

## **SNOOKER COACHING VOLUME 1 DETAILS**

### **Basic Technique:**

- 1.) Introduction
- 2.) The Bridge Hand - Fundamentals You Must Apply
- 3.) The Bridge Hand - Imperfections You Must Avoid
- 4.) The Ideal Distance From Bridge Hand To Cue Ball
- 5.) The Grip Hand – Fundamentals You Must Apply
- 6.) The Grip Hand – Imperfections You Must Avoid
- 7.) The Grip Hand – How It Must Behave On The Follow Through
- 8.) The Stance – The Three Parts To Align For Perfect Balance
- 9.) The Ideal Gap From Your Cue Shaft To The Cushion

### **Rest Play:**

- 10.) The Perfect Stance For Using The Rest
- 11.) The Correct Placement And Balance Of The Upper Body
- 12.) A Grip Hand For Total Control And Comfort
- 13.) Demonstration Of Rest Play Secrets
- 14.) The Most Common Errors – And How To Avoid Them!
- 15.) A Trade Secret!

### **Playing The Cue Ball From The Cushion:**

- 16.) How To Easily Play The Cue Ball At Any Distance From A Cushion
  - 16.1) The cushion vision block problem solved in one second
  - 17.) The World's Fastest Way Of Learning To Play With The Cue Ball Touching The Cushion – Whatever Angle You Are Playing To The Cushion! Applied With Nic's Shot Scanning Principle
  - 18.) A Professional's Insight: When Should Your Cueing Be On The Cushion, Or Above The Cushion?
  - 19.) How To Easily Form The American Pool 'Loop' Bridge. Playing The 'Loop' Bridge From A Cushion For Maximum Effect
  - 19.1) Close up of the main loop bridges used from a cushion
  - 20.) Mastering Cue Control At An Open Angle From The Cushion
  - 21.) Mastering Cue Control At A Closed Angle From The Cushion
  - 22.) Top Tips For Playing The Cue Ball On A Cushion: Key Techniques, Demonstrations & Secrets In Close Up
  - 23.) End Credits
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## **SNOOKER COACHING VOLUME 2 DETAILS**

### **Advanced Technique - Obstacles To Basics:**

- 1.) Introduction
- 2.) Successfully Bridging And Cueing Over An Obstructing Ball
- 2.1-2.2) Demonstrating bridging and cueing over obstructing balls and cushions
- 2.3-2.9) Eight successful demonstration shots with the cue ball obstructed by balls or cushions
- 3.) How To Bridge And Cue Over Eight Obstructing Balls!
- 4.) Learning How To Play With The Main Accessories, Rests And Extensions
- 5.) How To Play With The 'Long Butt' And 'Half Butt' (Or 'Fishing Tackle')
- 6-8.) How To Maintain Complete Control And Balance At All Times. When Your Stance Or Rest Play Are Obstructed By A Cushion

## **Professional Technique:**

- 9.) How To Pot With The Cue Ball Close To The Object Ball – Demonstrated To Perfection With Nic’s Observe Predict Plan Principle
  - 10.) How To Pot With The Cue Ball Extremely Close To The Object Ball...
  - 10.1-10.2) ...And close up demonstrations using side and front on views
  - 11.) How To Pot With The Cue Ball Extremely Close To The Object Ball – Common Sense Explanations That Make Complete Sense
  - 12.) Potting Plants – All The Basic Skills You Will Ever Need
  - 12.1) The secret to potting three ball plants, snooker style
  - 13.) Potting Plants – Advanced Skills: Error Magnification, The ‘Reverse’ Plant, Plant Protocols
  - 14.) End Credits
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## **SNOOKER COACHING VOLUME 3 DETAILS**

### **Using Snooker Equipment:**

- 1.) Introduction
- 2.) Brushing The Table Professionally
- 3.) Ironing The Table Professionally
- 4.) Putting A New Bed Cloth On The Table – Very Quickly
- 5.) An Overview Of The Equipment In Snooker
- 6.) The Darkest Corners Of The Cue Case -Its Contents And Secrets
- 7.) General Accessories To Help Your Game
- 8.) Different Training Balls To Improve Your Game
- 9.) Other Lesser Known Devices And Gadgets
- 10.) The Balls Of Different Cue Sports, And How They Can Help Your Snooker
- 11.) Final Accessories ‘n’ Stuff – Including The Perfect Pocket Sized Tipping Kit
- 12.) A Trick Shot – Peter Gilchrist’s Seven Cushion Shot
- 13.) A Trick Shot – The Silky Hanky Shot
- 14.) The Cue – A Full Description, And Historical Information
- 15.) The Cue – Is Your Cue Too Short, Perfect Or Too Long?
- 16-16.2.) How You Can Easily Put A Professional Tip On Your Cue In Twelve Minutes!
- 16.3.) How you can get used to playing with a brand new tip – in minutes not weeks!
- 17.) Checking If A Cue Is Straight – The Right Way & The Wrong Way To Do So
- 18-18.3.) Repairing A Cut In The Table Cloth -Assessment, Preparation, Repair And Finishing

### **Aiming & Angles:**

- 19.) How To Aim Like The Professionals – The Snooker Shooting Sighting Technique
  - 20.) An Aiming Exercise To Help Your Angle Recognition – Applied By Knowing How To Put Four Ball Perfectly... Every Time
  - 21-21.4.) All The Angles You Need To Know For Potting, And How To Recognize Them Instantly...
  - 22.) The Ultimate Way To Learn Potting Angles – How To Improve Your Aiming With Your Eyes Closed!
  - 23.) How You Can Learn to Aim, AND Play With Side Spin – Within Minutes! Demonstrated Using Nic’s Observe Predict Plan Principle
  - 24.) How To Know If The Ball Will Go In BEFORE You Play It! The Discovery Made Using Nic’s Observe Predict Plan Principle
  - 25.) End Credits
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## **SNOOKER COACHING VOLUME 4 DETAILS**

### **Aiming With Side Spin:**

- 1.) Introduction
- 2.) Side Spin – The Main Situation In Which It Can Help (Rather Than Hinder) Your Game. How To Be A Hero Without Side
- 3.) The Best Test For Learning How To Aim With Side. Quickly And Simply Learn Both Methods Of Potting Using Side
- 4.) Side Spin Aiming, Potting With Side, And Swerve Shots. Dramatically Effective Learning Lessons Applied With Nic's Observe Predict Plan Principle
- 5.) How To Perfectly Control Swerve Shots – Front View
- 6.) How To Perfectly Control Swerve Shots – Side View
- 7.) Learning How To Pot Any Ball With Side Spin
- 8.) Permission To Fail, License To Win – Experiments In Potting With Side Spin

### **The Pre & Post Shot Routines:**

- 9.) How To Instantly Know The Right Shot To Play
  - 10.) The Pre Shot Routine: How To Plan It Like The Professionals
  - 11.) The Importance Of Having Complete Balance And Comfort Throughout The Body – And When It Is Most Important To Do So
  - 12-12.1.) The Most Important Technique For Successful Performance That The Greatest Sports People In History Have Always Used
  - 13.) The Pre Shot Routine: How To Remain Perfectly Still When You Get Down On The Shot When You Must And Must NOT Select Your Potting Angle
  - 14.) The Most Important Moment In Snooker – And What The Top Professionals Do At This Time
  - 15.) End Credits
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## **SNOOKER COACHING VOLUME 5 DETAILS**

### **Eye Movements:**

- 1.) Introduction
- 2.) An Essential Eye Exercise That Guarantees Your Head Will Stay Still
- 3.) What You Must Look At, And When You Must Look At It... As You Get Down To The Shot
- 4-4.1.) The Three Types Of Eye Movement You Can Use For Aiming
- 5.) The Four Types Of Eye Movement You Can Use During The Backswing... And The Top Two Professional Choices Among These Four
- 6.) How To Gain A Totally Smooth And Consistent Backswing Every Time – No Matter What... Send Snatching Or Jerking To The History Books Forever!
- 7.) How, When And Why To Watch The Cue Ball And Object Balls Like The Best Players In The World

### **Cueing, Backswing, Pause And Delivery:**

- 8.) The Most Important Cueing Practice In The World – And It Only Takes A Minute To Learn
- 9.) Cueing, Backswing And Pause: Learn Your Own Ideal In Each
- 10.) Dramatically Improve Your Cue Power, Aiming And Sidespin
- 11.) The Backswing: All The Points You Must Know To Backswing Like The Best
- 12.) The Delivery: Explaining The Ideal Strike Of The Ball
- 12.1.) Demonstration of the ideal strike that anyone can learn from
- 13.) Understanding The Physics Of The Perfect Cue Ball Strike
- 14.) The Best Key Thoughts And Metaphors For The Perfect Cue Ball Strike
- 15-17.) Develop The Ultimate Delivery... With This Highly Classified Method Only Just Released Into

## **SNOOKER COACHING VOLUME 6 DETAILS**

### **Cue Ball Control:**

- 1.) Introduction
- 2.) An Introduction To Professional Cue Ball Control
- 3.) Fundamentals Of Cue Ball Control That You CANNOT Do Without Plus How, When And Why You Must Play The 'Drag' Shot
- 4.) The Side Spin Myth – Dispelled Forever Using The Straight Potting Test
  - 4.1.) The side spin myth dismantled further
- 5.) The Side Spin Myth – An Invisible Error That Could Prevent You Being Able To Dispel The Myth
- 6.) The Side Spin Myth – Dispelled Forever With The Angled Pot Test
- 7-7.1.) The Easiest Way Ever Discovered Of Learning Positional Play – Using Nic's Shot Scanning Principle
- 8.) The Fastest Way Ever Discovered Of Learning Positional Play – Using Nic's Observe Predict Plan Principle
- 9.) How To Immediately Gain Masterful Control Over Your Screw Shots Plus How To Improve Your Game Within Three Shots!

### **Break Building:**

- 10.) Understand And Be Able To Apply The Six Most Important Close Range Positional Shots From The Black Off The Spot
  - 11.) The Twelve Main Anchor Shots That Will Give You Perfect Positional Play On The Baulk Colours. These Shots Are Totally Indispensable When Making Clearances.
  - 12.) Putting It All Together: Nic Making A Break Of Exactly 100
  - 13.) End Credits
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## **SNOOKER COACHING VOLUME 7 DETAILS**

### **Safety Play:**

- 1.) Introduction
- 2.) The Easy And Effortless Way To Play Length Of The Table Safety Shots And Bring The Cue Ball Back To Baulk – As Well As Any Player On TV
- 3.) Understanding Safety Play's Vital 'Plan B'
- 4.) The One In A Thousand Impossible Back To Baulk Safety Shot
- 5.) Back To Baulk Safety Shots – How To Let The Table Control The Cue Ball
- 6.) The Break Off Shot – The Fundamentals You Simply Must Understand
  - 6.1-6.11.) The break off shot – ten demonstrations and explanations of the most frequent solutions and errors of snooker's starting shot
- 7.) Make Your Safety Shots As Effortless As The Players Who Find It As Easy As 1.2.3... (Clue – These Players Only Use Three Balls)
- 8.) The Keys To Playing The Match Winning (Or Match Losing) Close Range Roll Up Snooker – A Side On View
- 9.) Escaping From Snookers – The Foolproof, And Extremely Easy, Way To Ingrain Perfect Snooker Escapes In Your Mind Forever!

10.) Summing Up Safety Play: The three causes of any failed safety shot; The 90% of safety play; The fear barrier in safety

### **Trick Shots:**

11-11.4.) How To Play The Massé Shot – A Demonstration From Four Angles

12.) Peter Gilchrist – Two Time World Professional Billiards Champion, And Nic Barrow Perform A Trick Shot Exhibition

13.) Nic's Quick Trick Shot Compilation – A Selection Of His Favourites

14.) End Credits

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## **SNOOKER COACHING VOLUME 8 DETAILS**

### **Coaching Demonstrations Disc 1:**

1.) Main Introduction

2.) Introduction Of Nic's Client, Friend And Coaching Subject Alfred

3.) The Seven Vital Coaching Methods For Any Session

4.) Nic's Awareness Feedback Principle:

- The Most Natural Way Of Learning Available, And It Lies Within You!
- Applied To How To Strike The Cue Ball More Cleanly – Without Effort
- Applied To How To Screw The Cue Ball Back Much More Easily

5.) Authoritarian, Neutral And Passive Coaching:

- A Coaching Demonstration Of The Differences

6.) Nic's Awareness Feedback Principle:

- Applied To Cueing Much More Smoothly
- Applied To Transforming Your Aiming And Cueing Ability

7.) Nic's Closed Eye Principle:

- Applied To Middle Pocket Aiming, And Resulting In...
- Seeing Improvement Within Five Shots!

8.) Nic's Awareness Feedback Principle:

- Applied To Completely Mastering Cue Ball Speed Control

9.) Nic's Awareness Feedback Principle: Bullyment Or Encouragement – Which Is More Effective, And When?

10.) Nic's Question Reversal Principle:

- Applied To Cueing Smoother And Straighter
- Turning The Tables On A Question

11.) End Credits

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## **SNOOKER COACHING VOLUME 9 DETAILS**

### **Coaching Demonstrations Disc 2:**

- 1.) Introduction
  - 2.) Nic's Super Comfort Principle & Nic's Closed Eye Principle:
    - Applied To Four Key Aspects Of Technique
    - Any One Of These Four Can Help You In Every Area Of Your Game
  - 3.) Nic's Super Comfort Principle & Nic's Closed Eye Principle:
    - Applied To The Four Fundamentals That Will Make Your Stance Perfect
  - 4.) Rest Play Coaching:
    - The Seven Key Fundamentals That Will Transform Your Rest Play
  - 5.) Potting A Ball Along A Cushion:
    - Explaining The One Minute Secret
    - A Demonstration Of Awareness, Patience, And A Successful Result
  - 6.) Nic's Deliberate Failure Principle:
    - Applied To Gaining Mastery On Follow Through, Side Spin And Screw Shots
    - Learning The Limits, Learning The Possibilities...
    - And How One Leads To The Other
  - 7.) End Credits
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## **SNOOKER COACHING VOLUME 10 DETAILS**

### **The Psychology Of Snooker And Life - An In Depth Interview:**

- 1.) Introduction
- 2.) Introduction Of Alfred, Who Asks Advice From Nic On The Following Subjects In Snooker And Life...
- 3.) Technique throughout the different stages of a players career
- 4.) Concentration
- 5.) Pressure
- 6.) Regaining concentration
- 7.) Confidence
- 8.) Relaxation
- 9.) Fitness
- 10.) Misconceptions about the game
- 11.) The ideal attitude for the game
- 12.) Targets
- 13.) The 'Zone'
- 14.) Are champions born or made?
- 15.) Does luck exist?
- 16.) The definition of success
- 17.) The purpose of life
- 18.) Finding one's purpose

- 19.) Transformational lessons from life
  - 20.) End credits
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