleep, diet, exercise)

#### **C.1 EQUIPMENT & SNOOKER RULES**

- Snooker rules, including amendments
- Various competition format
- Snooker equipment & accessories  
(table, templates, balls, cloth, nap, cue, cue-tip, rests, chalk, lighting, score-boards, score-sheets, ironing, brush, drawing equipment, gloves, wiping-cloth, coin etc)

#### **D.1 BASICS & FUNDAMENTALS**

- Stance & body balance
- Cue-hold or grip
- Bridges
- Awkward bridges (under cushion; along cushion; near cushion; over intervening balls)
- Eye on which ball?

- Chalking cue tip
- Sighting & potting
- Head
- Cue under chin
- Delivery (the pause and hinge action)

- Opening Stroke

## **E.1 REST PLAY**

- Rest play
- The spider
- $\frac{1}{2}$ ,  $\frac{3}{4}$  & full-butts
- extension bars
- extended rest
- Swan-neck

## **• SHOT REPORTERE**

- Centre Striking
- $\frac{1}{4}$ ,  $\frac{1}{2}$ ,  $\frac{3}{4}$  ball striking
- Thin cuts
- Power drive
- Art of doubling
- Stop shot
- Follow-through
- Screw back
- Drag shot
- Slow shot against nap
- Cut shot
- Swerve
- Jump shot
- Push shot
- Mass'e

## **G.1 ADVANCED SHOTS**

- Opening stroke
- Soft screw & soft stuns
- Sides (left/right)
- Screw with sides
- Deep screw
- Stun shot
- Stun run-through
- Soft screw & soft stuns
- Plants & sets

- Safety Play
- Shot to nothing
- Laying Snookers
- Escapes
- Trappy losers
- Foul & miss
- Touching ball

## **H.1 BREAK-BUILDING**

- Shot selection
- Specializing  $\frac{3}{4}$  ball contact shots
- Correct positioning
- Splits & nudges

## **I.1 MENTAL APPROACH**

- Pre-match (sleep/relaxation/decorum)
- During match (stay-focused)
- WADA Drug policy

## **J.1 STRATEGY IN MATCH-PLAY**

- Concentration & cool
- Know your opponent
- Regulate attack & defence
- Percentage shots
- Fighting spirit
- Play only to win

## **K.1 VIDEO ANALYSIS**

- Comprehensive study and analysis of professional play
- Lessons to be learned
- Constant practice

MSBF  
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