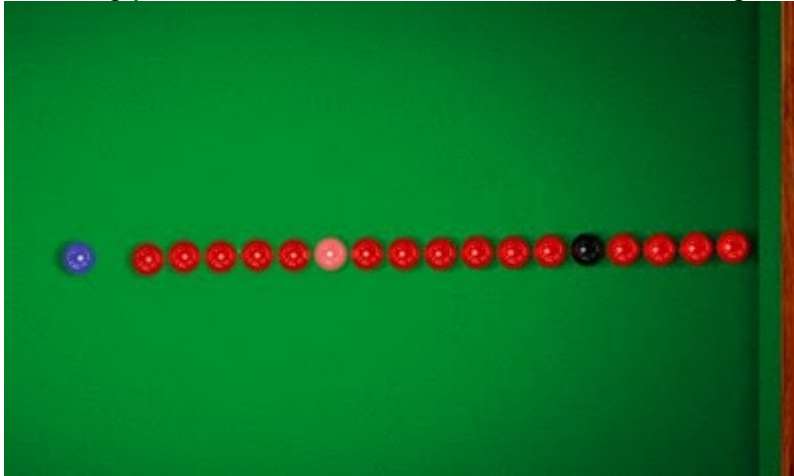


<http://snookervdos.blogspot.com/2011/03/practice-routines-part-14.html#more>

These **practice** routines will give you stamina, potting, cue ball control and temperament to withstand long matches. Also it will strengthen your ability of break **building** rapidly

i) - Make five **century** breaks; every time try for a clearance. Always give this routine some time in your daily practice time table. Note that the eleven **reds** after the black ball are all potable in **middle** and **corner** (black) pockets. And all **colors** are on there spot, including **yellow** to brown; which are not shown in the figure.



ii) - Make five century breaks; every time try for a clearance. Always give this routine some time in your daily practice time table. Note that all colors are on there spot, including yellow to brown; which are not shown in the figure.

