

 AQ COACH



Content Catalogue



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Flag Football

Content Provider



CANADA

5-on-5 Flag

Content Overview

- Educational content designed to support the delivery of a 5-on-5 flag football program for youth between the ages of 5-17.
- Aligned with the Football Canada Long-term Player Development Model.
- Detailed plug-and-play content for novice coaches as well as content customization options for more experienced coaches.

The Specifics

- 1 detailed season plan for each age group
- 20 individual practice plans
- 30 drills
- 58 offensive plays
- 4 defensive formations
- 14 skill development tutorials
- 1 rulebook

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Tackle Football

Content Provider



CANADA

6-a-side Football

Content Overview

- Educational content designed to support the delivery of a 6-a-side program for youth between the ages of 8-11.
- Aligned with the Football Canada Long-term Player Development Model.
- Detailed plug-and-play content for novice coaches as well as content customization options for more experienced coaches.

The Specifics

- 1 season plan
- 20 pre-designed practice plans
- 50 offensive drills
- 50 defensive drills
- 20 offensive plays
- 20 defensive plays
- 20 skill development tutorials
- 1 rulebook

9-a-side Football

Content Overview

- Educational content designed to support the delivery of a 9-a-side program for youth between the ages of 10-13.
- Aligned with the Football Canada Long-term Player Development Model.
- Detailed plug-and-play content for novice coaches as well as content customization options for more experienced coaches.

The Specifics

- 1 season plan
- 20 pre-designed practice plans
- 50 offensive drills
- 50 defensive drills
- 20 offensive plays
- 20 defensive plays
- 20 skill development tutorials
- 1 rulebook

12-a-side Football

Content Overview

- Educational content designed to support the delivery of a standard tackle program for youth older than 13.
- Aligned with the Football Canada Long-term Player Development Model.
- Detailed plug-and-play content for novice coaches as well as content customization options for more experienced coaches.

The Specifics

- 1 season plan
- 10 practice plans
- 50 position-specific drills
- 20 offensive plays
- 20 defensive plays
- 20 skill development tutorials
- 1 rulebook

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Initiation Football

Content Provider



CANADA

SMF

Active Start Programs

Content Overview

- Educational content designed to support programs that introduce children between the ages of 3-5 to fundamental movement skills using football as an activity medium.
- Aligned with the Football Canada Long-term Player Development Model.
- Detailed plug-and-play content for volunteers running the program.

The Specifics

Football Canada First-Down Program

- 1 detailed program plan
- 8 session plans complete with drills
- 14 skill development tutorials

Saskatoon Minor Football Tykes on Spikes Program

- 1 detailed program plan
- 5 session plans complete with drills
- 14 skill development tutorials

Content Item Breakdown

SEASON AND PRACTICE PLANS

- Season plans provide coaches with a detailed example of how to deliver practices in a progressive manner to ensure they develop all age appropriate core skills with their athletes. Comes complete with an example practice plan for each week.
- Practice plans provide an example for how to deliver a practice with age appropriate drills that is focused on specific development themes. Coaches can also design their own plans; however, the plan must fit within the constraints of appropriate long-term athlete development protocol (proper practice length, appropriate skills, etc.)

DRILLS

- Each drill comes complete with these four main content items:
- **Media** to provide a visual example of how to setup and execute the drill.
- **Text description** for those who would like to read how to run the drill.
- **Coaching Points** that describe 2-3 technical pointers that coaches should be teaching athletes during the drill.
- **Variations** that show coaches how they can modify the drill to make it more or less complex depending on the skill level of their players.

SKILL TUTORIALS

- Skill tutorials are designed to help coaches of various experience levels develop high levels of technical skill performance in their players. Each skill tutorial comes with the following two content items:
- **3D Skill Demonstration Model** - This interactive model is designed to show proper technical performance of a skill in a manner that is interactive, engaging and life-like.
- **Skill cues** that provide coaches with verbal cues they can give athletes during each phase of the skill to help correct their performance and move it closer to that of the 3D skill model.



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