

Position 6: Snooker Yoga.

Picture 1:

The all important standard set up position...



Picture 2:

Sitting on the cushion and hoisting the left ankle to rest on the surface of the cushion...

Players below a certain height may not be able to do this easily.

Only after your 'seating position' is set, approach the cue ball and form the bridge hand.



Picture 3:

The 'stance' I have is as comfortable and stable as it will get in this situation.

Note that for the shot to be legal, at least the toe of one foot must be touching the ground - otherwise all the stability and balance in my 'stance' is made up of the left ankle and the seat of my trousers!

