

<http://snookerydos.blogspot.com/2011/03/practice-routines-part-16.html#more>

This routine is designed to make your safety play stronger

With all the colors on their spots. Place a red as cue ball in position to hit the black and run down the table into baulk. Place another red on the black spot and play onto the black, wherever it has finished, to take this red down into baulk. The colors must not be disturbed. And you must keep using a red from the black spot and striking the black wherever it lands. A lot of though is required, because you have to play the black again and again without snookering yourself.

