

the baffled parent's guide to coaching tee ball b Academic PDF

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Starting your journey as a tee ball coach can be both exciting and overwhelming, especially if you're new to the game or coaching young children. If you've found yourself asking, "What exactly is tee ball B?" or wondering how to effectively guide your young players, you're not alone. This comprehensive guide aims to demystify coaching tee ball B, offering practical advice, game strategies, and tips to help you foster a fun, safe, and educational environment for your team. Whether you're a first-time coach or looking to improve your coaching approach, this article will serve as your go-to resource for everything you need to know about coaching tee ball B.

Understanding Tee Ball B: What Makes It Different?

Before diving into coaching techniques, it's essential to understand what tee ball B entails and how it differs from other youth baseball levels.

What Is Tee Ball B?

Tee ball B is typically a developmental level within youth baseball leagues designed for children around ages 4-6. It's a step above introductory tee ball (often called Tee Ball A) and aims to introduce basic baseball skills while emphasizing fun and teamwork. The "B" designation can vary depending on the league but generally indicates a slightly more advanced or structured level.

Key Characteristics of Tee Ball B

- Focus on basic skills: hitting, fielding, throwing, and running
- Shorter game durations to match attention spans
- Emphasis on sportsmanship and teamwork
- Introduction to simple rules and game flow
- More organized practices with specific skill stations

Understanding these features helps coaches tailor their approach to meet the developmental needs of young players and ensure a positive experience.

Preparing to Coach Tee Ball B

Proper preparation is crucial for a successful coaching experience. Here are some steps to get ready for coaching tee ball B.

Gather Necessary Equipment

- Baseballs and soft training balls
- Child-sized bats and helmets
- Fielding gloves appropriate for young children
- Cones, batters' tees, and training aids
- First aid kit and water bottles

Learn Basic Rules and Gameplay

Familiarize yourself with league rules, game formats, and safety protocols. Many leagues provide rulebooks or guidelines, but understanding the basics?such as how innings are structured, scoring, and safety rules?is essential.

Plan Fun and Educational Practices

Develop a practice plan that balances skill development with fun activities. Incorporate drills that promote coordination, teamwork, and enjoyment.

Effective Coaching Strategies for Tee Ball B

Coaching young children requires patience, clarity, and enthusiasm. Here are key strategies to make your coaching effective and enjoyable.

Focus on Skill Development

Introduce fundamental skills gradually:

- **Hitting:** Use tees and soft balls to teach proper stance and swing
- **Fielding:** Practice grounders and pop-ups with gentle throws
- **Throwing:** Emphasize proper grip and aim
- **Running bases:** Teach how to run safely and touch bases correctly

Make Practice Fun and Engaging

Young children learn best when they're having fun. Incorporate games and challenges:

- Relay races
- Obstacle courses
- Mini-games that simulate real gameplay
- Reward system for effort and sportsmanship

Establish Simple Rules and Expectations

Keep rules straightforward to avoid confusion:

- Everyone gets a turn to bat and field
- Encourage cheering and positive behavior
- Teach safety rules, like wearing helmets and being aware of surroundings

Promote Teamwork and Sportsmanship

Instill values of respect, encouragement, and cooperation:

- Use team cheers and high-fives
- Celebrate good plays, regardless of outcome
- Teach players to support teammates and accept mistakes gracefully

Managing Games Effectively

During games, your role as a coach is to ensure everyone is engaged, safe, and learning.

Organize Player Positions and Rotations

Since players are young and still learning, rotate positions frequently to give everyone experience and keep the game dynamic.

Keep the Focus on Fun

Remember, the primary goal is enjoyment and skill-building:

- Limit game length to match attention spans
- Encourage participation over competitiveness
- Use positive reinforcement throughout the game

Handle Disagreements and Misbehavior Calmly

Young children may sometimes get frustrated or distracted. Address issues with patience:

- Explain consequences gently
- Redirect attention to the game or activity
- Encourage good sportsmanship consistently

Building a Positive Team Environment

Creating an environment where children feel safe, supported, and excited to learn is essential.

Communicate with Parents

Maintain open lines of communication:

- Share game and practice schedules
- Send updates on team progress and upcoming events
- Encourage parental involvement and support

Celebrate Progress and Effort

Recognize each child's improvement, effort, and good sportsmanship:

- Award small trophies or ribbons
- Use positive language and praise
- Highlight teamwork and personal growth

Foster Inclusion and Fair Play

Ensure all children feel valued:

- Rotate players evenly
- Encourage encouragement among players
- Model respectful behavior on and off the field

Tips for Success as a Tee Ball B Coach

To wrap up, here are some additional tips to enhance your coaching experience:

- Stay patient and flexible; young children learn at different paces
- Keep practices short and varied to maintain engagement
- Use visual aids and demonstrations to clarify instructions
- Encourage parents to cheer and support without coaching from the sidelines
- Be a positive role model?show enthusiasm, respect, and sportsmanship
- Continuously learn and adapt your coaching approach based on team needs

Conclusion

Coaching tee ball B may seem daunting at first, but with the right mindset and preparation, it can become an incredibly rewarding experience. Remember that at this level, the focus should always be on fun, safety, and fundamental skill-building. By fostering a positive environment, communicating effectively, and emphasizing teamwork and sportsmanship, you'll help young players develop a love for the game that can last a lifetime. Embrace the journey, celebrate every small victory, and enjoy watching your team grow both on and off the field. Happy coaching!

The Baffled Parent's Guide to Coaching Tee Ball B: Unlocking Fun and Fundamentals for Young Athletes

Introduction: Navigating the Tee Ball Terrain

Entering the world of youth baseball coaching can feel overwhelming, especially for parents new to the game. When it comes to Tee Ball B—a level designed for slightly older or more experienced young players—coaching responsibilities often expand. This guide aims to demystify the process, providing detailed insights to help parents foster a positive, engaging, and educational Tee Ball B experience. Whether you're a first-time coach or seeking to refine your approach, understanding the nuances of coaching Tee Ball B is essential for nurturing confident, skilled young athletes.

Understanding Tee Ball B: What Sets It Apart?

The Purpose and Goals of Tee Ball B

Tee Ball B is typically a developmental step above beginner Tee Ball, focusing on:

- Reinforcing fundamental baseball skills
- Introducing basic game strategies
- Building teamwork, sportsmanship, and confidence

- Preparing players for more advanced levels of baseball

Age Range and Skill Level

Players in Tee Ball B are generally between 6-8 years old, possessing:

- Basic understanding of baseball rules
- Some experience in Tee Ball or similar sports
- Developing coordination and motor skills

Understanding these characteristics helps tailor coaching strategies that are age-appropriate and effective.

Preparing for Coaching: Essential Foundations

- Gaining Knowledge of the Rules and Regulations

Before stepping onto the field, familiarize yourself with league-specific rules, which may include:

- Player rotation and substitution policies
- Scoring and inning structure
- Equipment regulations
- Safety protocols

Being well-versed ensures smooth game flow and sets a good example for players.

- Planning Practices and Sessions

Effective coaching requires preparation:

- Practice Plans: Develop weekly agendas focusing on skill development, drills, and fun activities.
- Equipment Checks: Ensure all gear?bats, balls, helmets, bases?is safe, appropriate, and available.
- Venue Familiarity: Know the field layout and facilities.

- Building a Positive Environment

Creating an atmosphere of encouragement and fun is crucial:

- Promote sportsmanship and respect
- Celebrate effort over outcome
- Foster teamwork and inclusivity

Core Coaching Focus Areas in Tee Ball B

Fundamental Skills Development

Building a solid skill set is central to coaching Tee Ball B. Focus areas include:

- Hitting Technique: Teaching proper stance, grip, and swing.
- Fielding Skills: Ground ball pickups, catching, and throwing.
- Base Running: Running the bases correctly and safely.
- Catching: Using gloves effectively and understanding the catcher's role.
- Throwing Accuracy and Power: Developing arm strength and precision.

Practical drills:

- Soft Toss and Tee Work: For hitting mechanics.
- Fielding Stations: Dividing players into small groups to practice grounders and pop-ups.
- Base Running Races: To teach speed and agility.
- Relay Throws: To improve accuracy and teamwork.

Game Strategy and Understanding

While Tee Ball B emphasizes fun and fundamentals over complex tactics, introducing basic strategies can enhance learning:

- Positioning: Explaining roles like pitcher, catcher, and infielders.
- Playing the Ball: Teaching players to track and catch fly balls.
- Base Running Decisions: When to advance or hold.
- Team Communication: Calling for the ball and encouraging vocal support.

Building Teamwork and Sportsmanship

In youth sports, character development is as vital as skill mastery:

- Encourage players to cheer for teammates.
- Teach respectful behavior toward opponents and umpires.
- Emphasize effort, improvement, and enjoyment.

Coaching Techniques and Tips

Effective Communication with Young Players

Communication should be clear, positive, and age-appropriate:

- Use simple language and demonstrations.
- Provide immediate, constructive feedback.
- Reinforce good behavior and effort.

Engaging and Inclusive Practice Drills

Keep practices lively and inclusive:

- Rotate positions to give all players experience.
- Incorporate games and relays to maintain energy.
- Recognize individual achievements to boost confidence.

Managing Different Skill Levels

Players develop at different rates:

- Offer personalized encouragement.
- Provide extra support or challenges as needed.
- Avoid negative comparisons; focus on personal growth.

Safety and Well-being Considerations

- Ensure all equipment fits correctly and is in good condition.
- Enforce safety rules during drills and games.
- Monitor weather conditions; hydrate and provide shade.
- Be alert to signs of fatigue or injury.

Parent-Coach Collaboration

Building a Supportive Environment

- Communicate regularly with parents about practice schedules and expectations.
- Encourage parental involvement in supportive roles.
- Address concerns promptly and professionally.

Handling Challenges

- Be patient with young players' behavior and attention spans.
- Maintain a positive attitude, even in challenging situations.
- Seek feedback from parents and players to improve coaching methods.

Progressing Beyond Tee Ball B

As players develop, consider:

- Introducing more advanced skills like batting stance adjustments.
- Incorporating simple game tactics.
- Encouraging leadership roles among players.
- Preparing for transition to more competitive leagues.

Resources and Continuing Education

- Attend coaching clinics or webinars specific to youth baseball.
- Use online drills, videos, and coaching forums.
- Connect with local baseball associations for support and mentorship.

Final Thoughts: The Joy of Coaching Tee Ball B

Coaching Tee Ball B is an opportunity to inspire a love for baseball while instilling life skills such as

teamwork, discipline, and perseverance. Your role as a parent-coach is pivotal in shaping positive sporting experiences that children will carry into other areas of their lives. Embrace the journey with patience, enthusiasm, and a focus on fun?remember, at this stage, the goal is not just winning games but fostering joyful participation and personal growth.

By understanding the fundamentals, planning engaging practices, emphasizing safety, and nurturing a supportive environment, you can become an effective, confident coach guiding your young athletes through their first meaningful steps in baseball.

QuestionAnswer What is the main goal of 'The Baffled Parent's Guide to Coaching Tee Ball B'? The main goal is to help parents understand the fundamentals of coaching tee ball effectively, fostering a fun, supportive environment for young players to learn basic skills and develop a love for the game. How can I keep young players engaged during tee ball games? Use simple drills, positive reinforcement, and keep explanations brief. Focus on fun activities that teach basic skills and ensure every child gets plenty of opportunities to participate and succeed. What are common mistakes parents make when coaching tee ball? Common mistakes include over-coaching, emphasizing winning rather than learning, neglecting individual player development, and not keeping the game fun. The guide emphasizes the importance of patience and encouragement. How do I handle different skill levels among players? The guide recommends tailoring activities to accommodate varying skill levels, providing extra support for beginners, and encouraging experienced players to help their peers, fostering teamwork and confidence. What equipment essentials do I need to start coaching tee ball? Basic equipment includes a tee, bats, balls, gloves, and cones for drills. The guide also suggests using visual aids and age-appropriate gear to enhance learning and safety. How can I promote good sportsmanship among young players? Encourage respectful behavior, celebrate effort over outcome, model good sportsmanship yourself, and create team traditions that emphasize kindness and teamwork. What strategies does the guide recommend for managing game day nerves and keeping parents positive? It suggests setting realistic expectations, focusing on fun and learning, reminding parents to be supportive, and emphasizing that the primary goal is to help children enjoy and learn from the game.

Related keywords: tee ball coaching, parent coaching tips, youth sports guide, baseball beginner tips, coaching tee ball, parent sports advice, youth baseball strategies, tee ball drills, coaching young athletes, baseball parenting support

THE SCIENCE OF POCKET BILLIARDS

The science of pocket billiards is a fascinating intersection of physics, mathematics, and skill, illustrating how understanding fundamental principles can significantly enhance gameplay. From the

precise angles of bank shots to the application of force and spin, the science behind pocket billiards reveals the complexity and beauty of this classic game. Whether you're a casual player seeking to improve or a professional aiming to master the nuances, grasping the scientific concepts involved can provide a competitive edge. This comprehensive guide explores the key scientific principles that govern pocket billiards, including mechanics, angles, spin, and strategy.

Fundamental Physics of Pocket Billiards

Understanding the core physics involved in pocket billiards is essential for mastering shot accuracy, control, and overall gameplay. The game primarily relies on Newtonian mechanics, encompassing concepts such as motion, collision, and energy transfer.

Newton's Laws and Their Application

- First Law (Inertia): A ball at rest stays at rest, and a moving ball continues in a straight line unless acted upon by an external force, such as collision or friction.
- Second Law ($F=ma$): The acceleration of the cue ball depends on the applied force and its mass. This principle explains how different cue strikes influence ball speed.
- Third Law (Action and Reaction): When the cue strikes the ball, the cue exerts force, and the ball exerts an equal and opposite force back, affecting the ball's motion and spin.

Collisions and Energy Transfer

- Elastic Collisions: Most pool balls are designed to collide elastically, meaning they transfer kinetic energy efficiently without significant energy loss, enabling predictable rebounds.
- Impact Point: The point where the cue strikes the ball determines the distribution of energy between translational motion and rotational spin.

Angles and Trajectory Planning

Angles are crucial in pocket billiards, dictating how balls travel and where they will land. Understanding the geometry of shots allows players to plan and execute complex plays with precision.

Basic Geometry of Billiard Shots

- Line of Aim: The direct path from the cue ball to the object ball or pocket.
- Cut Angle: The angle at which the cue ball strikes the object ball, affecting the subsequent

trajectory.

- Bank Shots: When the ball bounces off cushions, the angles of reflection are governed by the law of reflection: the angle of incidence equals the angle of reflection.

Using Geometry to Predict Ball Paths

- Practice of "Ghost Ball" Method: Visualizing the ideal contact point to make the shot easier.
- Symmetry and Reflection: Calculating the mirror position of the pocket across cushions to determine the target point for bank shots.
- Mathematical Models: Applying trigonometry to predict shot outcomes, especially for complex angles.

Spin, Friction, and Ball Control

Spin adds a layer of complexity and control, allowing players to influence the ball's path after impact, especially during advanced shots like follow, draw, or screw shots.

Types of Spin in Billiards

- Top Spin (Follow): Spins forward, causing the ball to continue rolling after contact.
- Back Spin (Draw): Spins backward, pulling the ball back after hitting the object ball or cushion.
- Side Spin (English): Spins to the left or right, affecting the ball's trajectory and collision outcomes.

Physics of Spin and Friction

- Frictional Forces: The contact between the ball and cloth creates friction, which influences both the speed and spin.
- Frictional Decay: Spin diminishes over time due to friction, requiring players to adjust their shots accordingly.
- Spin Transfer: During collision, some of the cue ball's spin is transferred to the object ball, affecting subsequent shots.

Strategic Application of Scientific Principles

Applying scientific understanding enhances strategic decision-making, shot selection, and overall game strategy.

Shot Selection and Risk Management

- Analyzing angles and physics to choose shots that maximize success probability.
- Recognizing when to attempt difficult shots based on the physics involved.

Position Play and Pattern Design

- Planning sequences of shots that set up more straightforward subsequent shots.
- Using knowledge of ball trajectories and spin to control ball positioning.

Technological Tools and Modern Advances

Advancements in technology have allowed players and coaches to analyze and improve their game through scientific tools.

Ball and Cloth Materials

- Modern balls are designed for consistent elasticity and minimal deformation.
- Cloths are engineered to optimize friction and ball roll behavior.

Simulation and Training Software

- Computer programs simulate ball trajectories, allowing players to practice virtually.
- Data analytics help in understanding shot efficiency and consistency.

Conclusion: The Intersection of Science and Skill

The science of pocket billiards exemplifies how physics, geometry, and material science converge in a game that is both skillful and scientifically rich. Mastering the underlying principles?such as collision mechanics, angles, spin, and friction?can dramatically improve a player?s accuracy, control, and strategic thinking. Whether you are aiming to increase your breaking power, execute complex bank shots, or refine your position play, understanding the scientific foundations provides a competitive advantage and enhances appreciation for this timeless sport. Embracing both the art and science of pocket billiards unlocks a deeper enjoyment and mastery of the game, proving that behind every successful shot lies a fascinating world of physics waiting to be explored.

The Science of Pocket Billiards: A Deep Dive into the Physics, Mathematics, and Technique Behind

the Game

Introduction

The science of pocket billiards, commonly known as pool, is a fascinating blend of physics, mathematics, and human skill. While at first glance, it might appear as a simple game of hitting balls into pockets, the underlying principles involve complex interactions of forces, angles, and motion. Understanding these scientific fundamentals not only enhances a player's strategic approach but also reveals the intricate beauty of a game that has captivated millions worldwide for centuries. In this article, we explore the core scientific concepts that govern pocket billiards, from the physics of ball motion to the mathematical principles of angles and spin, providing both enthusiasts and newcomers with a comprehensive understanding of the game's scientific backbone.

The Physics of Ball Motion in Pocket Billiards

At its core, pocket billiards is governed by Newtonian physics, particularly the laws of motion and collision dynamics. When a player strikes the cue ball with the cue stick, they impart kinetic energy, setting the ball in motion. The subsequent interactions—ball-to-ball collisions, ball-to-walls (rails), and eventual pocketing—are dictated by physical laws that can be analyzed and predicted with a fair degree of accuracy.

Kinetic Energy and Momentum Transfer

When the cue strikes the cue ball, the energy transfer is governed by the principles of conservation of momentum and energy. The speed and spin imparted influence how the ball travels and interacts with other balls.

- Initial Impact: The force applied determines the initial velocity of the cue ball. A harder hit results in higher kinetic energy, causing the ball to travel faster and potentially reach longer distances.
- Mass and Velocity: Since all balls in standard pool are identical in mass, the transfer of momentum during collisions simplifies, allowing predictable outcomes based on initial velocities and angles.

Friction and Rolling Resistance

Once in motion, the ball's trajectory is affected by friction with the cloth surface and the cushion (rail). These forces gradually decelerate the ball, bringing it to a stop if no other forces intervene.

- Cloth Friction: The felt cloth introduces a resistive force proportional to the ball's velocity.

- Rolling Resistance: As the ball rolls, internal friction within the ball and between the ball and cloth dissipates kinetic energy.

Understanding these forces explains why shots need to be calibrated with appropriate speed; too soft, and the ball won't reach its target; too hard, and it may bounce past or deflect unpredictably.

Collisions and Elasticity

Ball-to-ball collisions are nearly elastic, meaning kinetic energy is conserved during impact, with minimal energy lost as heat or sound.

- Coefficient of Restitution: A measure of the elasticity of collisions; higher values mean less energy lost and more predictable rebounds.
- Angles of Incidence and Reflection: The path of a ball after impact depends on collision angles, which are central to shot planning.

Angles and Geometry: The Mathematical Backbone

Mathematics, specifically geometry and trigonometry, is integral to predicting and executing successful shots.

The Angle of Departure and Rebound

Understanding how balls behave after contact allows players to plan precise shots. When the cue ball strikes an object ball or cushion, the angles determine the subsequent paths.

- The Law of Reflection: The angle at which a ball hits a cushion is equal to the angle it bounces off, assuming no spin is involved.
- Cut Shots: When hitting an object ball at an angle, the trajectory depends on the angle of collision and the point of contact.

Bank and Kick Shots

Advanced shots like bank shots (hitting the cushion before pocketing) or kick shots (hitting the cushion to alter the cue ball's path) rely heavily on geometric calculations.

- Predicting Rebounds: Players often estimate angles visually or with tools, but understanding the underlying geometry improves accuracy.

- Using Geometry to Plan Shots: Calculations involve extending lines from the target pocket backward through the cushion to determine the point of impact.

Position Play and Cue Ball Control

Achieving the desired position for the next shot involves precise control of the cue ball's path and spin.

- Angles for Positioning: Knowing the angles associated with different shot setups allows players to plan sequences efficiently.

- Mathematical Models: Some advanced players use mathematical models or software to simulate shot outcomes, optimizing their strategies.

Spin, Effects, and Advanced Techniques

Adding spin to the cue ball introduces complex dynamics that influence shot outcomes significantly.

Types of Spin

- Topspin: Causes the cue ball to roll forward after contact, helping it follow or stay in position.
- Backspin (Draw): Makes the cue ball reverse direction or stop quickly upon contact.
- Side Spin (English): Applies spin to one side, altering the ball's path after bouncing or colliding.

The Physics of Spin and Object Ball Interaction

Spin affects the angle at which the cue ball contacts object balls, influencing deflections.

- English and Deflection: Side spin can cause the cue ball to deflect off the object ball at an angle different from the initial collision vector.

- English and Rebound Angles: Applying side spin modifies how the cue ball interacts with cushions, enabling complex positional shots.

Spin's Role in Shot Planning

Successful players leverage spin to control the cue ball's trajectory, speed, and position after collision.

- Follow and Draw Shots: Use of topspin or backspin to influence how the cue ball behaves after hitting object balls or cushions.
- Massé and Curve Shots: Advanced techniques involving extreme spin to bend the ball's path around obstacles, relying heavily on physics principles.

The Role of Equipment and Environment

Scientific principles also extend to the equipment used and environmental factors.

Cloth and Ball Materials

- Felt Cloth: Its texture and weave influence friction and ball speed.
- Balls: Made of phenolic resin, their density and surface smoothness affect roll and rebound.

Table Geometry and Conditions

- Table Dimensions: Standardized dimensions ensure consistent physics across settings.
- Climate Conditions: Humidity and temperature can affect cloth tension and ball behavior, subtly altering physics.

Enhancing Play Through Scientific Understanding

While innate skill and experience are vital, understanding the scientific principles behind pocket billiards can significantly improve performance.

- Predictive Modeling: Using physics and geometry to anticipate ball paths.
- Shot Optimization: Adjusting speed, spin, and angle based on scientific insights.
- Training and Practice: Incorporating knowledge of friction, collision, and spin to refine technique.

Conclusion

The science of pocket billiards reveals a game rich in physics, mathematics, and technical mastery. From the precise physics governing each collision to the geometric calculations that enable complex shots, understanding these scientific principles transforms billiards from a game of chance into a discipline of skill and strategy. Whether you're a casual player seeking to improve your game or a dedicated enthusiast fascinated by the intricacies of physics, appreciating the scientific underpinnings of pool enriches the experience and deepens your appreciation for this timeless pastime.

Question What are the key physics principles involved in pocket billiards? Pocket billiards primarily relies on principles such as conservation of momentum, angular momentum, friction, and collision dynamics. Understanding how cue ball spin (English), ball collision angles, and friction influence shot outcomes helps players improve precision and control. How does spin affect the ball's trajectory in billiards? Spin, or English, alters the ball's path after contact with other balls or cushions. Applying side spin can cause the cue ball to deflect off angles differently, while top or backspin influences how the ball behaves after hitting a object ball or cushion, enabling advanced shot techniques like caroming or position play. What role does friction play in controlling ball movement? Friction between the cue ball and the cloth surface affects how quickly the ball slows down and how spin is transferred. Proper understanding of friction helps players plan shots with accurate speed and position control, especially in complex shots requiring precise shot placement. How do collision angles impact the success of bank and kick shots? Collision angles determine how balls rebound off cushions or other balls. Mastering the physics of angles allows players to predict ball paths accurately, making bank shots and kick shots more reliable by understanding mirror angles and deflection principles. Why is cue ball control considered a fundamental skill in billiards? Cue ball control involves precise manipulation of speed, spin, and shot angle to position the cue ball optimally for subsequent shots. Mastery of cue ball control relies on understanding the physics of ball movement, leading to better shot accuracy and strategic play. How does table cloth texture influence ball behavior in pocket billiards? Different cloth textures affect the amount of friction and ball acceleration or deceleration. A faster cloth allows balls to roll longer with less friction, while a slower cloth increases friction, impacting shot planning and speed control during gameplay.

Related keywords: pool, billiards, cue sports, snooker, eight-ball, cues, ball physics, shot techniques, billiard strategies, game rules

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