

The P.J. Nolan Snooker Coaching Guide

™



Junior

Training Program

Beginner Player To 40 break standard



The key problem for a player is to identify a sequence of training, that will lead you to become a snooker champion.

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The P.J. Nolan Snooker Coaching Guide



Introduction

Before you become a good snooker player you must first learn a variety of shots.

There are millions of different kinds of shots.

Every good shot you play in a tournament depends on how much ground work you have done on the practice table.

Having a qualified snooker coach to monitor your game and practice will make the player more successful.

Before you start to play consistently, you must first develop a good stance, bridge hand, learn proper cueing and be able to control the path of the cue ball whether it is full ball, half ball or the control of side, screw and stun.

Over the 20 years I have been coaching I have learnt every player has their own individual style of play and no two players are alike.

As your coach, I will fine-tune your technique and work on your weak points through planned practice sessions.

I have designed specific training routines for Concentration, Cue ball Control, Tactical and Technique.

The specific training program I have designed will improve the player, and help you understand your cue action and teach you how to control the cue ball, because if you control the cue ball, you will control the match.

P.J. Nolan



Technique

“ Set Training Routines for long pots, Angle shots, Pots from tight on cushions, Rest Shots, Bridging balls, and shots to open the pack ”

- Pot black and pink from tight on cushions – ***count pots***
- Pot blue from yellow, green, brown spots – *count pots*
- Pot straight blue – screw, stun, follow, stun run – *count pots.*
- Pot blue to open pack of reds – *count score*
- Long yellow and greens from the pink spot – *count pots*
- Long red and get position on black – *count clearances*
- Pot pink from yellow, green, brown spot – *count pots*
- Pot yellow and green from black spot – *count pots*
- Pot yellow and green from blue spot using the rest – *count pots*
- Blue pink and black from cushion – *count clearances*
- Pot green using rest and clear the table – *count clearances*
- Reds across blue spot - from yellow / green spot– *count pots*
- Bridging over balls, get position on colours – *count pots*
- Pot black to open pack of reds – *count score*



Cue Ball

“ Set Training Routine that you need to pot nominated balls into nominated pockets, and control the cue ball and count your score “

- Black on spot – *count total balls potted*
- Pink on spot – *count total balls potted*
- Clear colours – *count total points scored*
- Blue, pink, black clearances – *count total points scored*
- Pink and black control – *count total balls potted.*
- Reversed colours – *count total points scored*
- Pot 8 reds and pinks – *count clearances*
- reds clearance -2 reds open & 4 closed – *count clearances*
- One red clearance – *count total points scored*
- Line up's – *count total points scored*
- Black / yellow clearances (high & low) – *count total points*
- Eight red clearance – *count clearances*
- Pink to black high clearances – *count clearances*
- Open table – *count total points scored*



Concentration

“ Set Routines you count the balls you pot, not the break, and replace the balls back on the table after each pot , and count total score ”

- Six reds on spots – *count total balls potted*
- 15 reds in line – replace each pot – *count total balls*
- Pot pink & black – *count total balls*
- Clear colours – *count total points scored*
- Blue, pink, black – *count total points scored*
- 15 reds in a line up – *count total balls potted*
- Pot pink – *count total pots*
- Pot brown – *count total pots*
- Pot black – *count total pots*
- Set angle black pots – *count pots – screw, stun*
- Set angle blue pots – *count pots – screw, stun*
- Set angle pink pots – *count pots – screw , stun*
- Reversed colours – *count total points scored*
- Blue , pink black clearances – *count clearances*



Tactical

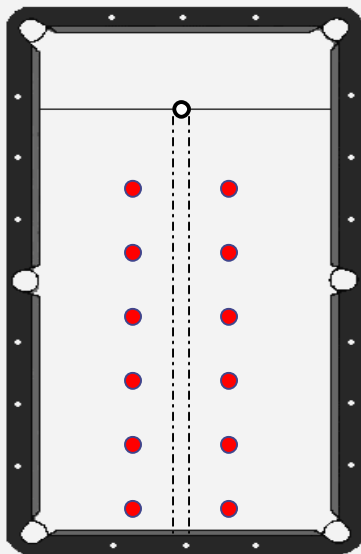
“ Set Routines for Safety, Escaping and laying of snookers, and Playing mini situations that happen in matches”

- 29 behind on yellow – *count wins*
- 17 behind on blue with white in hand – *count clearances*
- 30 behind on last red - white in hand – *count clearances*
- Mini games - with blue, pink and black – *count wins*
- Re – spotted - black games – *Count wins*
- Safety shots hitting pack – length / position – *Count wins*
- Escaping from various snookers –1 / 2 cushions– *Count wins*
- Mini games on pink and black – *count wins*
- 26 behind on yellow - using rest – *count wins*
- 42 behind on 2nd last red – 43 clearance to win. – *count wins*
- 26 ahead on the green - but snookered – *count wins*
- Set safety shots on the reds and on the colours – *count wins*
- Getting snookers on the colours – *count wins*
- Hitting pack of reds from a snooker – *count wins*



Training Program

Technique

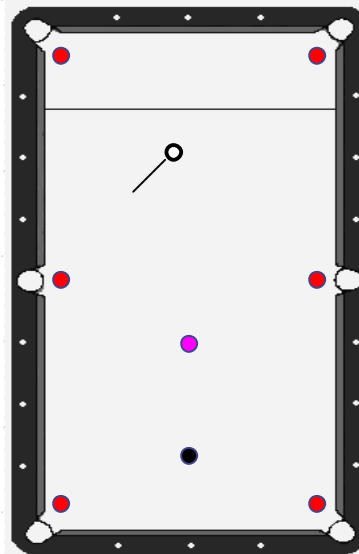


Junior Practice

1

Need to :
Hit the white with no side and hit the bottom cushion and back to the brown spot with out hitting any red.

Cue Ball Control



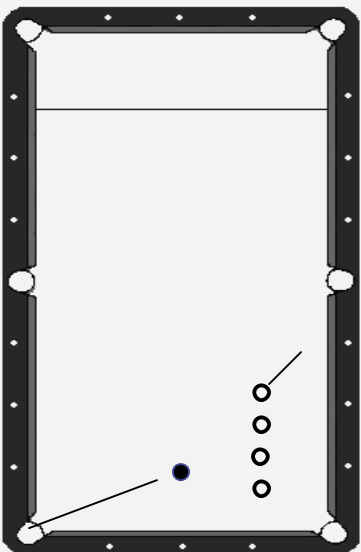
Junior Practice

2

Need to :
Pot the six reds ,
Then control the cue ball to pot the Pink and Black

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Technique

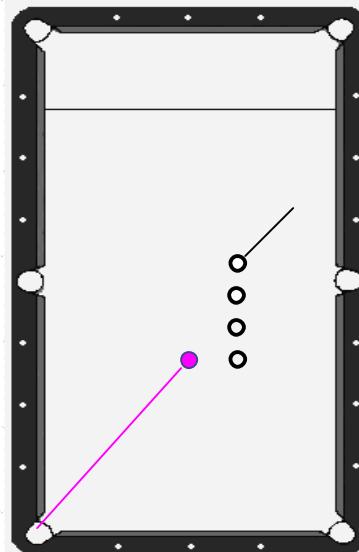


Junior Practice

3

Need to :
Pot the black from the four positions.
Play : Follow, Stun, Screw.

Technique



Junior Practice

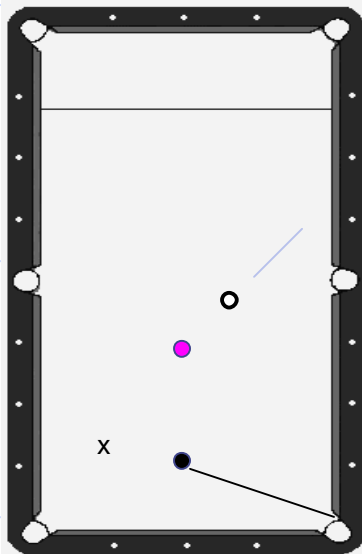
4

Need to :
Pot the Pink from the four positions.
Play: Follow. Stun, Screw.



Training Program

Cue Ball Control

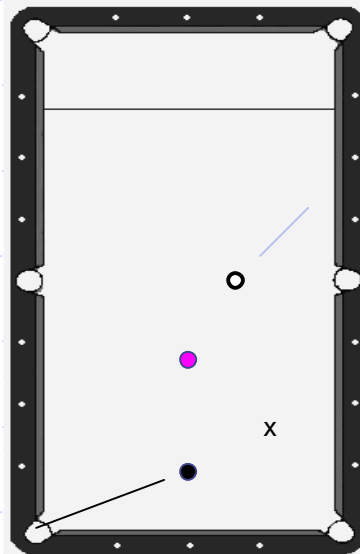


Junior Practice

5

Need to :
Pot the Pink with follow through and control the white to pot the Black into the nominated pocket.

Cue Ball Control



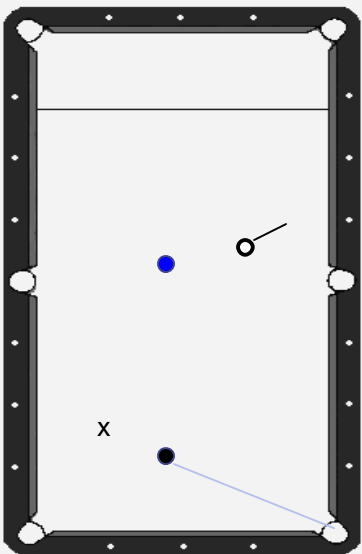
Junior Practice

6

Need to :
Pot the Pink with stun and control the white to pot the Black into the nominated pocket.

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Cue Ball Control

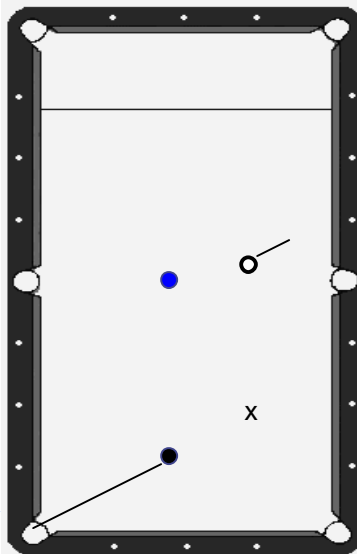


Junior Practice

7

Need to :
Pot the Blue with stun through and control the white to pot the Black into the nominated pocket.

Cue Ball Control



Junior Practice

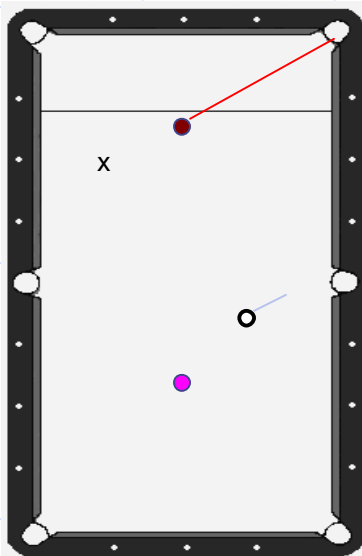
8

Need to :
Pot the Blue with screw and control the white to pot the Black into the nominated pocket.



Training Program

Cue Ball Control

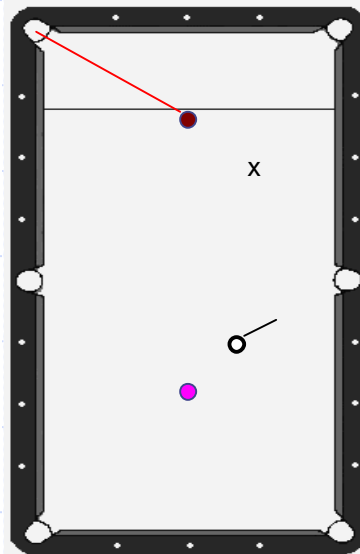


Junior Practice

9

Need to :
Pot the Pink with Stun through and control the white to pot the Brown into the nominated pocket.

Cue Ball Control



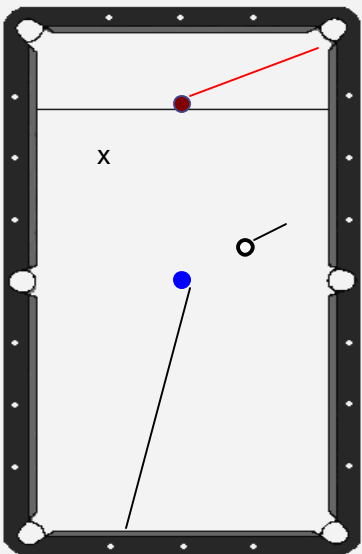
Junior Practice

10

Need to :
Pot the Pink with Screw and control the white to pot the Brown into the nominated pocket.

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Cue Ball Control

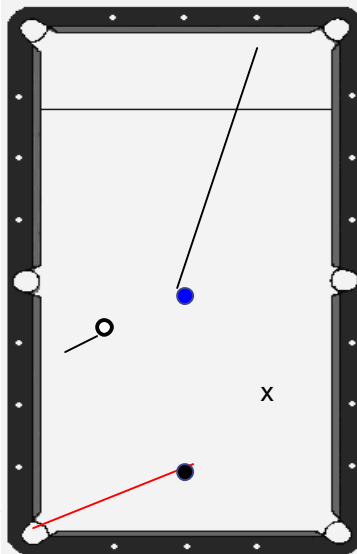


Junior Practice

11

Need to :
Pot the Blue with Stun through and control the white to pot the Brown into the nominated pocket.

Cue Ball Control



Junior Practice

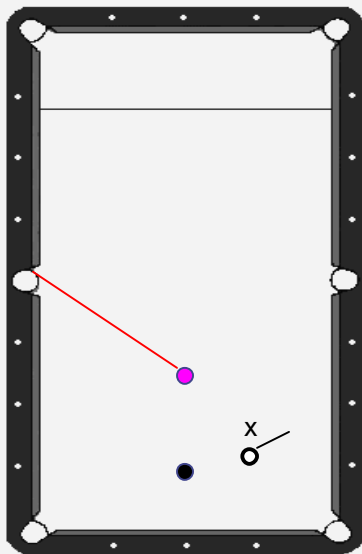
12

Need to :
Pot the Blue with Stun through and control the white to pot the Black into the nominated pocket.



Training Program

Cue Ball Control

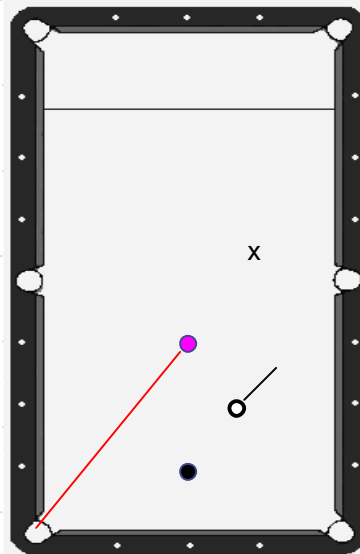


Junior Practice

13

Need to :
Pot the Black with Screw and control the white to pot the Pink into the nominated pocket.

Cue Ball Control



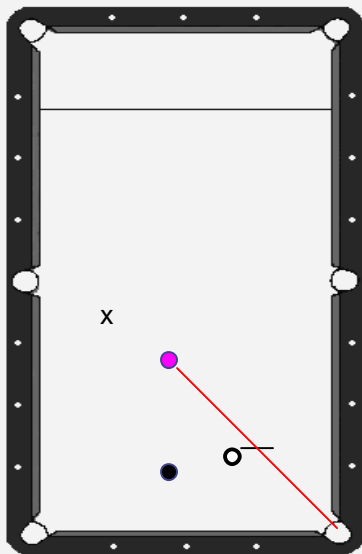
Junior Practice

14

Need to :
Pot the Black with Follow through and control the white to pot the Pink into the nominated pocket.

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Cue Ball Control

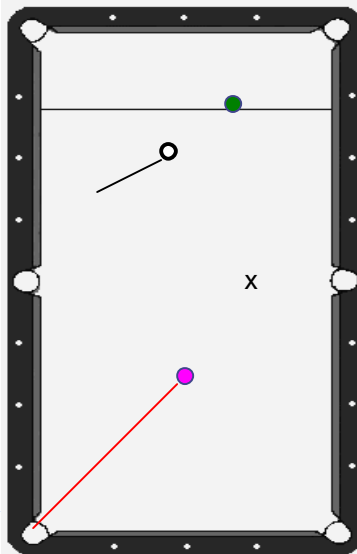


Junior Practice

15

Need to :
Pot the Black with Stun and control the white to pot the Pink into the nominated pocket.

Cue Ball Control



Junior Practice

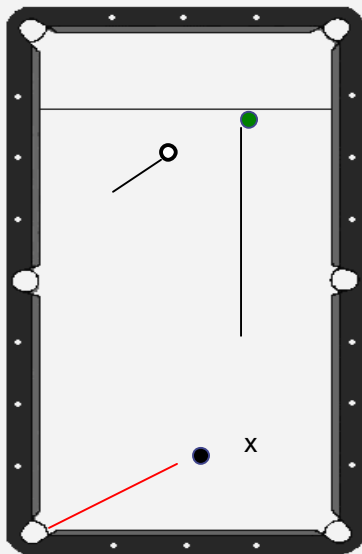
16

Need to :
Pot the Green with Stun and control the white to pot the Pink into the nominated pocket.



Training Program

Cue Ball Control

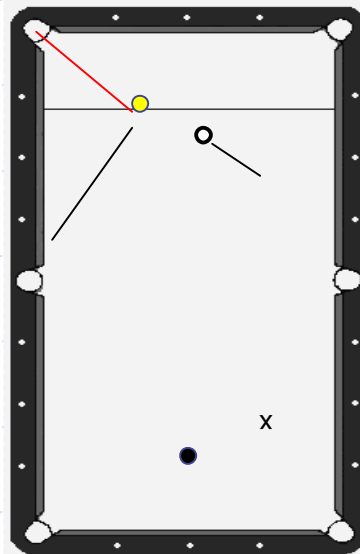


Junior Practice

21

Need to :
Pot the Green with Screw and control the white to pot the Black into the nominated pocket.

Cue Ball Control



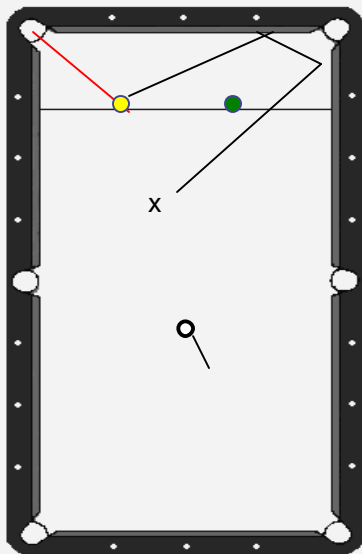
Junior Practice

22

Need to :
Pot the Yellow with Stun through and control the white to pot the Black into the nominated pocket.

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Cue Ball Control

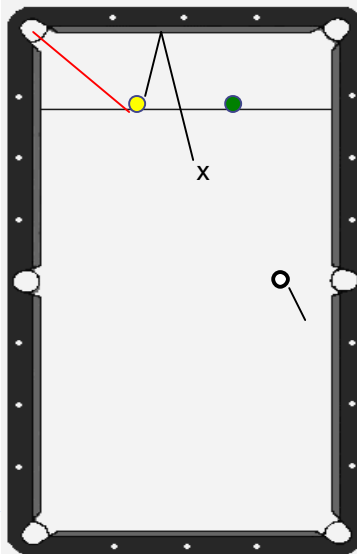


Junior Practice

23

Need to :
Pot the Yellow with Screw and control the white to pot the Green into the nominated pocket.

Cue Ball Control



Junior Practice

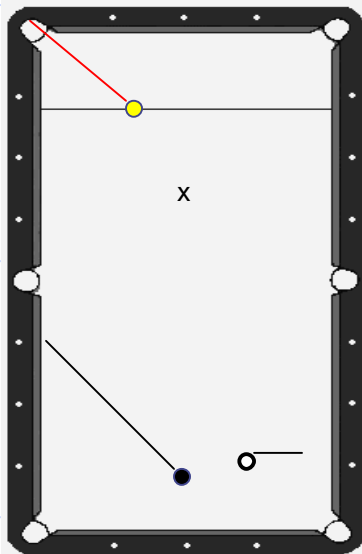
24

Need to :
Pot the Yellow with Follow through and control the white to pot the red into the nominated pocket.



Training Program

Cue Ball Control

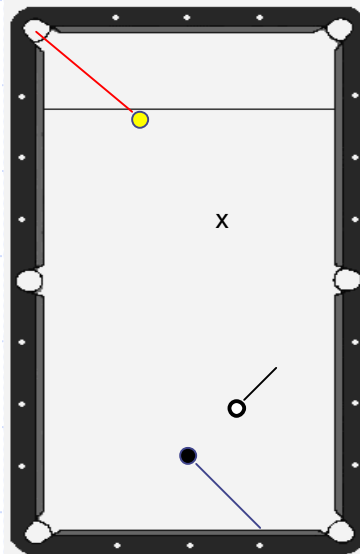


Junior Practice

17

Need to :
Pot the Black with Stun through and control the white to pot the Yellow into the nominated pocket.

Cue Ball Control



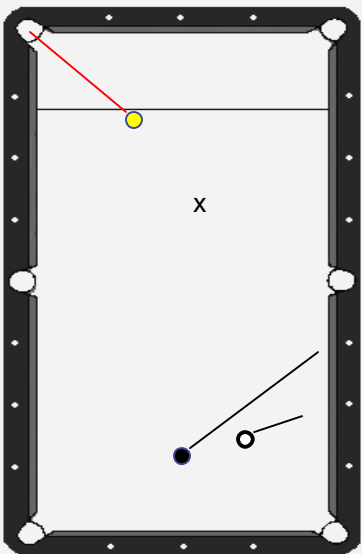
Junior Practice

18

Need to :
Pot the Black with Stun and control the white to pot the Yellow into the nominated pocket.

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Cue Ball Control

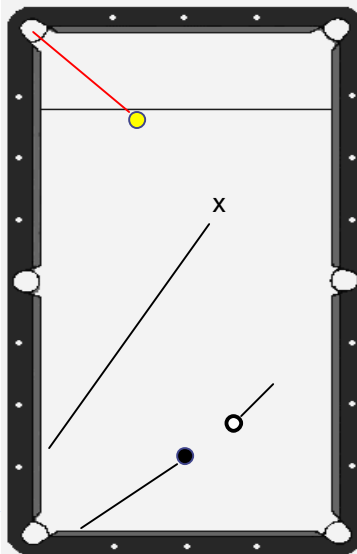


Junior Practice

19

Need to :
Pot the Black with Screw and control the white to pot the Yellow into the nominated pocket.

Cue Ball Control



Junior Practice

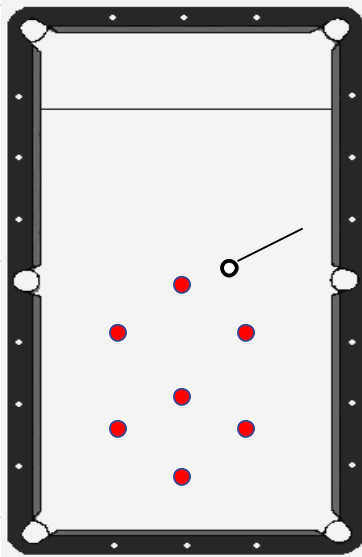
20

Need to :
Pot the Black with Follow through and control the white to pot the Yellow into the nominated pocket.



Training Program

Cue Ball Control



Junior Practice

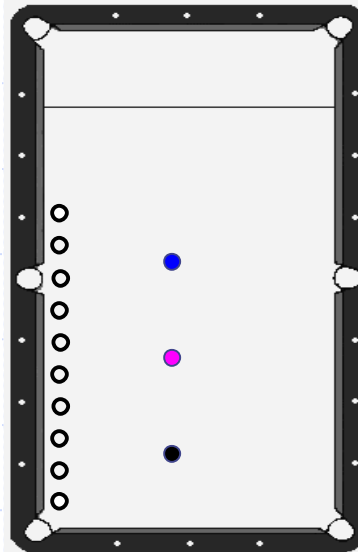
25

Need to :

Pot the 7 reds and clear the table.

Each Time you clear replace and count total balls potted IE 7,14,21,35.

Technique



Junior Practice

26

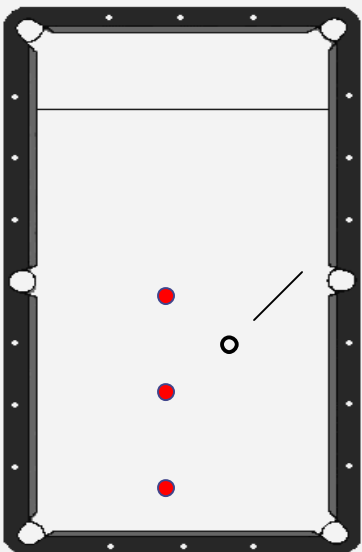
Need to :

Pot the blue, or pink or black from the side cushion

10 pots from different angles

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Concentration



Junior Practice

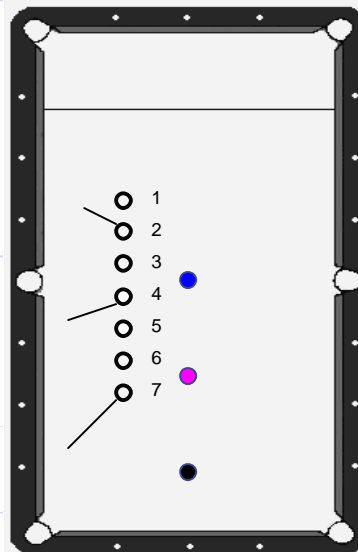
27

Need to :

Pot any red and replace on spot and count the balls you pot.

Count total balls potted IE 7,14,21,35.

Tactical



Junior Practice

28

Need to :

17 Behind in the seven positions,

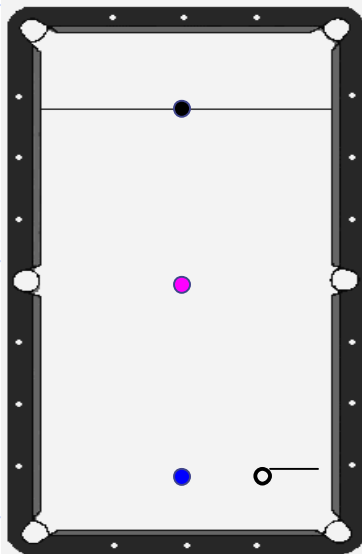
Pot the blue to clear the table to win.

Count consecutive wins.



Training Program

Cue Ball Control

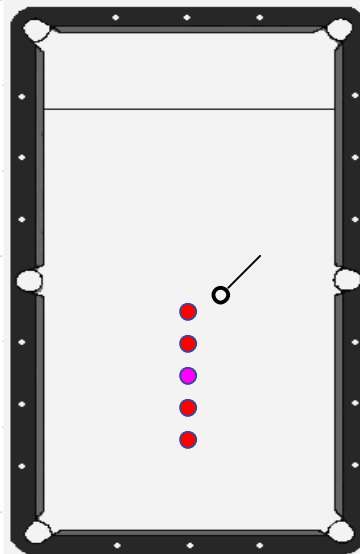


Junior Practice

29

Need to :
Pot the Blue,
Pink and Black
and clear
the table.

Cue Ball Control



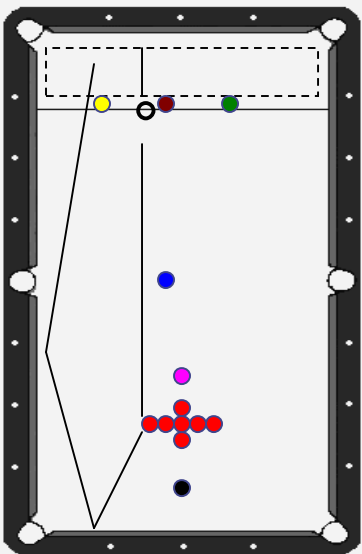
Junior Practice

30

Need to :
Pot the four
reds and four
pinks and clear
the table.

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Tactical

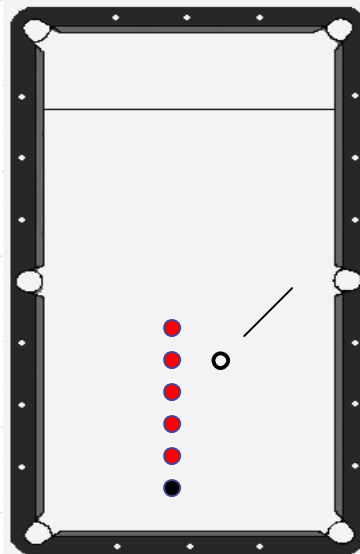


Junior Practice

31

Need to :
Hit The Reds
and Get White
Behind baulk
line.

Cue Ball Control



Junior Practice

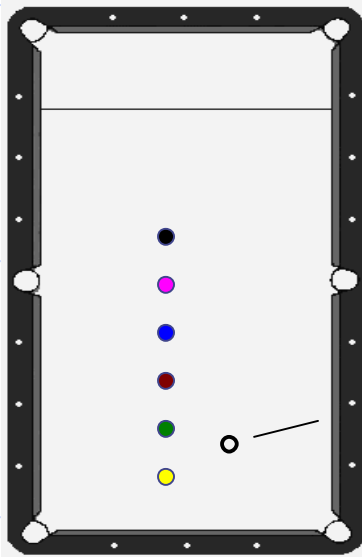
32

Need to :
Pot the five
reds with five
blacks and
clear the table
and a make a 40
break



Training Program

Cue Ball Control



Junior Practice

33

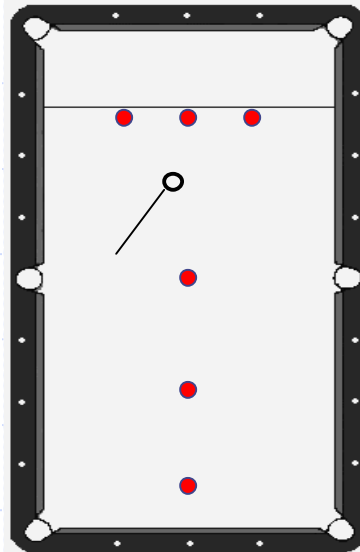
Need to :

Pot the balls in order and clear the colours.

Each time you clear, replace the balls back in a line

Count your score IE, 27,54,81,108

Cue Ball Control



Junior Practice

34

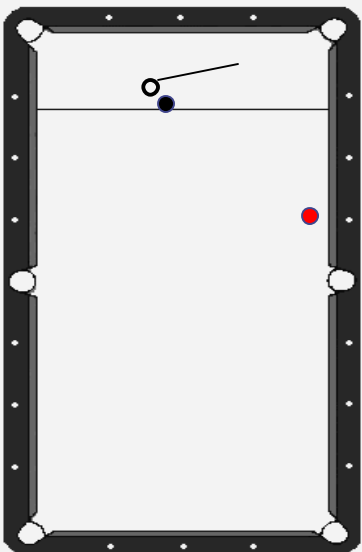
Need to :

Pot the six reds in any order, Each time you pot, replace back on spot . Count the total balls you pot.

IE : 10,15,20

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Tactical



Junior Practice

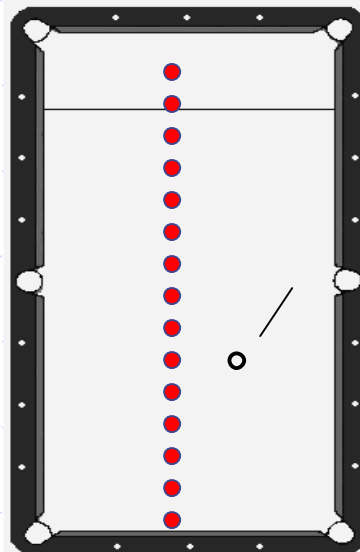
35

Need to :

Escape from the snooker and hit the Red

Place reds in different positions.

Concentration



Junior Practice

36

Need to :

Pot the 15 reds in any order and clear the table.

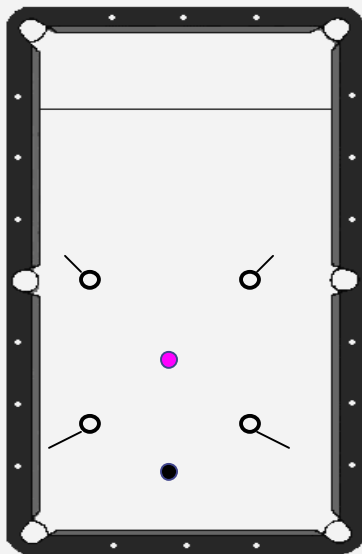
Each time you Pot, replace the ball back in a line .

Count the total balls you pot. ie : 10,15,20,30.



Training Program

Cue Ball Control

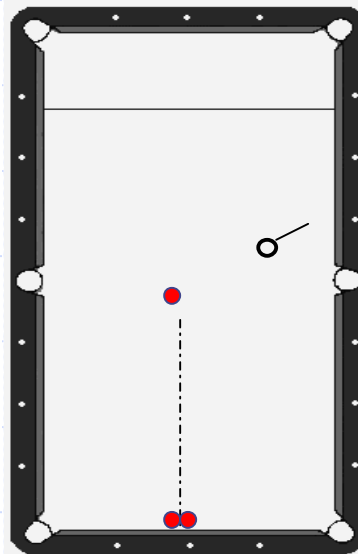


Junior Practice

37

Need to :
12 Behind
Pot the pink from the four Spots and get position on the black to clear the table.

Technique



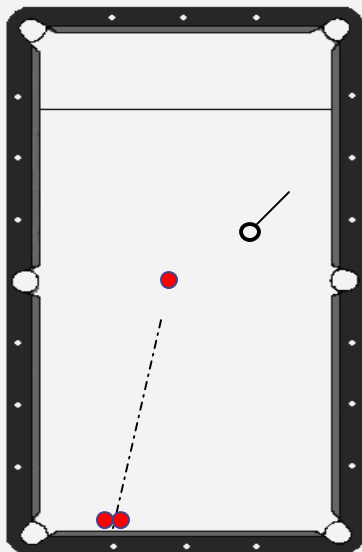
Junior Practice

38

Need to :
Pot the Red and control the white to hit reds on back cushion

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Technique

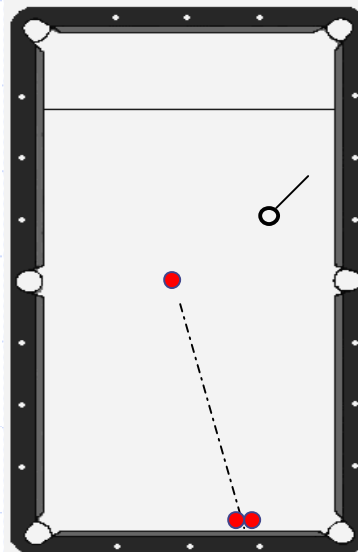


Junior Practice

39

Need to :
Pot the Red and control the white to hit red on back cushion

Technique



Junior Practice

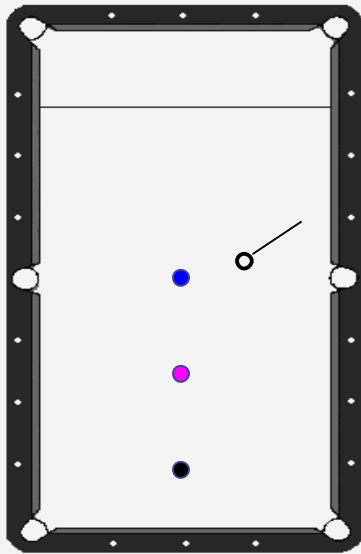
40

Need to :
Pot the Red and control the white to hit red on back cushion



Training Program

Cue Ball Control



Junior Practice

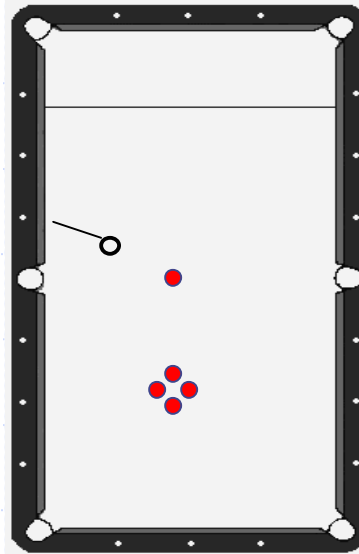
41

Need to :

Clear the balls in combination

1. Blue, Black, Pink
2. Black, Blue, Pink
3. Pink, Blue, Black

Technique



Junior Practice

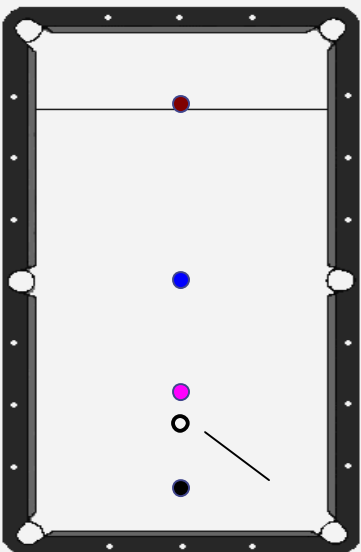
42

Need to :

Pot the red and open the four reds and clear the table.

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Tactical



Junior Practice

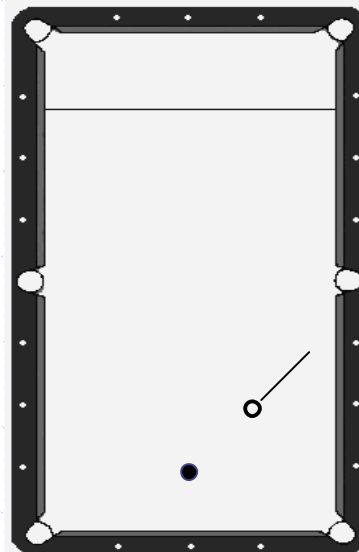
43

Need to :

Escape from the snooker 20 behind on the brown,

Best of 5 match

Concentration



Junior Practice

44

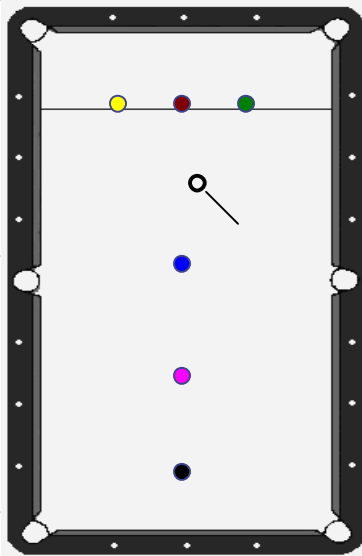
Need to :

Pot the black from the spot and control the white ball and count the total of balls.



Training Program

Cue Ball Control

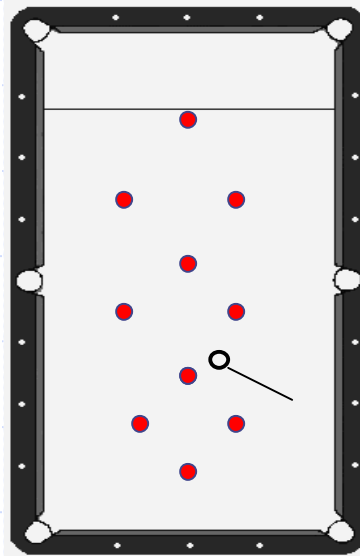


Junior Practice

45

Need to :
Clear the Colours In order, Replace balls back on table. Count the total points scored.
27,54,81,108

Cue Ball Control



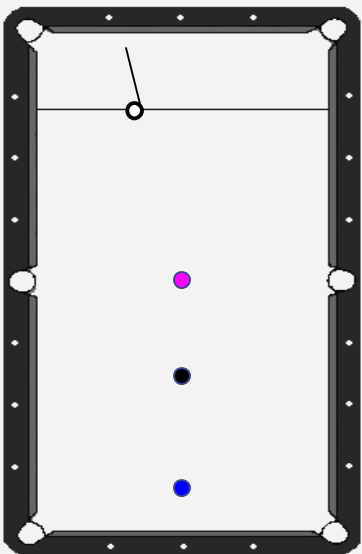
Junior Practice

46

Need to :
Pot the 10 reds, and count the total of balls you pot. Each time you clear the table, replace balls IE. 10,15,20,25.

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Tactical

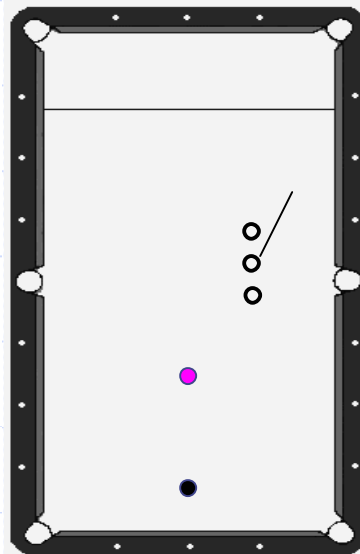


Junior Practice

47

Need to :
Play Best of 3 match with only Blue, Pink, Black left on the table.

Tactical



Junior Practice

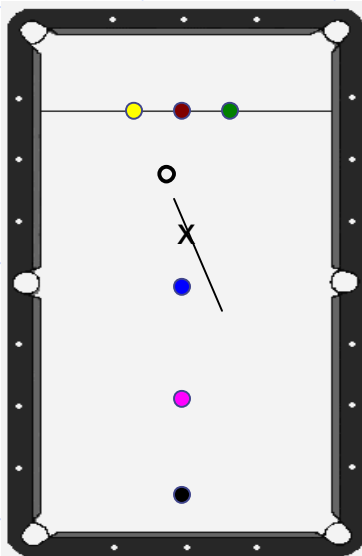
48

Need to :
12 behind with pink & Black. You need to pot Pink and control white to pot the black to win.



Training Program

Cue Ball Control



Junior Practice

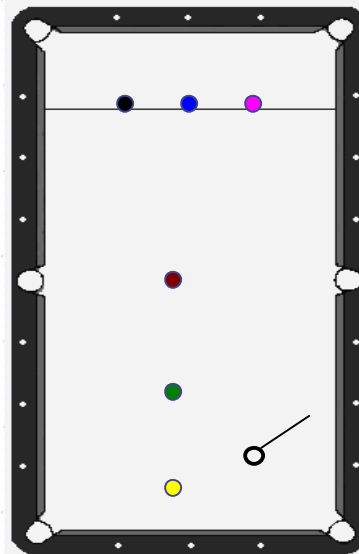
49

Need to :

Pot the yellow with the rest and clear the table.

Count Score IE
27,54,81,108.

Cue Ball Control



Junior Practice

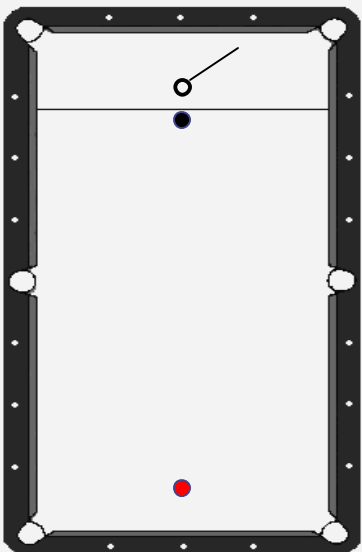
50

Need to :

Pot the Reversed colours in their order and clear the table. Count Score IE
27,54,81,108

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Tactical



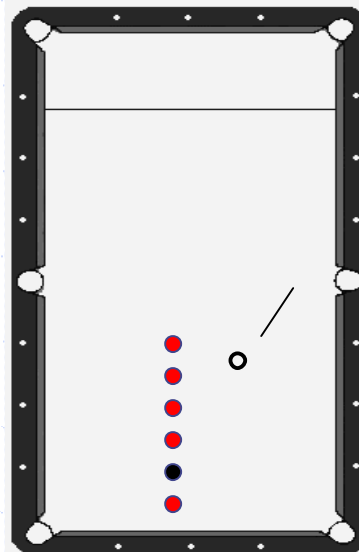
Junior Practice

51

Need to :

Escape from the snooker and hit the Red ball.

Cue Ball Control



Junior Practice

52

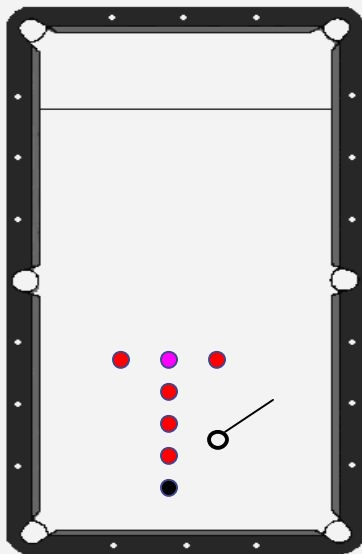
Need to :

Pot the 5 reds with 5 blacks and make a 40 break.



Training Program

Cue Ball Control

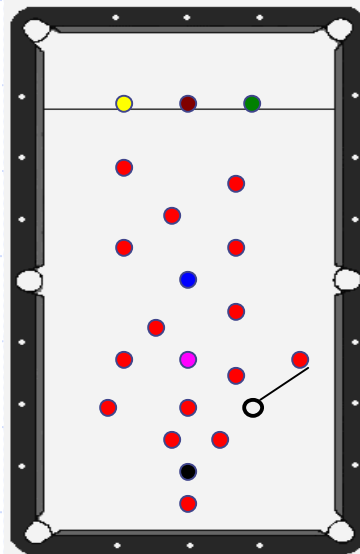


Junior Practice

53

Need to :
Pot the 5 Reds
and 5 colours
and control the
white to clear
the table.

Cue Ball Control



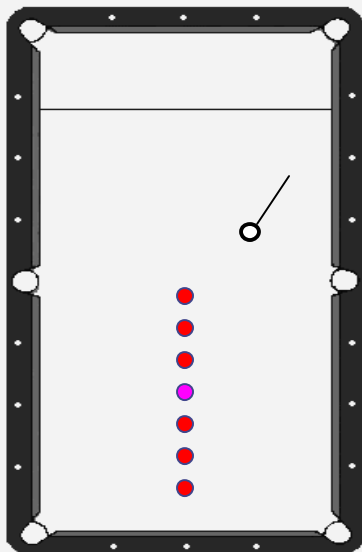
Junior Practice

54

Need to :
Spread all reds
and put Colours
and spot.
100+ Int. Junior Level
70+ National Junior Level
50+ High Junior Level
30+ Club Level

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Cue Ball Control

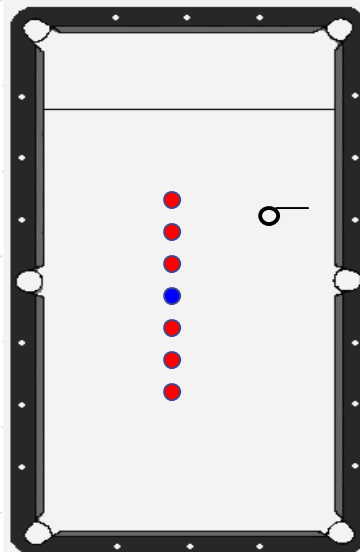


Junior Practice

55

Need to :
Pot the 6 Reds
and 6 Pinks and
control the
white to make a
42 break.

Technique



Junior Practice

56

Need to :
Pot the 6 Reds
and 6 Blues and
control the
white to clear
the table for 36
break..

The P.J. Nolan Snooker Coaching Guide



Training Routines Record

Routine Number	Players Performance	Routine Number	Players Performance
1		15	
2		16	
3		17	
4		18	
5		19	
6		20	
7		21	
8		22	
9		23	
10		24	
11		25	
12		26	
13		27	
14		28	

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TM

Training Routines Record

Routine Number	Players Performance	Routine Number	Players Performance
29		43	
30		44	
31		45	
32		46	
33		47	
34		48	
35		49	
36		50	
37		51	
38		52	
39		53	
40		54	
41		55	
42		56	