



AQ COACH

# THE MOBILE LEARNING APP FOR FOOTBALL





**EDUCATIONAL CONTENT  
DEVELOPED IN PARTNERSHIP  
WITH FOOTBALL CANADA**



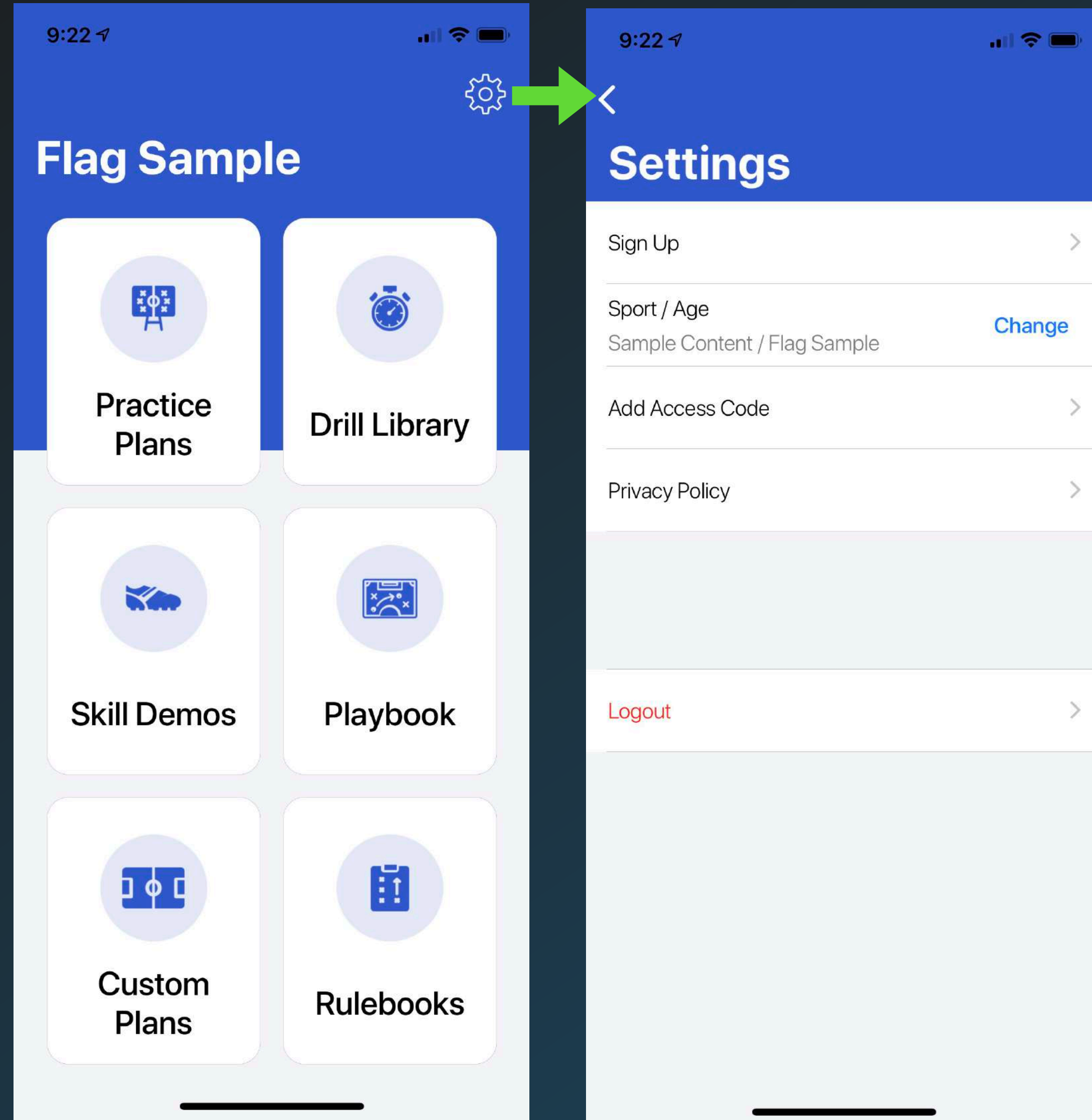


# BASIC APP NAVIGATION

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# THE AQ COACH HOME SCREEN



**This is your main hub to find all educational content and use the various app features.**

**Select the practice plans, drill library, or playbook buttons to browse pre-designed content in the app.**

**Use the skill demos section to learn proper technique. Use the custom plans section to build and save your own practice plans.**

**The gear icon in the top right corner will open the settings screen**



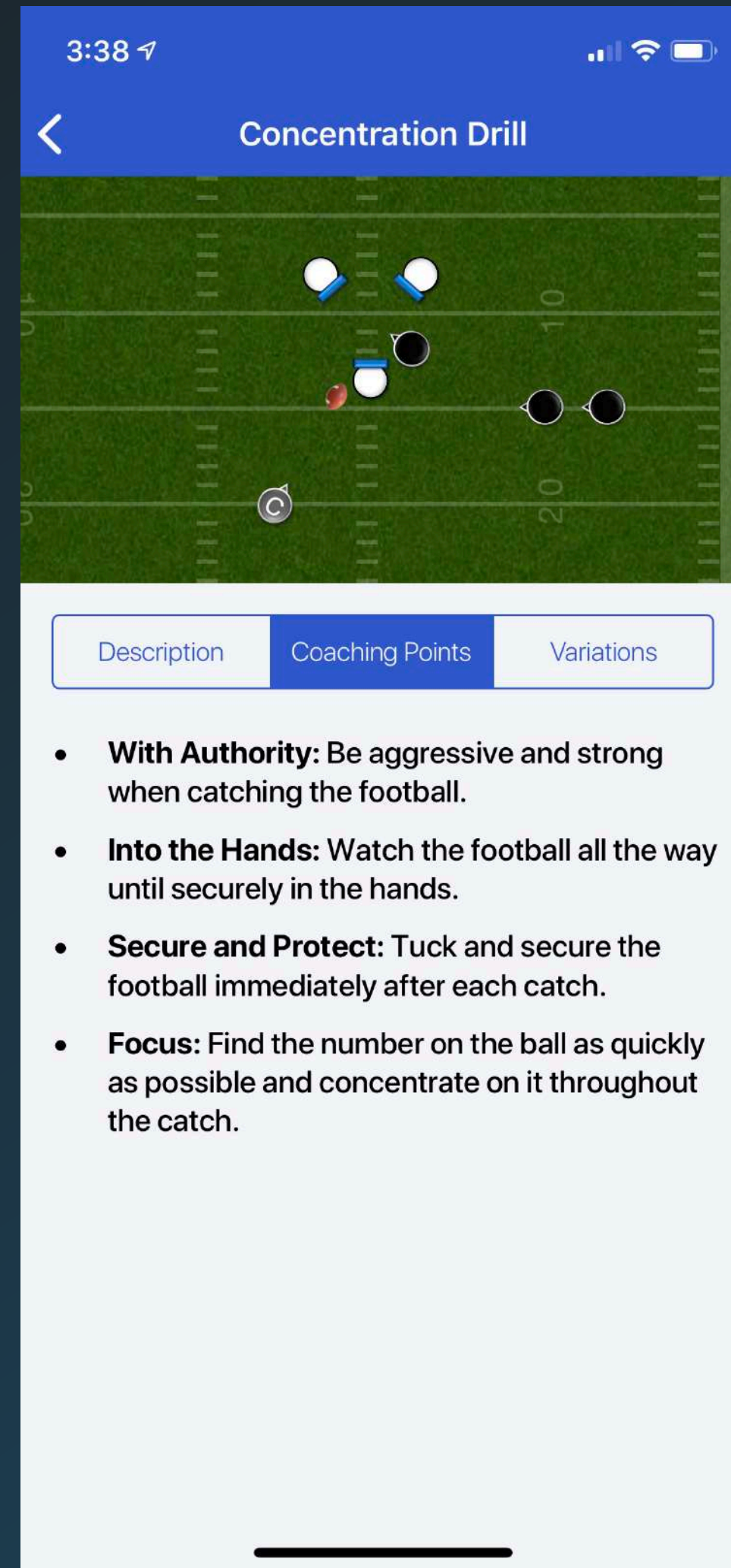
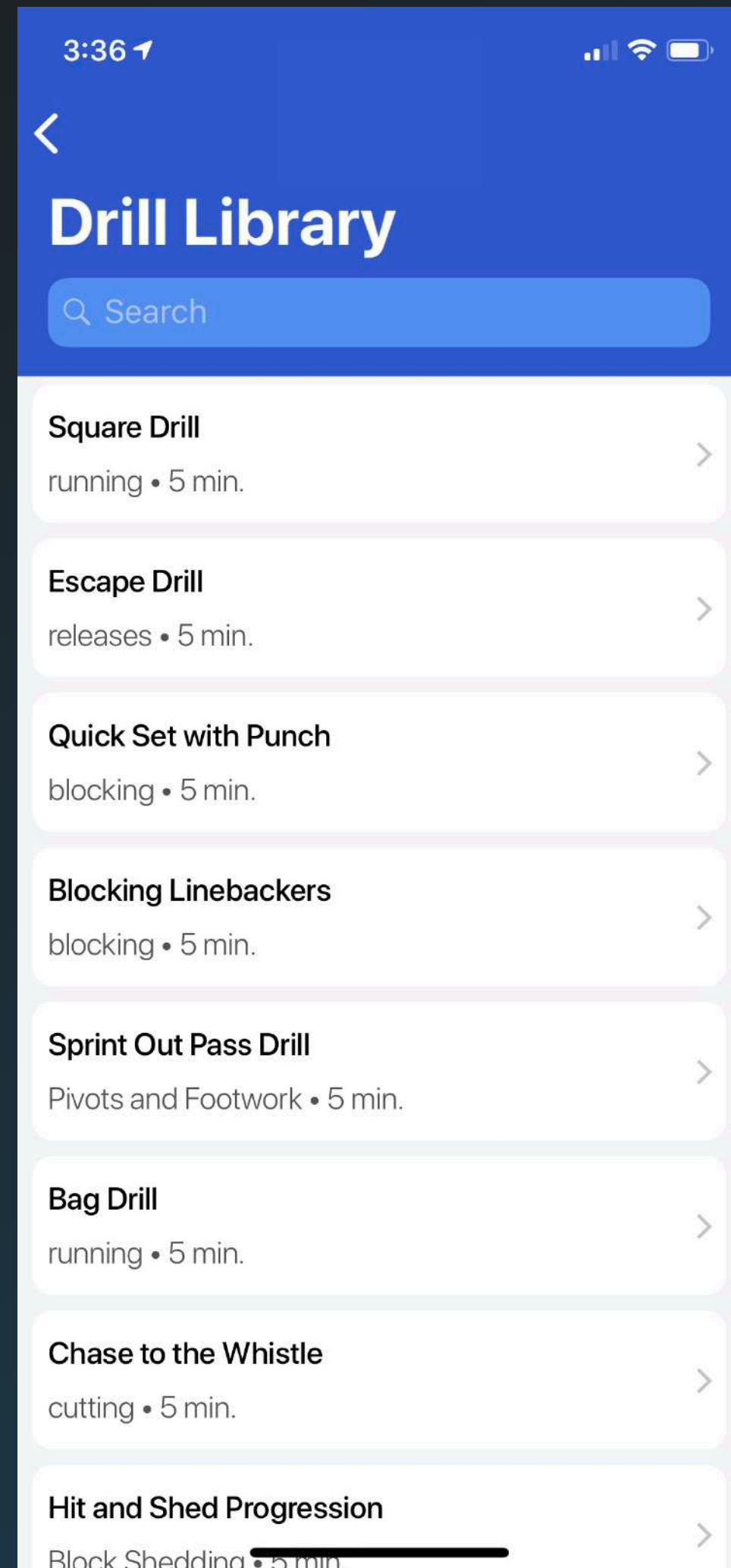


# PRACTICE PLANS, DRILLS AND PLAYS

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# PRACTICE PLAN AND DRILL LIBRARY

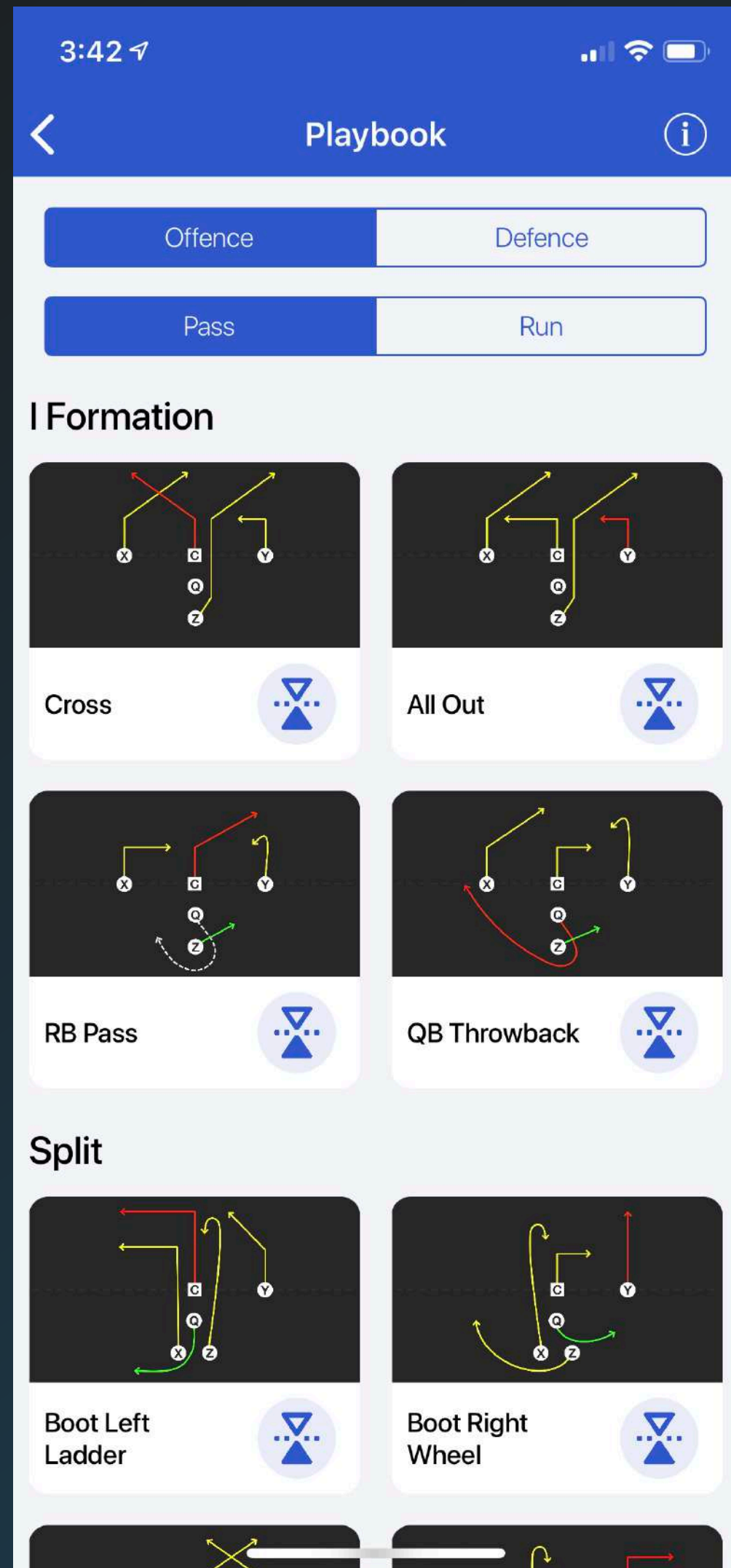


The practice plan library contains a variety of pre-designed plans, complete with detailed drills descriptions.

The drill library allows coaches to browse a variety of drills to find new ideas for their team practices.

All drills are complete with animated diagrams, text descriptions, coaching pointers, and variations.

# PLAYBOOKS



The playbook allows coaches to browse through a variety of pre-designed plays.

Plays are categorized by formation and can be filtered by offence, defence, and play type.

The playbooks in AQ Coach are intended for youth developmental football leagues where the primary emphasis should be skill development. This is why you cannot design your own custom plays in the app.



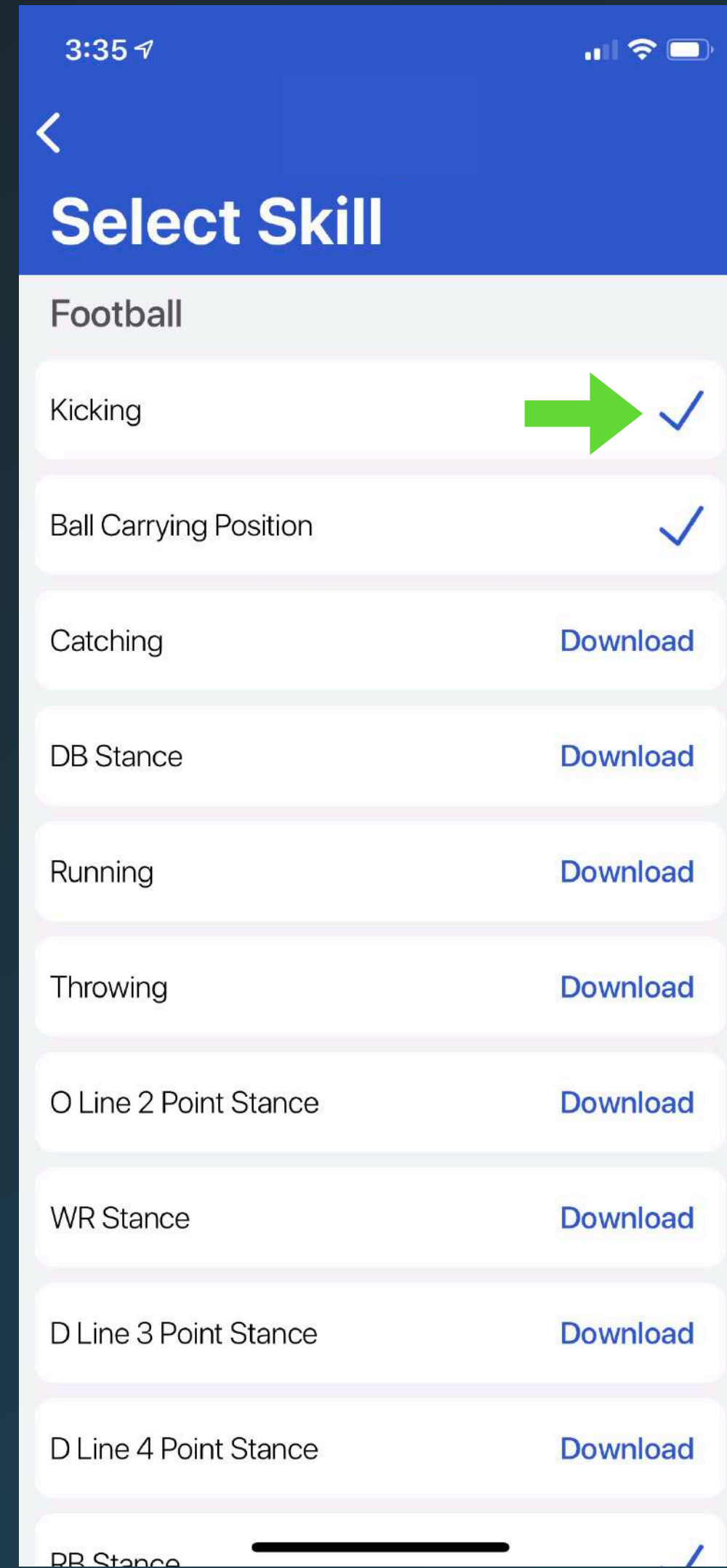
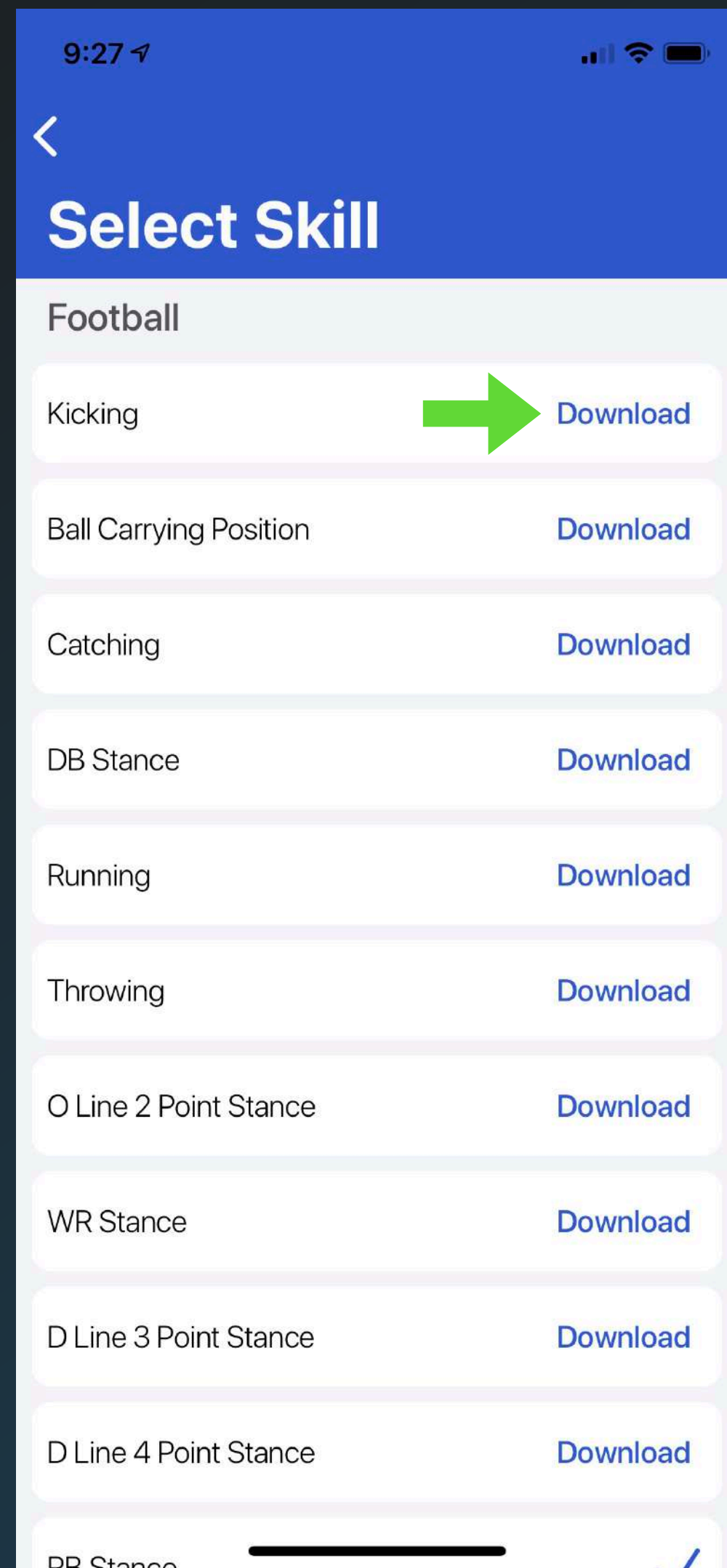


# SKILL DEMONSTRATIONS

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# USING THE SKILL DEMO MEDIA



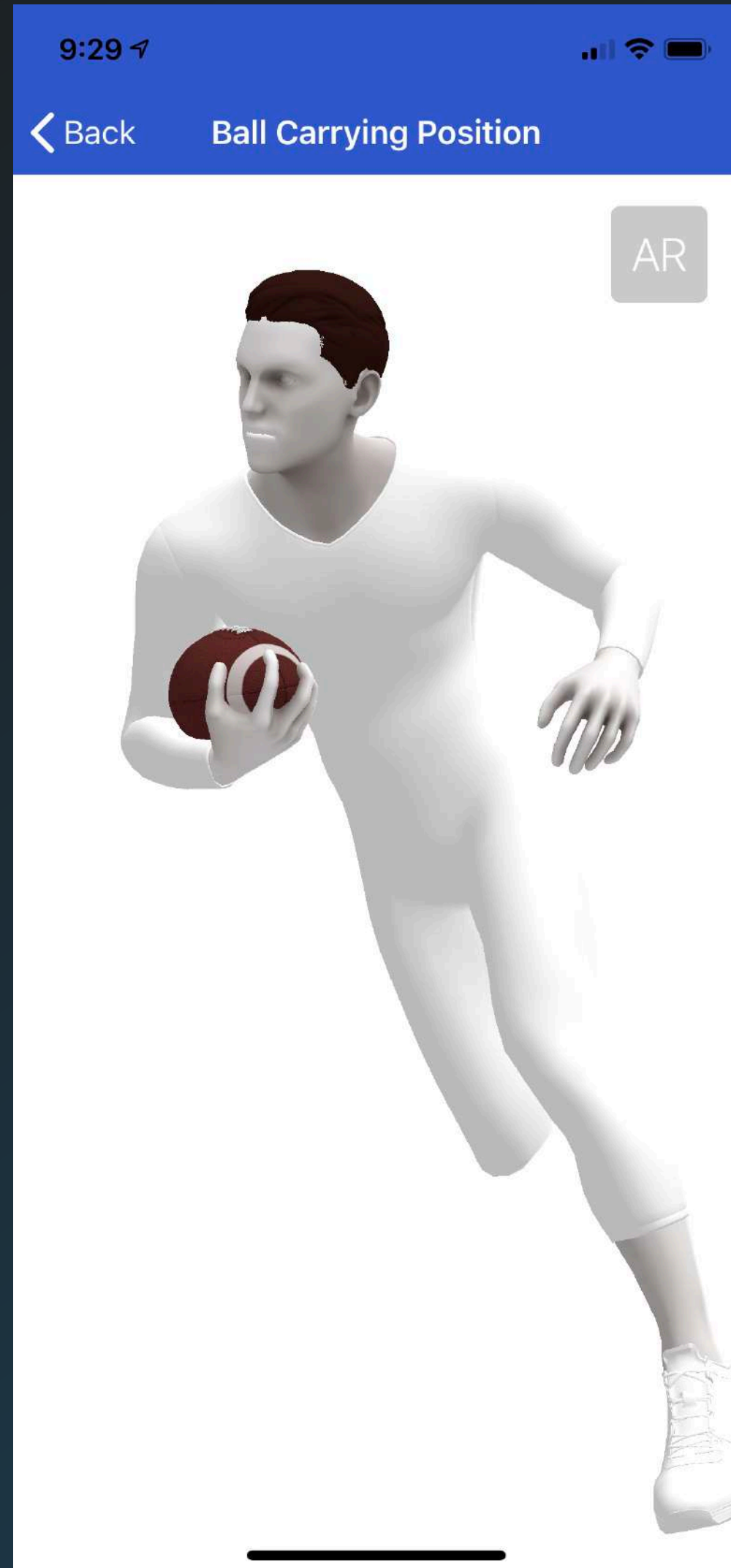
The skill demos in AQ Coach were developed using interactive 3D media. This was done so you can view skill technique from any angle and zoom in to get a closer look at proper body positioning.

To view a skill demo, begin by clicking the download button to save demonstration to your device.



# USING THE SKILL DEMO MEDIA

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## *Viewing in 3D*

This will open the skill demo model on your screen.

You can use one finger to swipe and rotate the model in any direction.

Use a two finger pinch to zoom in and out of the model.

Use a two finger swipe to move the model.



# USING THE SKILL DEMO MEDIA

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## *Viewing in augmented reality*

To place the model, begin by scanning a flat surface (ground or table) until the blue grid appears. Tap the screen to add the skill model to the grid.

You can walk around it to view from different angles. Use one finger slide to reposition the model or pinch to change the model size.

Areas with highly textured well lit surfaces (such as grass, carpet, etc.) work best when using this.



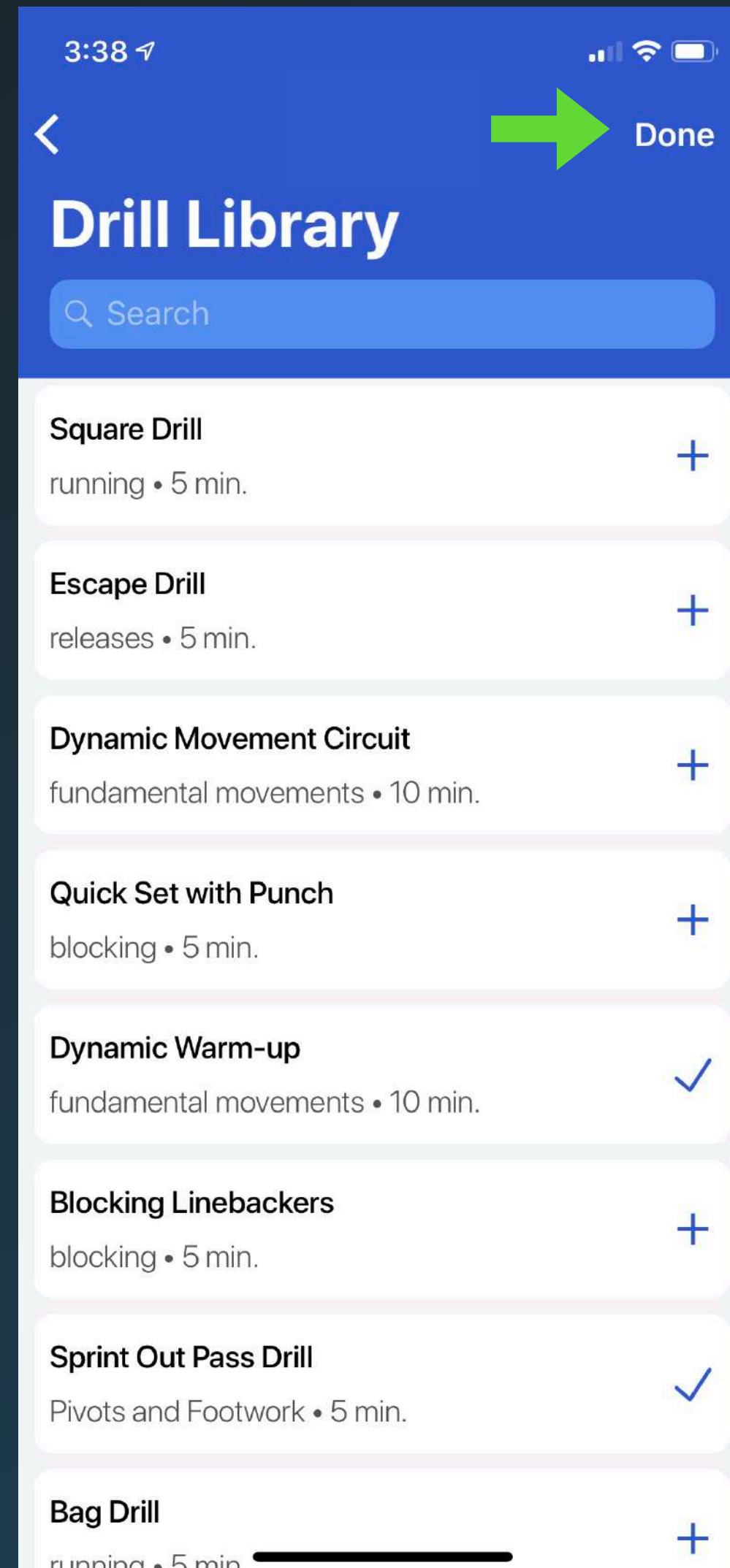
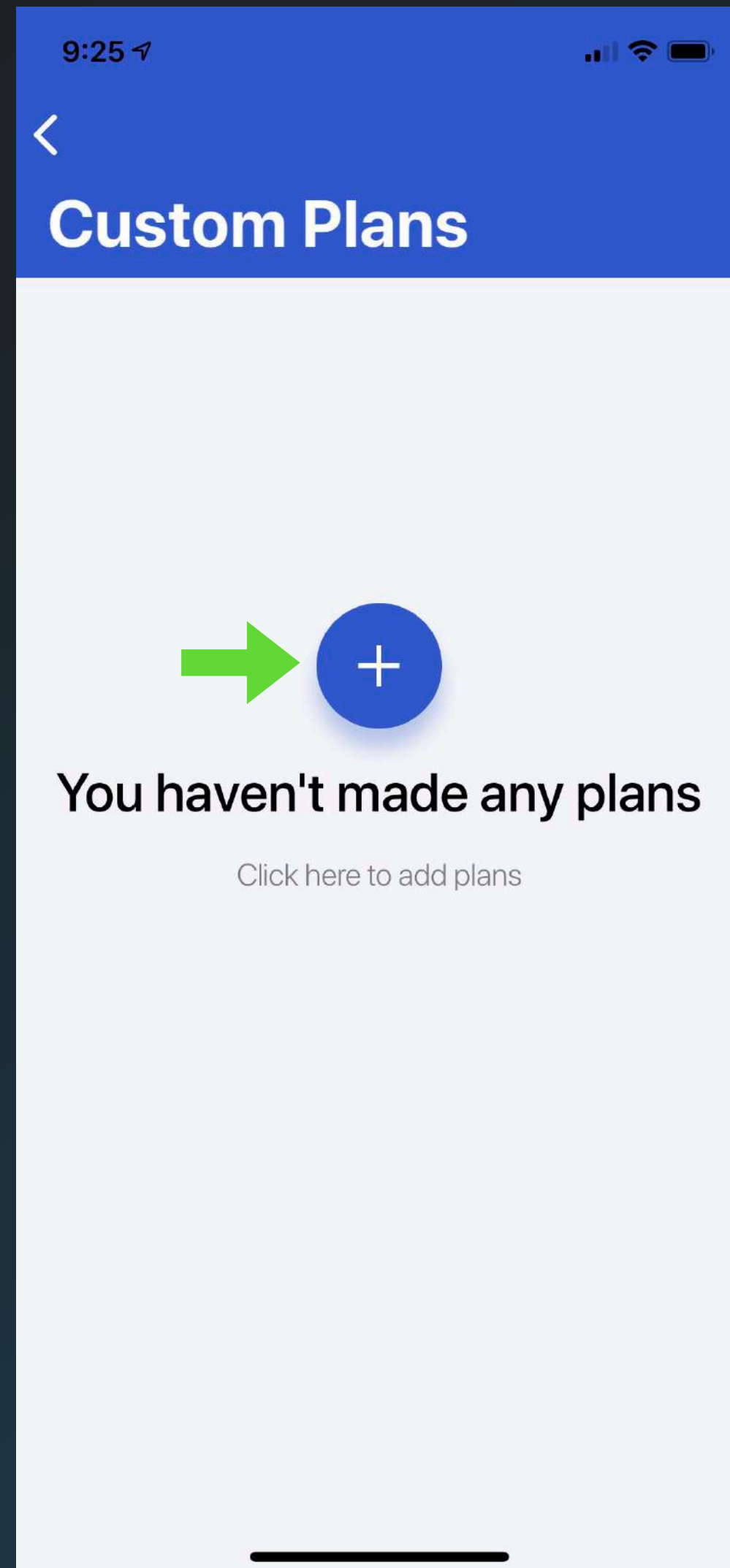


# CUSTOM PLAN BUILDER

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# USING THE CUSTOM PLAN BUILDER



1. Select the plus icon to begin building a plan.
2. Give your new plan a name.
3. Find the drills you want in the library and tap the plus icon to add them to your new plan.
4. Once you have added all of your drills, tap done in the top right corner to save your plan.

Once a plan is built, it will be saved on the custom plans screen. You can view or edit these plans at any time.





# **ADDITIONAL IMPLEMENTATION STRATEGIES FOR TEAMS**

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# **SUPPORTING YOUR ASSISTANT COACHES**

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**You can utilize AQ Coach as your central place to find new practice ideas, find new drills, variations and coaching tips.**

**If some of your assistant coaches are new to football or coaching a new position for the first time, you can refer them back to the app for educational support throughout the season.**



# THE FLIPPED PRACTICE

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**Empower your players to learn new drills, plays and skills from home.**

**If you are planning to introduce a new drill at practice, recommend that players review the drill in the app before practice so they know how it works.**

**Have players spend time in the app reviewing plays and the skill demos to improve their understanding of the game.**



A young girl in a soccer uniform, looking down with a sad expression, set against a dark blue background.

# **PARENT COMMUNICATION ABOUT AQ COACH**

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# **COMMUNICATE THE APP WITH PARENTS**

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**Some parents may be concerned that coaches are using their phone periodically during practice. Make sure you inform them at the beginning of the season that coaches will be using an app this year to review practice plan, drills, plays, etc.**

**Communicating that your coaches are following all Football Canada recommended practice plans and drills can help reassure parents that your team is following current best-practice to help ensure football is safe and enjoyable for their child.**



A young girl in a soccer uniform with black face paint, looking down on a field.

**SHARE THIS PRESENTATION WITH ANYONE  
WHO WILL BE USING THE AQ COACH APP**

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A Q C O A C H

FOR ADDITIONAL SUPPORT &  
APP INFORMATION, VISIT  
[AQ-COACH.COM](http://AQ-COACH.COM).

AQ Coach software and media developed by Athlete Era Technologies  
Follow us on social media @athlete.era

