

The P.J. Nolan Snooker Coaching Guide TM



Senior

Training Program



The key problem for a player is to identify a sequence of training routines that will eventually lead him to become a snooker champion.

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

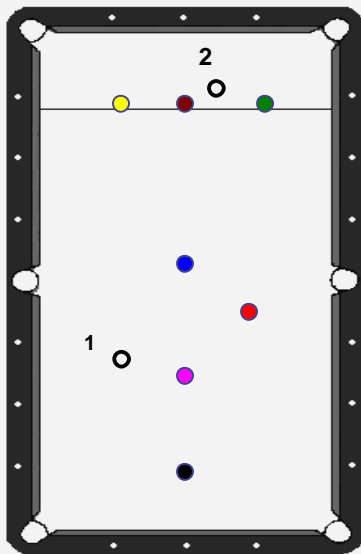
“ Set Routines for Safety, Escaping and laying of snookers, and Playing mini situations that happen in matches”

- 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

Cue Ball Control

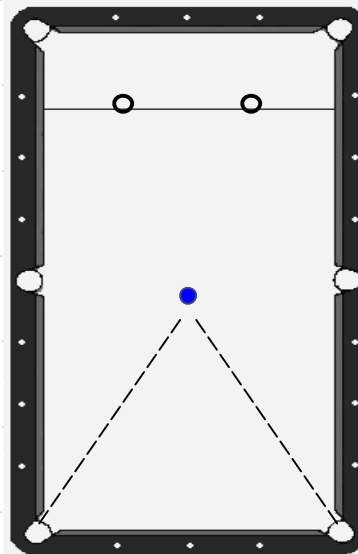


Practice

1

- Need to :
- Pot the red /colour
 - Clear the table and replace back
 - Count total points scored
 - 1. Short Red
 - 2. Long Red
 - + 100 > Professional
 - + 50 > Senior

Technique



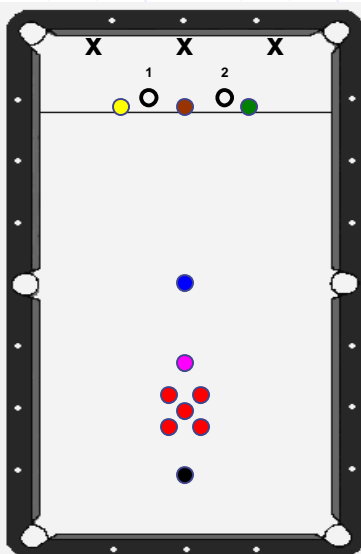
Practice

2

- Need to :
- 21 blue pots
 - from
 - Yellow Spot
 - Green Spot
 - Count winning pots from the 21 shots
 - + 18 > Professional
 - + 12 > Senior
 - + 8 > Junior

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Tactical

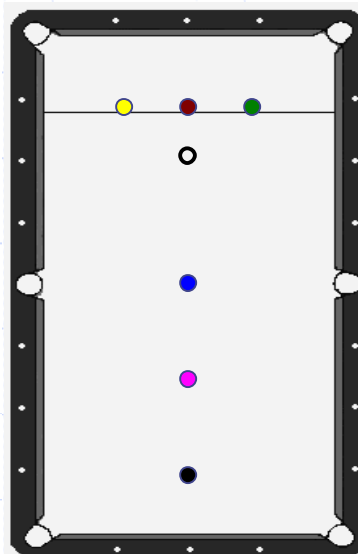


Practice

3

- Need to :
- Hit The Reds From Two Positions and Get White Behind
 - A. Yellow
 - B. Green
 - C. Brown.
 - Consecutive wins
 - + 10 > Professional
 - + 5 > Senior

Concentration



Practice

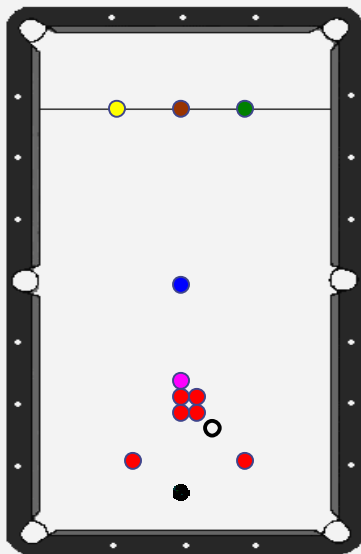
4

- Need to :
- Pot The Colours
 - Each time you clear, replace the balls back on table
 - Count the total points cleared.
 - + 250 > Professional
 - + 140 > Senior
 - + 50 > Junior



Training Program

Cue Ball Control



Practice

5

Need to :

Pot the loose red and any colour

Open reds and clear the table.

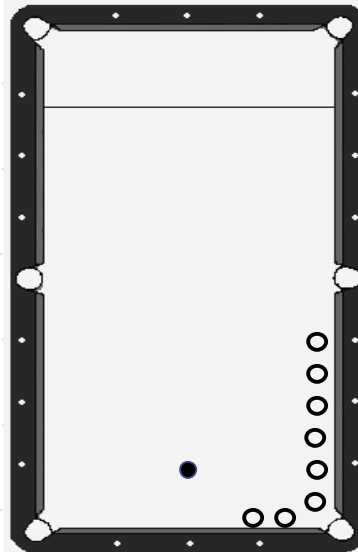
Count total points

+ 100 > Professional

+ 50 > Senior

+ 30 > Junior

Technique



Practice

6

Need to :

Pot the 8 Black balls from eight positions from the cushion.

Count total pots

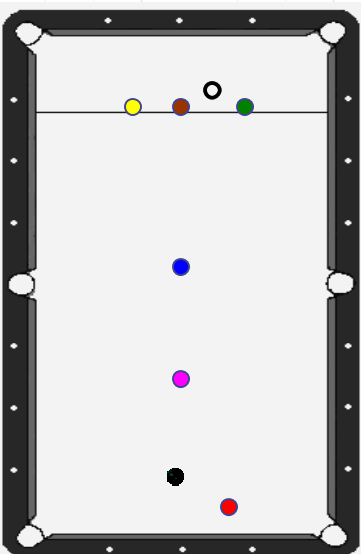
+ 6 > Professional

+ 4 > Senior

+ 3 > Junior

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Tactical



Practice

7

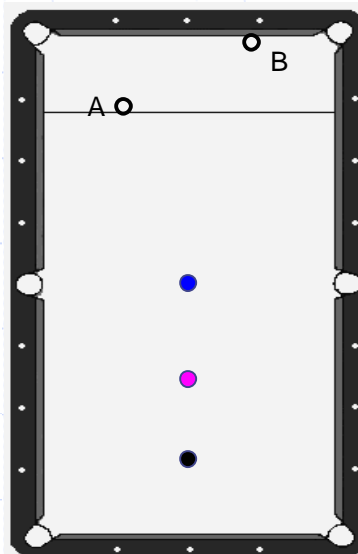
Need to :

Play the Best of seven frame match with only One Red Left

Red on back Cushion,

White in baulk

Tactical



Practice

8

Need to :

Play the Best of seven frame match with only Only blue, pink, black remaining

• A > White in hand

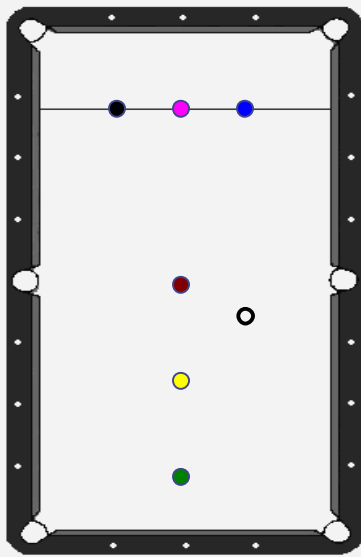
• B > White on back cushion

• Count Wins



Training Program

Cue Ball Control



Practice

9

Need to :

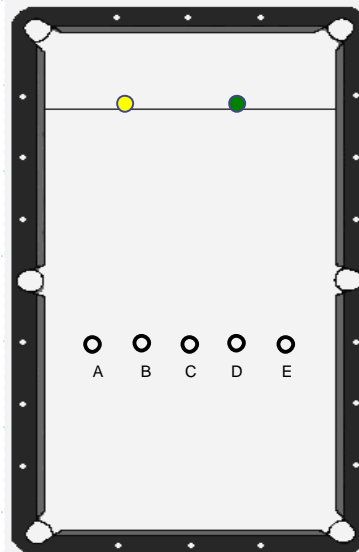
Pot The reversed Colours

Each time you clear, replace balls back on the table .

Count the total points cleared.

- + 250 > Professional
- + 140 > Senior
- + 50 > Junior

Technique



Practice

10

Need to :

Pot the Yellow, and Green

From

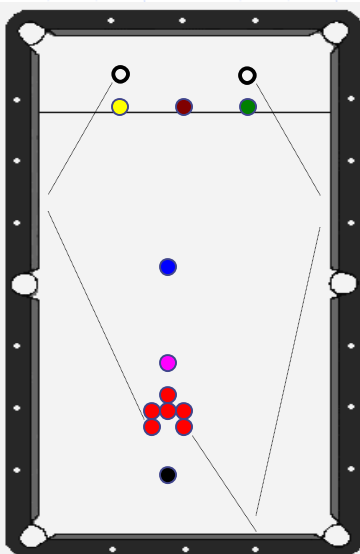
A. B. C. D. E.

1. Pot Yellow
2. Pot Green

- + 4 > Professional
- + 2 > Senior

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Tactical



Practice

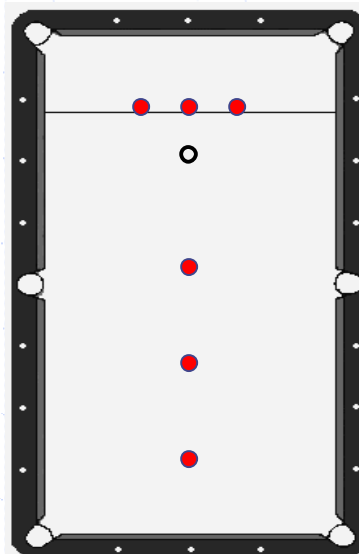
11

Need to :

Escape from the snooker to hit the pack from behind the Yellow and Green

1. One Cushion
2. Two Cushion

Concentration



Practice

12

Need to :

Pot the Reds after each pot, replace back on the spot.

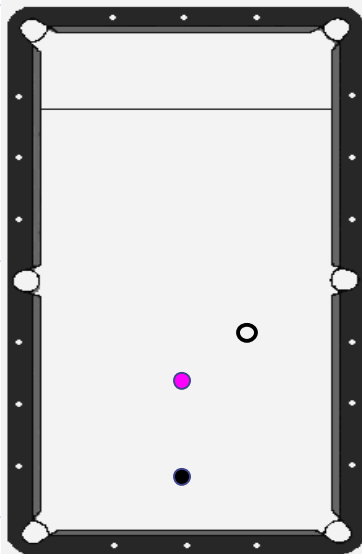
You can not pot the same ball twice in a row.

- Count total balls
- + 100 > Senior
 - + 35 > Junior
 - + 20 > Club



Training Program

Cue Ball Control



Practice

13

Need to :

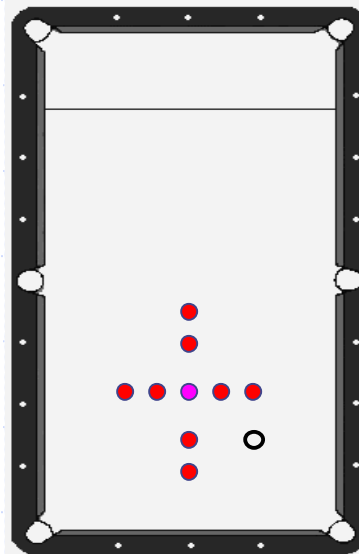
Pot the Pink and Black.

Each time you pot, replace ball back on the spot

Count the total of balls potted.

+ 30 > Professional
+ 15 > Senior

Cue Ball Control



Practice

14

Need to :

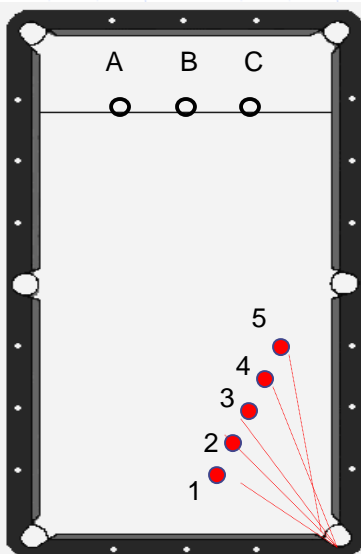
Pot the 8 Reds with 8 Pink balls

Keep control, and clear the table, and replace balls

+ 100 > Professional
+ 50 > Senior
+ 30 > Junior

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Technique



Practice

15

Need to :

15 Long Red Pots

Play from :

A : Yellow Spot

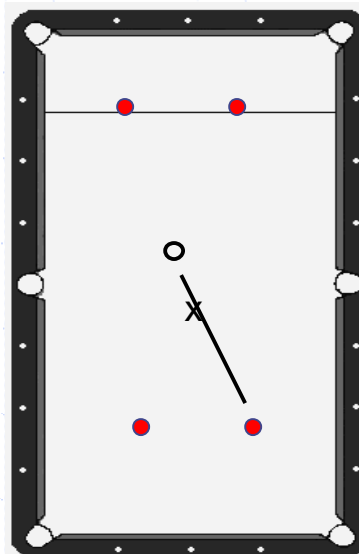
B : Brown Spot

C : Green Spot

Count the total of balls potted.

+ 4 > Professional
+ 2 > Senior

Technique



Practice

16

Need to :

Pot the 4 reds.

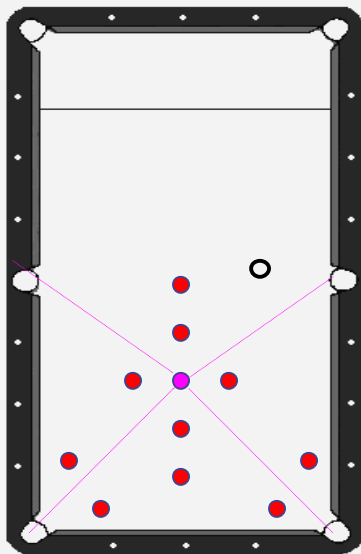
Put reds on yellow & green spots and 2 balls near the pink spot.

Place the cue ball on the blue spot and pot using the rest.



Training Program

Cue Ball Control

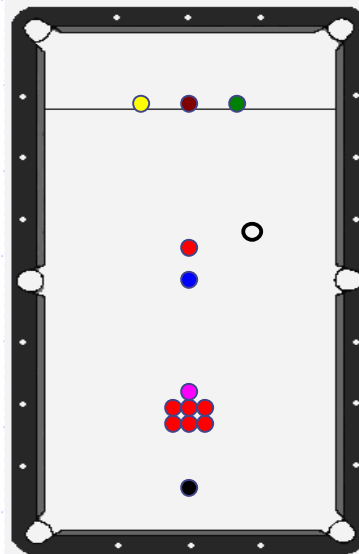


Practice

17

- Need to :
Pot the 10 Reds and 10 pinks
Clear the table
Replace Balls and Continue break
- + 140 > Professional
+ 50 > Senior
+ 30 > Club

Cue Ball Control



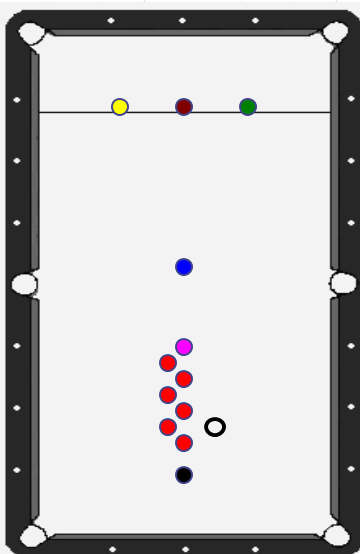
Practice

18

- Need to :
Pot the red and blue and open the pack of 6 Reds
Keep control of the cue ball
- + 70 > Pro
+ 45 > Senior
+ 30 > Club
+ 20 > Junior

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Cue Ball Control

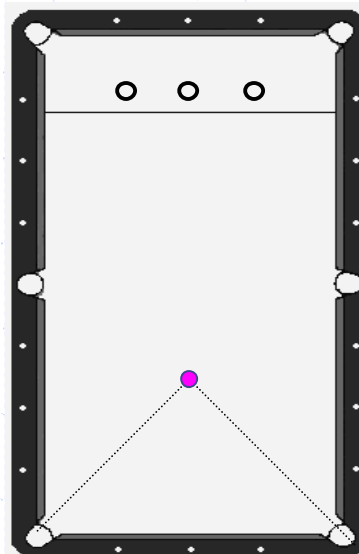


Practice

19

- Need to :
Pot the red, to open the next red
Keep control the cue ball to clear the table.
- + 60 Professional
+ 40 Senior
+ 24 Junior

Technique



Practice

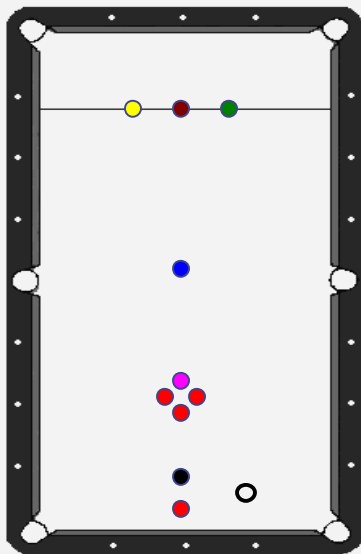
20

- Need to :
Pot the Pink from the spot
- Play from :
A. Yellow Spot
B. Brown Spot
C. Green Spot



Training Program

Cue Ball Control



Practice

25

Need to :

Pot the red and black and open the pack of 3 reds

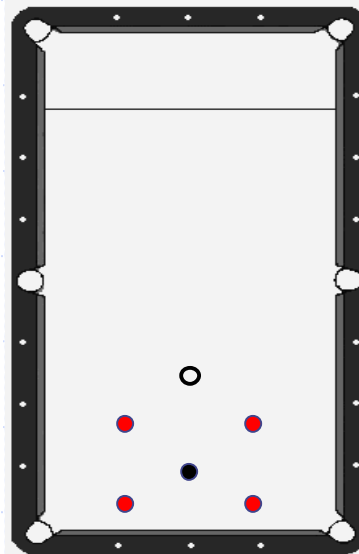
Clear the table, and replace balls, back on the table.

+ 100 Professional

+ 50 Senior

+ 20 Junior

Cue Ball Control



Practice

26

Need to :

Make a 147 Red / Black Break

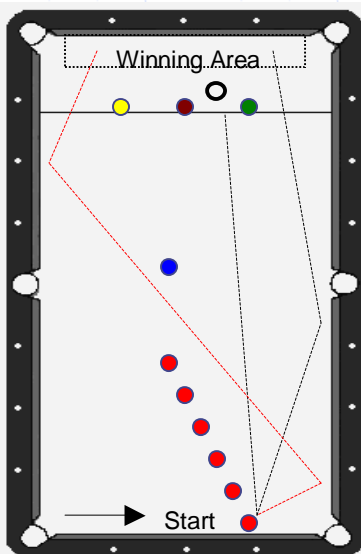
Replace each pot, back on table.

Keep control of the cue ball to make a break of 88

After 88, place colours on table and clear for a 147

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Tactical



Practice

27

Need to :

Hit the Reds and control the white to finish in the winning area

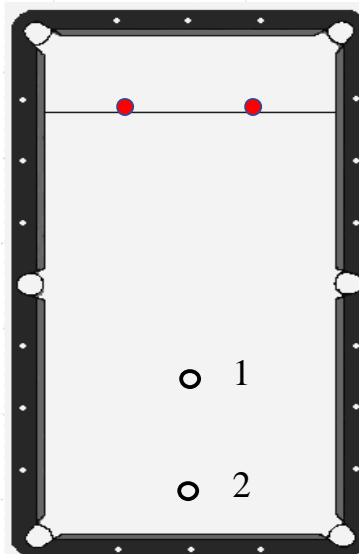
Practice both sides and use 2 Cushions and 3 Cushions

Count consecutive wins

+ 10 Professional

+ 5 Senior

Technique



Practice

28

Need to :

Place two reds on Yellow and Green Spots

Pot the reds from the two spots

1. Pink Spot

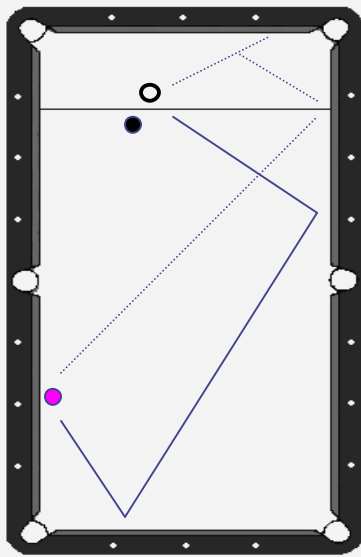
2. Black Spot

Count consecutive pots



Training Program

Tactical



Practice

29

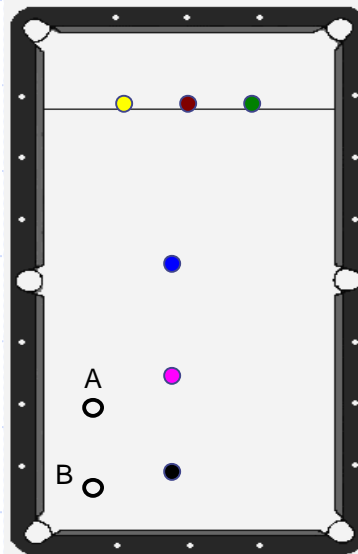
Need to :

Snookered behind the black, get out of the snooker to hit the pink.

Place pink in different positions on table

A : One Cushion
B : Two Cushion

Cue Ball Control



Practice

30

Need to :

Pot the black from two positions

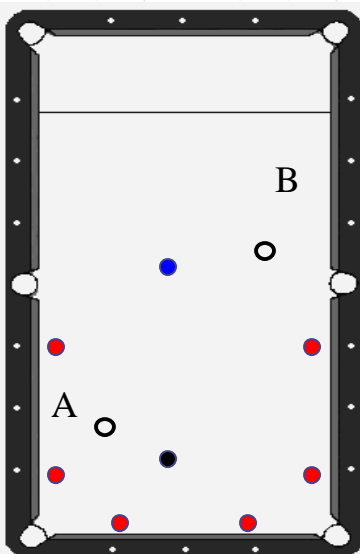
A : High Black
B : Low Black

Clear the table, and replace

+ 100 Professional
+ 50 Senior

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Cue Ball Control



Practice

31

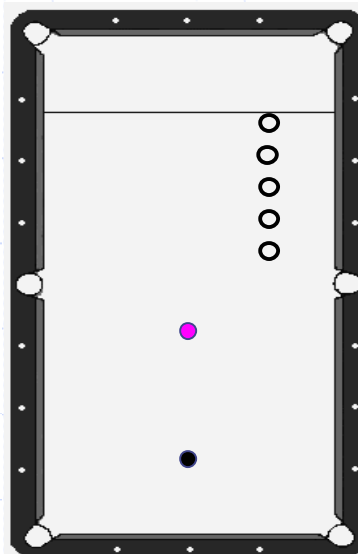
Need to :

Pot the Colours and hit and cannon the red on the cushions.

Place the cue ball by hand, with the angle required to play the shot.

A. Black
B. Blue

Cue Ball Control



Practice

32

Need to :

Place the white above the middle pocket

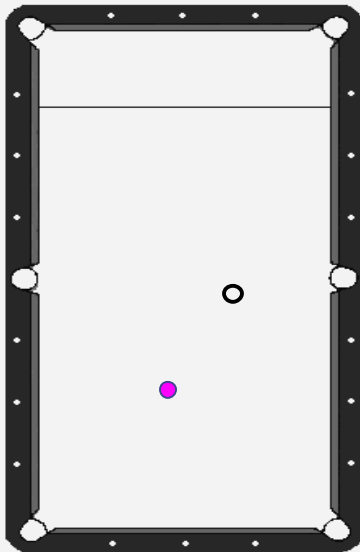
Pot the 5 pink's and control the cue ball to pot the black.

5 > Professional
3 > Senior
2 > Junior



Training Program

Concentration

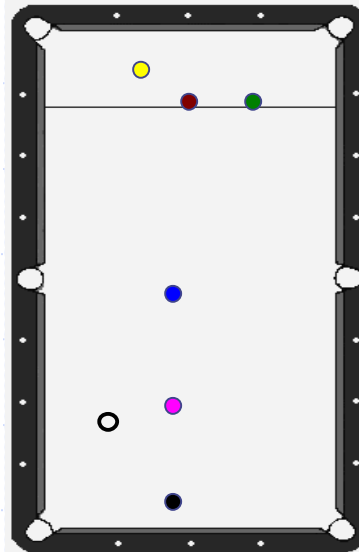


Practice

33

- Need to :
- Put the pink on the spot
 - Keep control of the cue ball
 - Each time you pot replace on the spot
- + 40 Professional
+ 20 Senior
+ 15 Junior

Tactical



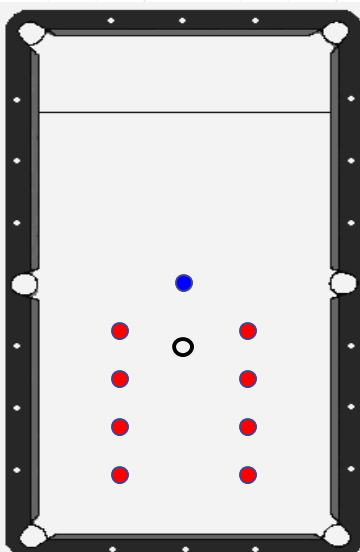
Practice

34

- Need to :
- 26 behind on yellow
- Play the Best of seven frame match with only six colours Left

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Cue Ball Control

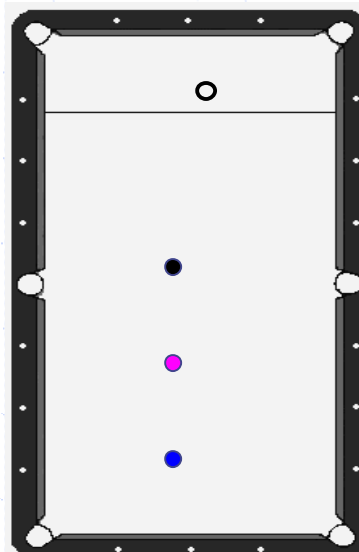


Practice

35

- Need to :
- Pot the eight reds and eight blue balls and clear the table.
 - Each time you clear replace back on the table
- + 80 Pro
+ 40 Senior
+ 20 Junior

Tactical



Practice

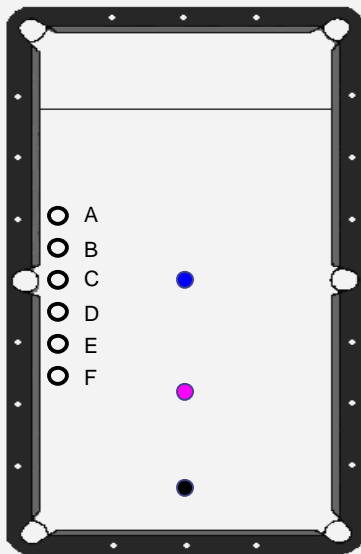
36

- Need to :
- Play the Best of seven frame match with only one blue, pink, black Left
- Blue on Black Spot
- White in hand behind baulk line.



Training Program

Technique



Practice

37

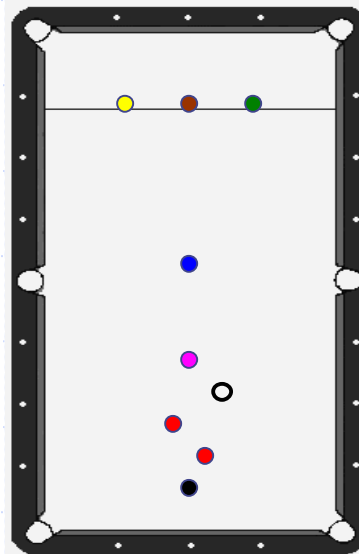
Need to :

Pot the blue from the six positions on the side cushions and clear the table for a 18 clearance

A. B. C. D. E. F.

Count consecutive clearances.

Tactical



Practice

38

Need to :

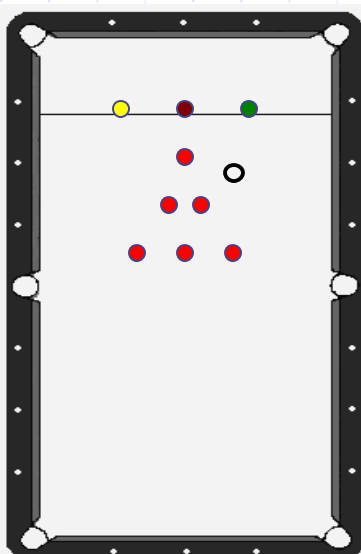
Behind by 42 with two reds left,

You need a 43 clearance to win

Count wins

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Cue Ball Control



Practice

39

Need to :

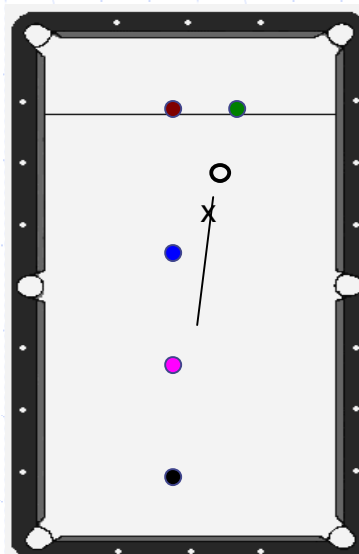
Pot the 6 Reds with only the yellow, green, brown on their spots, and count your best score.

Replace after clearance

A > Professional +40

B > Senior + 30

Technique



Practice

40

Need to :

Place the green on the spot

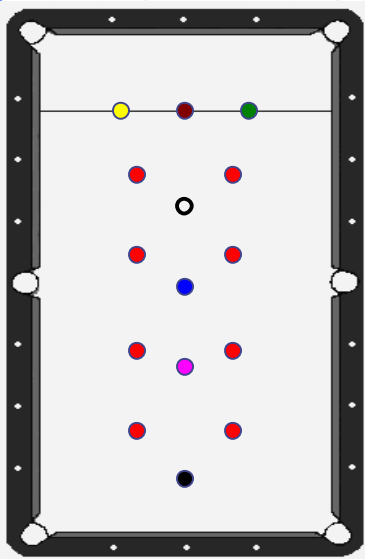
Pot the green using the rest and clear the table

Count clearances



Training Program

Cue Ball Control



Practice

41

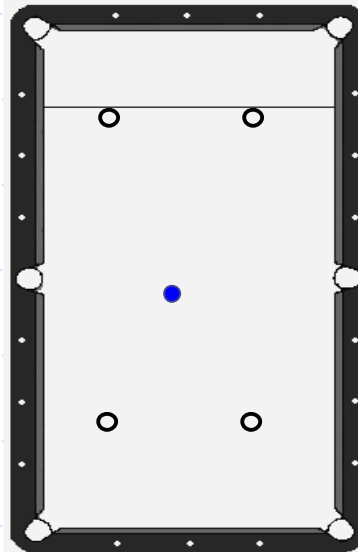
Need to :

Pot the 8 reds and 8 colors

Clear the table, and Replace

+100 Professional
+ 20 Senior
+ 15 Junior

Technique



Practice

42

Need to :

Pot the 21 straight blue balls into the four corner pockets

Play :

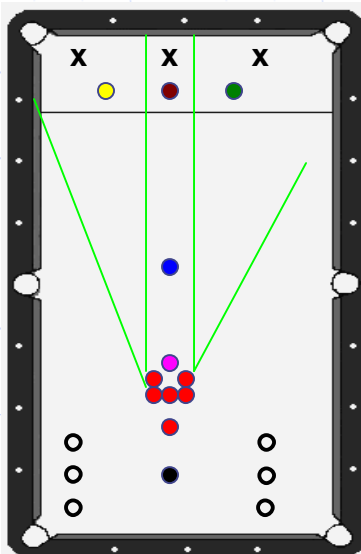
A. Screw : B. Stun
C. Follow : D. Stun Through

Count the total balls potted from 21 shots

+18 Professional
+ 10 Senior

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Tactical



Practice

43

Need to :

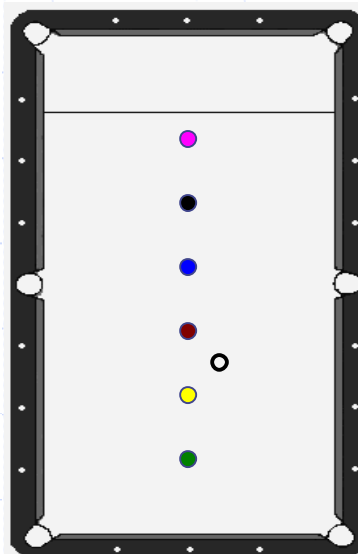
Hit The Reds and get white Behind

A. Yellow
B. Green
C. Brown.

Count Consecutive Wins

+10 Pro
+ 5Senior

Concentration



Practice

44

Need to :

Put the colours In two lines

Each time you clear, replace back in the line

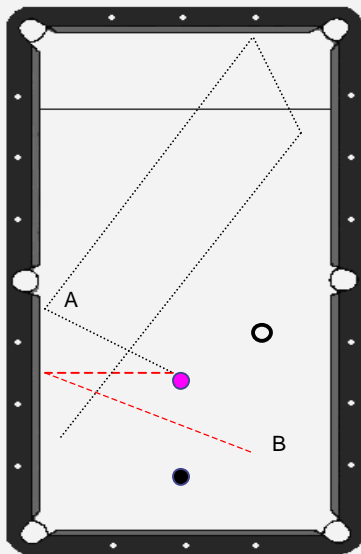
Count the total points cleared.

IE.27,54,81,108



Training Program

Cue Ball Control



Practice

45

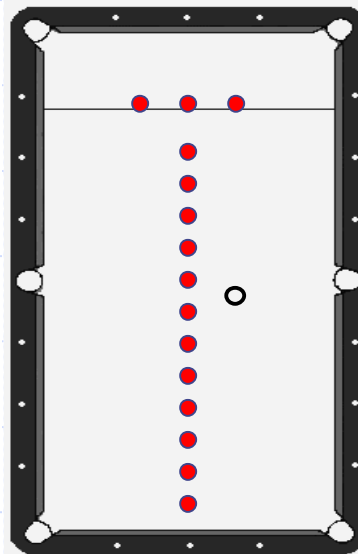
Need to :

Low on Pink and control the cue ball to pot the back.

Place white in different positions

A : Running Side
B : Check Side

Concentration



Practice

46

Need to :

Put the 15 Reds in straight line

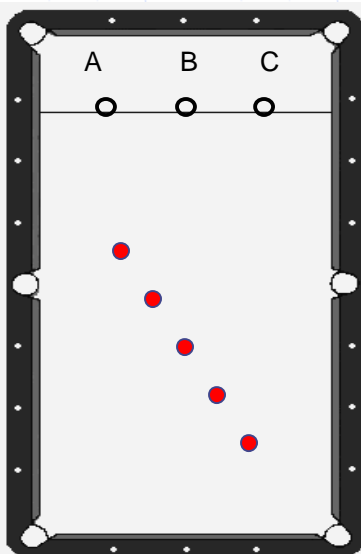
Each time you POT replace them back in a line.

Count total balls you pot.

ie.15, 16,30,50.

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Technique



Practice

47

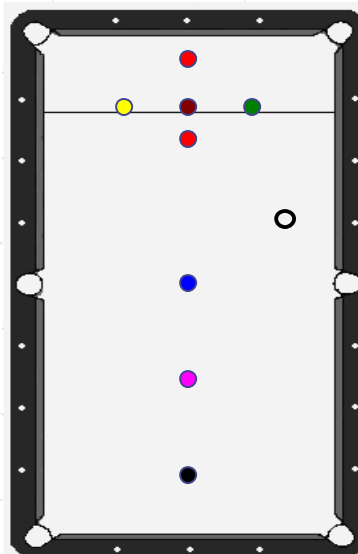
Need to :

Pot the 5 reds from the three positions

Play from :

A : Yellow Spot
B : Brown Spot
C : Green Spot

Cue Ball Control



Practice

48

Need to :

Pot the 2 reds and colors

Clear the table, and replace balls

Count the total points

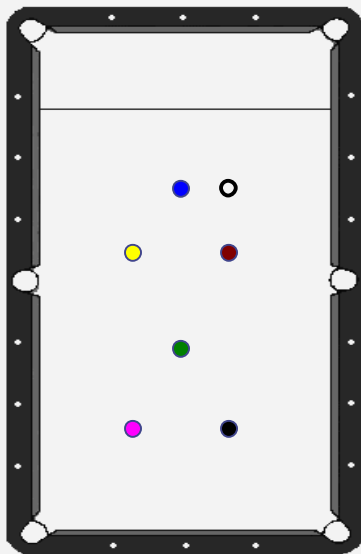
+100 Professional

+ 40 Senior



Training Program

Cue Ball Control



Practice

49

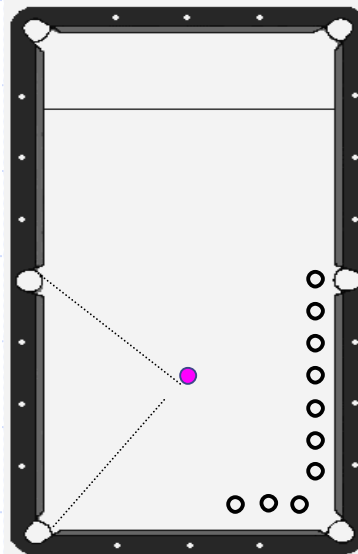
Need to :

Pot the balls in this Order
Yellow, Green
Brown, Blue,
Pink Black.

Count your total score

ie, 27, 54,
81,108.

Technique



Practice

50

Need to :

Pot the 10 pink balls from the cushion

Count balls potted

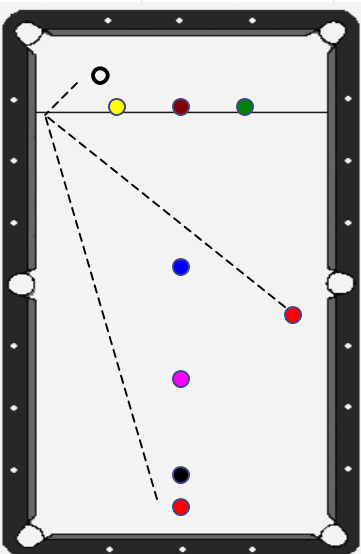
+ 8 Professional

+ 5 Senior

+ 3 Junior

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Tactical



Practice

51

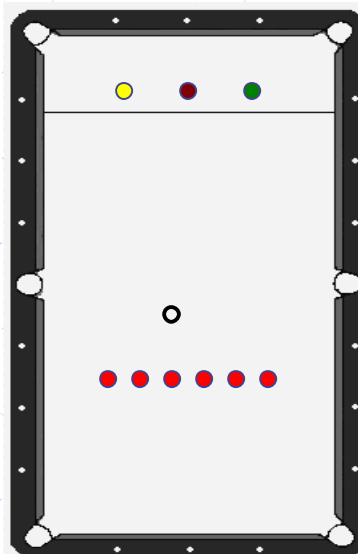
Need to :

Escape from the snooker to hit the red from behind the Yellow.

32 behind play best of 3 match.

Place red in different positions

Cue Ball Control



Practice

52

Need to :

Pot the 6 Reds and make position for the yellow, green / brown

Clear the table, and replace

Count the total points scored

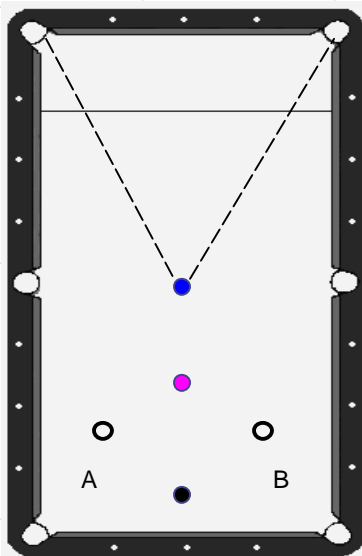
+100 Professional

+ 40 Senior



Training Program

Technique

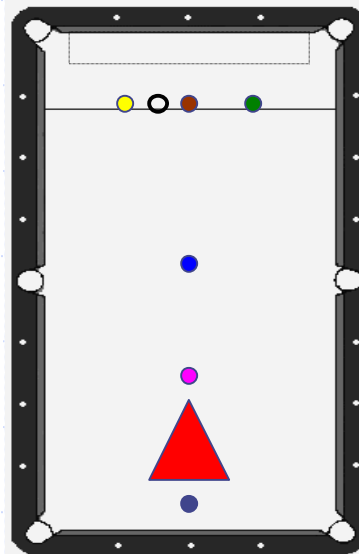


Practice

53

- Need to :
- Pot the straight blue and screw back for pink
 - Clear the table and replace
 - Count Concessive points scored
 - + 180 Professional
 - + 80 Senior
 - + 40 Junior

Tactical



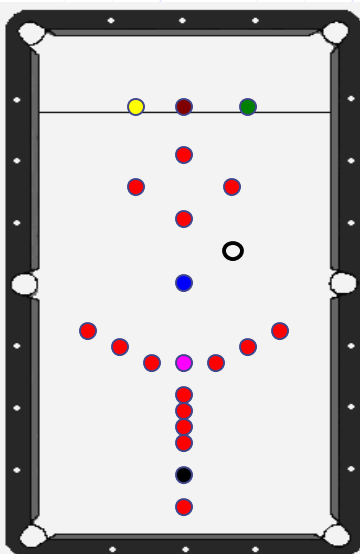
Practice

54

- Need to :
- Practice your break off and hit the reds and control the white to land in the coloured area

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Cue Ball Control

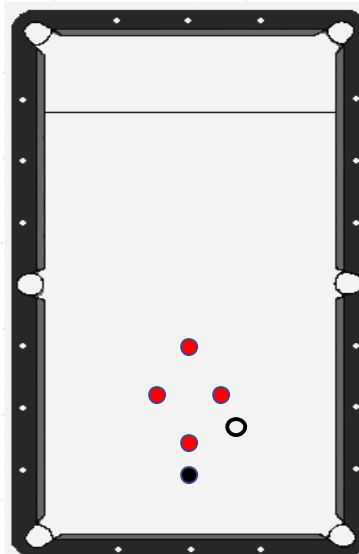


Practice

55

- Need to :
- Pot the Reds and Colours and count your best score
 - A > Pro +130
 - B > Senior + 80
 - C > Club + 50
 - D > Junior + 35

Cue Ball Control



Practice

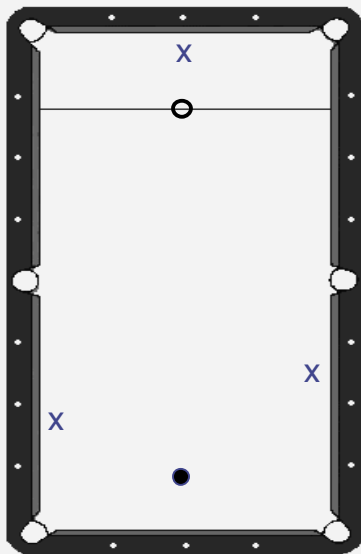
56

- Need to :
- Make a 147 Red / Black Break
 - Replace each pot, back on table.
 - Keep control of the cue ball to make a break of 88
 - After 88, place colours on table and clear for a 147



Training Program

Tactical



Practice

57

Need to :

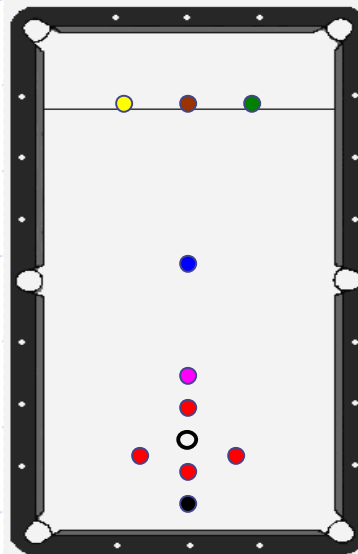
Re Spot Black ball game

Play best of 7 match

Playing safe position the black in different positions on the cushions

Count total wins

Cue Ball Control



Practice

58

Need to :

55 behind with four reds remaining

Pot the four reds and four colours to win the game.

Count Concessive points scored

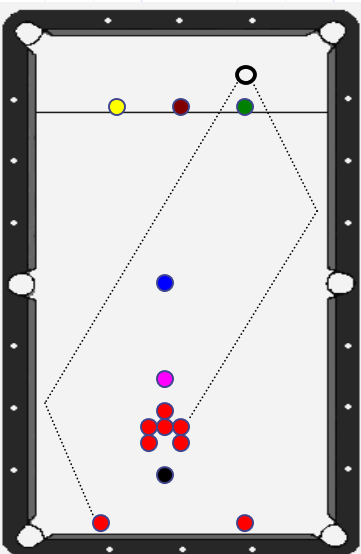
+ 150 Professional

+ 80 Senior

+ 40 Junior

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Tactical



Practice

59

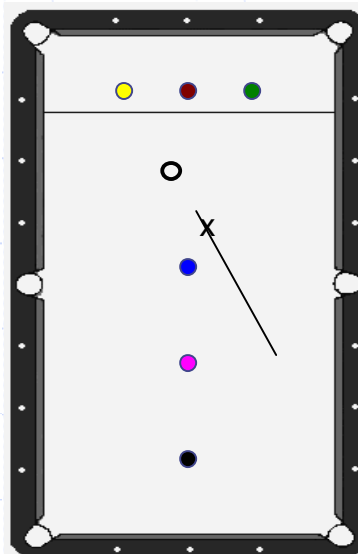
Need to :

Escape from the snooker behind the green.

1. Into the pack
2. Loose red on back cushion

Change positions of the reds.

Technique



Practice

60

Need to :

Pot the yellow using the rest and clear the table

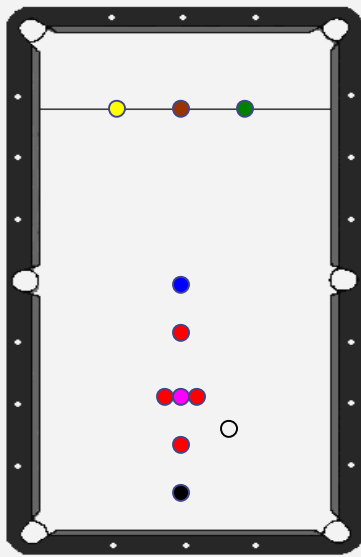
Count concessive clearances

le 27,54.81,108



Training Program

Cue Ball Control



Practice

61

Need to :

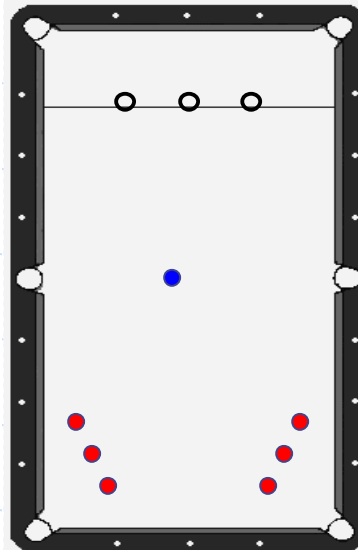
54 behind with 4
reds remaining 2
2 reds are open
reds are closed.

Clear and Replace

Count Concessive
points scored

+ 150 Professional
+ 80 Senior

Technique



Practice

62

Need to :

Pot the 6 reds
and get position
on blue

Count the
consecutive pots

Play from :

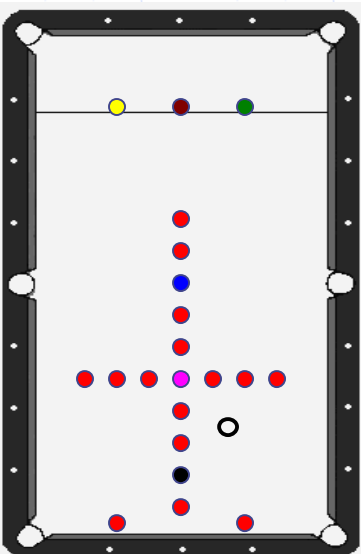
A, Yellow Spot

B, Brown Spot

C, Green Spot

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Cue Ball Control



Practice

63

Need to :

Pot the 15 Reds
and Colours and
count your best
score

Clear and Replace

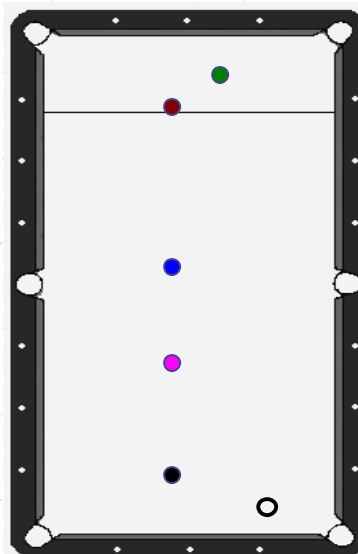
A > Pro +240

B > Senior + 100

C > Club + 70

D > Junior + 35

Tactical



Practice

64

Need to :

24 behind on
the green.

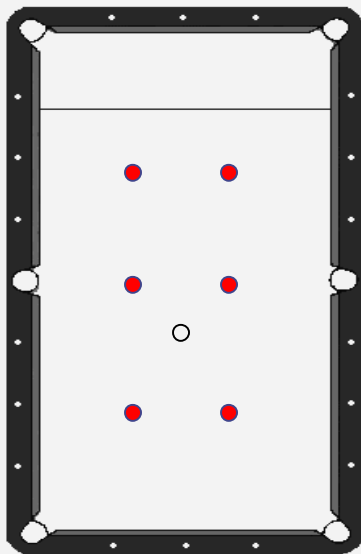
Get green safe
and get chance
to clear and
win.

Play Best of 5
matches.



Training Program

Concentration



Practice

65

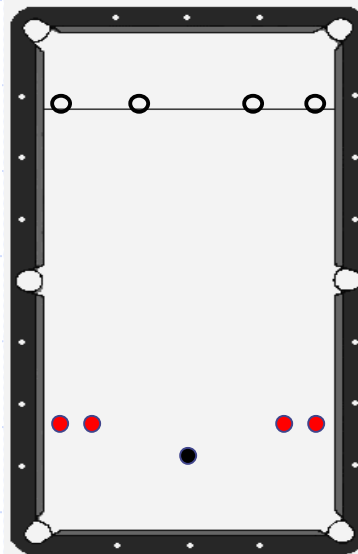
Need to :

Pot the Reds after each pot, replace back on the spot.

You can not pot the same ball twice in a row.

Count total balls
ie 20,30,50,100.

Technique



Practice

66

Need to :

Pot the four long reds down the cushion

Position for Black

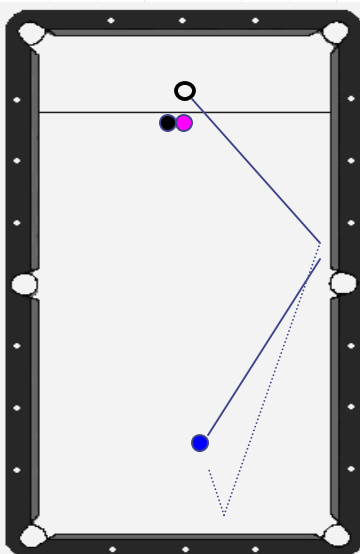
Count the consecutive pots

+ 5 Professional

+ 2 Senior

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Tactical



Practice

67

Need to :

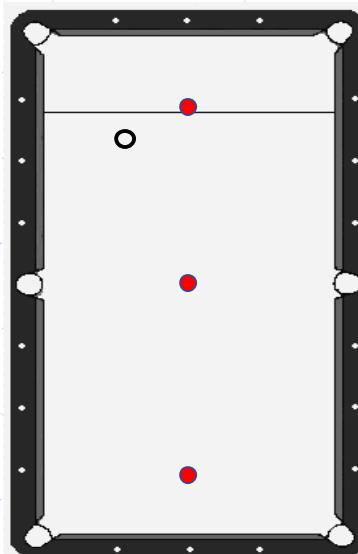
Snookered behind the black, get out of the snooker to hit the pink.

Place BLUE in different positions on table

A : One Cushion

B : Two Cushion

Cue Ball Control



Practice

68

Need to :

Pot the Reds after each pot, replace back on the spot..

You can not pot the same ball twice in a row.

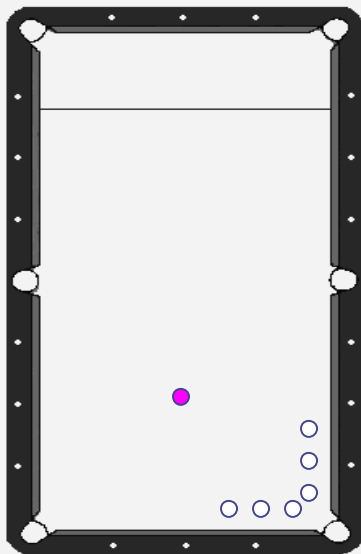
Count total balls potted

ie 20,30,50.



Training Program

Technique

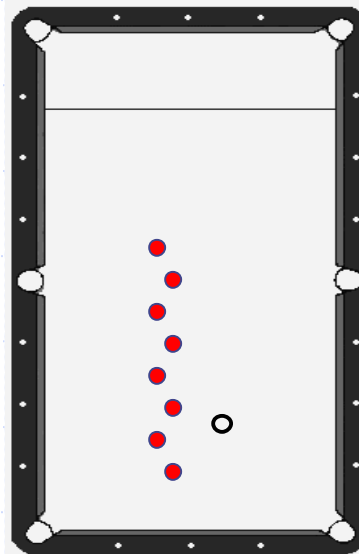


Practice

69

- Need to :
- Pot the six pinks in the middle pocket.
 - Pot in both sides
 - + 5 Professional
 - + 3 Senior
 - + 2 Junior

Cue Ball Control



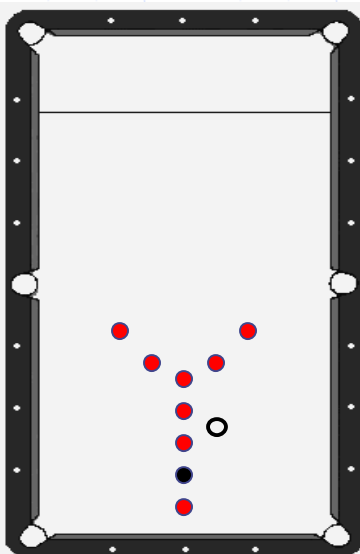
Practice

70

- Need to :
- Pot the 8 reds.
 - After each clearance
 - Replace balls
 - Count the total balls potted
 - ie 20,30,

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Cue Ball Control

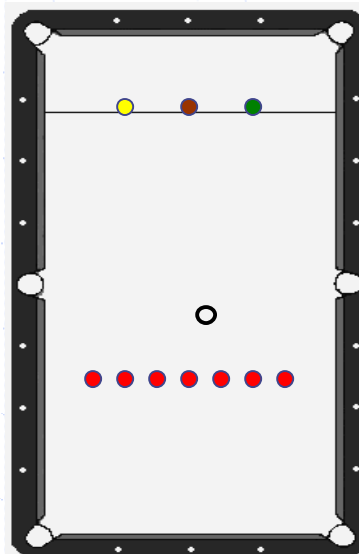


Practice

71

- Need to :
- Pot the 8 Reds and black and count your best score
 - After clearance, replace balls
 - A > Pro +100
 - B > Senior + 70
 - C > Club + 50
 - D > Junior + 35

Cue Ball Control



Practice

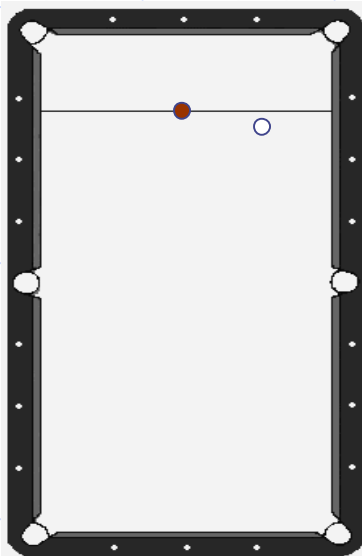
72

- Need to :
- Pot the 7 Reds and 7 baulk colors and count your best score
 - After clearance, replace balls
 - A > Pro +60
 - B > Senior + 30
 - C > Club + 20



Training Program

Cue Ball Control

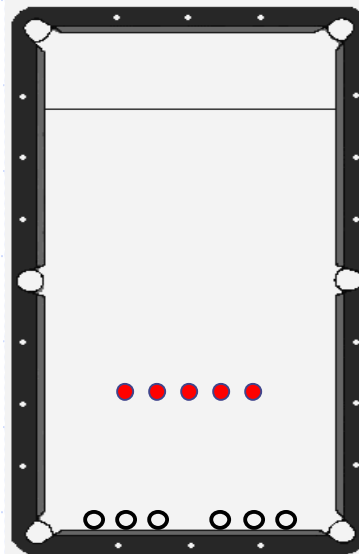


Practice

73

- Need to :
- Put the Brown on the spot
- Keep control of the cue ball
- Each time you pot replace on the spot
- + 40 Professional
- + 20 Senior
- + 15 Junior

Technique



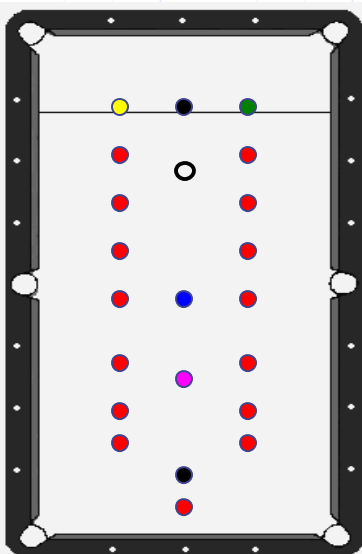
Practice

74

- Need to :
- Pot the five reds into the middle pockets
- Count total balls potted ie 5,7,10.

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Cue Ball Control

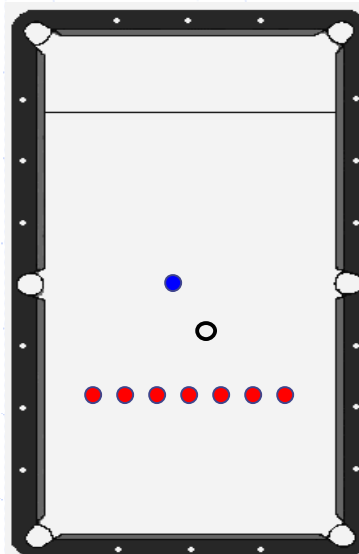


Practice

75

- Need to :
- Pot the Reds and Colours and count your best score
- After clearance, replace balls
- A > Pro +140
- B > Senior + 100
- C > Club + 70
- D > Junior + 45

Cue Ball Control



Practice

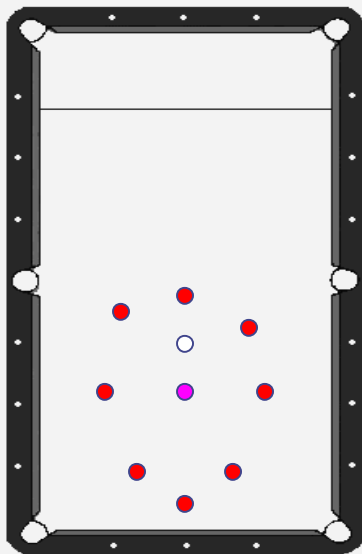
76

- Need to :
- Pot the 7 Reds and 7 blues and count your best score
- After clearance, replace balls
- A > Pro +80
- B > Senior + 40
- C > Club + 30



Training Program

Cue Ball Control



Practice

77

Need to :

Pot the 8 Reds with 8 Pink balls

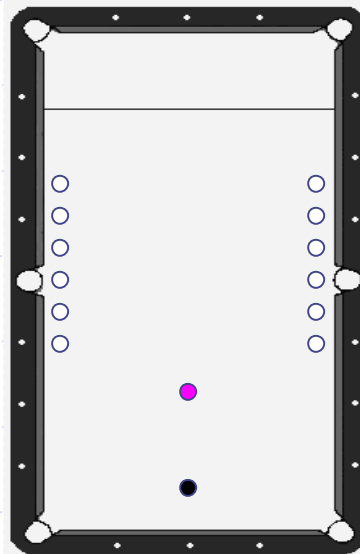
Keep control, and clear the table with a break of 56

Replace Balls and continue Break

+100 Pro

+ 50 Senior

Technique



Practice

78

Need to :

12 behind on pink and black.

Pot pink and black and make a clearance

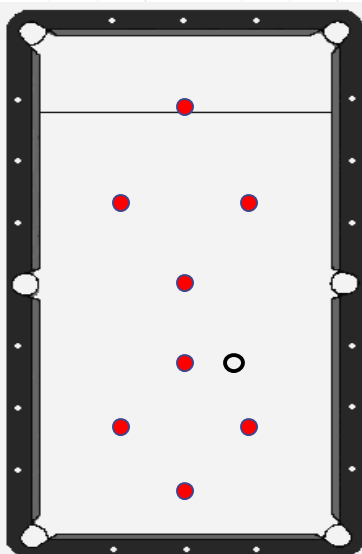
Count total clearance

+10 Professional

+ 5 Senior

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Cue Ball Control



Practice

79

Need to :

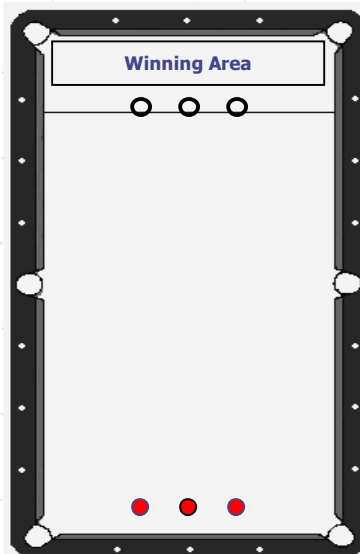
Pot the 8 Reds

After clearance replace back on the table.

Count total balls potted

ie 20,30,50.

Cue Ball Control



Practice

80

Need to :

Hit the Reds and control the cue ball to finish in the winning zone

Count consecutive wins

Count consecutive wins

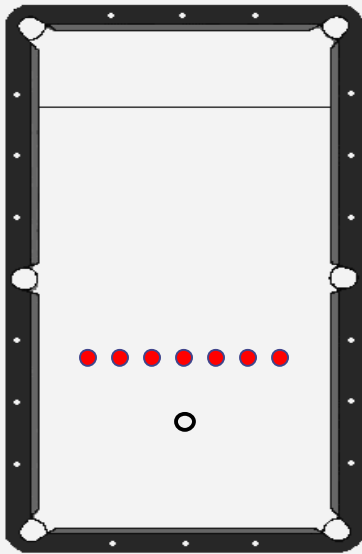
+ 10 Professional

+ 5 Senior



Training Program

Cue Ball Control



Practice

81

Need to :

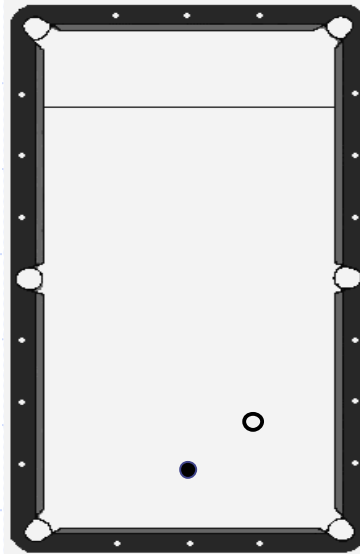
The magnificent seven reds.

Pot and control the cue ball to pot the seven reds into only the middle pockets

After clearance, replace

Count total balls potted ie 7,14.

Tactical



Practice

82

Need to :

Put the Black on the spot

Keep control of the cue ball

Each time you pot replace on the spot

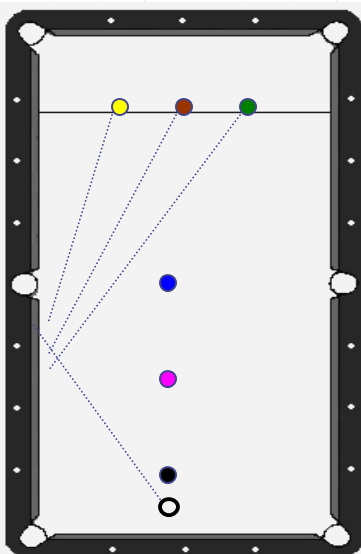
+ 40 Professional

+ 20 Senior

+ 15 Junior

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Tactical



Practice

83

Need to :

Snookered behind the black, get out of the snooker to hit the

Yellow

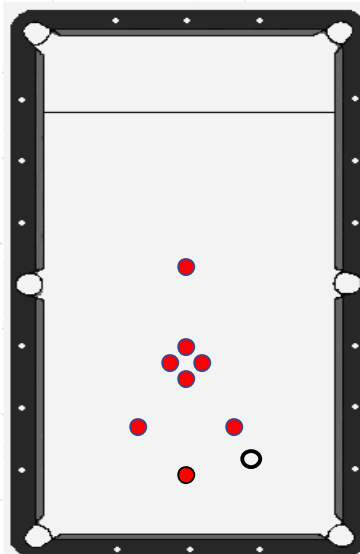
Green

Brown

A : One Cushion

B : Two Cushion

Cue Ball Control



Practice

84

Need to :

Pot the four open Reds, and open the four reds in pack

After clearance, replace back on the table

Count total balls potted

ie 20,30,



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			



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			



Training Routines Record

Routine Number	Players Performance			Routine Number	Players Performance		
57				71			
58				72			
59				73			
60				74			
61				75			
62				76			
63				77			
64				78			
65				79			
66				80			
67				81			
68				82			
69				83			
70				84			