



Player Profiling Task

Outcome

This task will enable you to demonstrate and develop an understanding of positional requirements across your team; and the extent your players successfully perform against the criteria.

This will also take you through the process of identifying areas that require development, which in turn will improve your player and team performance. You should submit this task with your completed Application Form.

Task 1a.

Utilising the Player Profile Template, undertake an analysis of each playing position to identify key technical, physical, tactical and mental requirements. You should prioritise the top 4/5 position specific elements and avoid generic criteria, e.g. “*should be physically fit; has good hands.*”

Definitions

Tactical: Tactical awareness of roles in attack and defence related to the Principles of Play.

Technical: Skill levels, technical ability, set piece and open play.

Physical: Position specific physical attributes and body type.

Mental: Behavioural traits relevant to the position e.g. mental toughness, confidence & focusing

*e.g. Below example: Left Lock – this is **not exhaustive**, but illustrates **some of the points** you could list*

Any Action Plan should be **SMART** in its nature (Specific, Measurable, Agreed upon, Realistic & Time-based)



Position		Positional Criteria	Grade Against Criteria	Comment	Action Plan
Left Lock	Tactical	<ul style="list-style-type: none"> Move to create space, out manoeuvre opponents in the lineout. Contribute appropriately with the front row when required if the scrum changes orientation In attack understands roles in open play as a ball carrier, support player or decoy In defence be aware of roles within the teams defence strategy (join rucks / mauls) 	2	<ul style="list-style-type: none"> Slow, cumbersome movement prevents beating opponent Always does this High ability to receive and pass in & out of contact – footwork needs developing to enable attacking spaces. Stays out of rucks/ mauls far too often – usually behind 10 / 12 	<p>S – Increase agility level</p> <p>M – Decrease time required to complete one loop of the Illinois agility test.</p> <p>A – SAQ drills should be completed as part of your warm up and they can also be added into your training drills at coaching.</p> <p>R – Aim to reduce time by two seconds</p> <p>T – Aim to do this within one month</p>
			4		
			3		
			2		
	Technical	<ul style="list-style-type: none"> Catch with soft hands and sympathetic when delivering the ball. Support the front row in engagement and maintain forward pressure Effective footwork over the ground and ability to get into the air quickly 	2	<ul style="list-style-type: none"> Often taps uncontrollably putting 9 under pressure. Off the top delivery requires greater control Very strong in this area, sometimes loses focus on opposition ball in their 22m Can beat opposition with a straight up and down jump but needs to work on pre-jump movement 	<p>S – Ensure lineouts are controlled with a two handed take high in the air</p> <p>M – At least 80% of the takes in a match should be controlled in the air with two hands</p> <p>A – Practice under pressure at training with lifters and a defender</p> <p>R – If it is too challenging take out defender until 80% is reached then reintroduce the defender</p> <p>T – Practice at both training sessions and check progress at next game. 80% should be reached within two weeks</p> <p><i>N.B.</i> forwards coach to assist in monitoring progress during games via match stats</p>
			3		
			2		
	Mental	<ul style="list-style-type: none"> Relish the mental challenge of being part of a dominant scrum Ability to cope with the pressure of calling the lineout Ability to cope with the pressure of the correct details in attacking lineouts 	4	<ul style="list-style-type: none"> Excellent contribution to scrum Can get flustered when put under pressure here Directs others with confidence but can get caught in two minds 	<p>S – Win lineout ball through effective decision making</p> <p>M – 90% of lineout calls should be successful</p> <p>A – Practice under pressure at training with defenders applying pressure via audio overload</p> <p>R – Improve decision making by introducing scenario based tasks with no pressure (building to pressure eventually) to allow processing time</p> <p>T – This should be an ongoing process with a goal of reaching 90% success by the 3rd game of the season</p>
			3		



	Physical	<ul style="list-style-type: none"> ▪ Explosive jumping power from a standing start ▪ Be strong with use of arms and hands to claim the ball ▪ Maintain a powerful driving position in the scrum ▪ Physical fitness to have a high involvement in the game at breakdowns 	3	<ul style="list-style-type: none"> • Physically strong, but not dynamic or agile enough 	<p>S – Improve cardiovascular fitness</p> <p>M – By at least one level on the bleep test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the two week retest you are not at least half way to target, increase time by an extra two weeks</p> <p>T – This should be completed within one month</p>
			3	<ul style="list-style-type: none"> • Strong upper body enables to compete in the air, with upper body 	
			4	<ul style="list-style-type: none"> • Physically strong in this area – may move sides to support 3 rather than 1 	
			2	<ul style="list-style-type: none"> • Improvement needed on aerobic fitness base 	

Task 1b

Using the information, you have compiled, evaluate current levels of participant performance against the criteria, using a grading criteria as follows:

- 1 – Performs seldom or inappropriately
- 2 – Performs sometimes, or sometimes inappropriately
- 3 – Performs often or mainly appropriately
- 4 – Performs always and appropriately

You will also need to add a qualifying statement next to each grade / criteria. You may have 1,2 or 3 players in each position, but for this exercise, concentrate upon your 1st choice XV. Bring all of this completed information to the course and submit to your mentor. You will be asked to present the positional criteria, grade and comment to your group and mentor.



Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Tight Head Prop	Tactical	<ul style="list-style-type: none"> Stabilize (Scrums and Lineouts) Defence (Scrums and Lineouts) In attack understands roles in open play as a ball carrier, support player or decoy In defence be aware of roles within the teams defence strategy (join rucks / mauls) 	3 3 2 2	<ul style="list-style-type: none"> To balance the scrum and line outs To steal the ball from the other team To be ready to get the ball at anytime Need to be aware at all times. 	<p>S –Increase balance M –More neck and back exercises A – Warm up should include neck and back exercises R –Increase time and weight of exercise T –Aim to do this over the years</p>
	Technical	<ul style="list-style-type: none"> Catch with soft hands and sympathetic when delivering the ball. Loose Play 	4 3	<ul style="list-style-type: none"> No Bullet passes. Get around the park. 	<p>S –To work on pass/ catch M –Aim for 90% success rate with hands out in front A – Practice under pressure at training with 3v2 and 2v1 R – If it is too challenging take out defender T – Aim to do this within one month</p>
	Mental	<ul style="list-style-type: none"> Tougher Intimidating 	2	<ul style="list-style-type: none"> Withstand adverse conditions. 	<p>S – Being apart of a dominant scrum</p>



		<ul style="list-style-type: none"> Stamina Helping players manage nerves Performing under pressure Helping players manage nerves Performing under pressure 	2 4 3 3	<ul style="list-style-type: none"> Make them have second thoughts Need to be mentally strong Means they care too much. To help them focus. 	<p>M –Aiming for a winning percentage over 90%</p> <p>A –You need to constantly practice 1on1 2on1 and full scrums</p> <p>R –Aim to practice 1 to twice a week one hour to half an hour</p> <p>T –Should be improving every game If So one month you should hit your goal</p>
	Physical	<ul style="list-style-type: none"> Must have strong neck shoulders back and leg muscles Stamina 	3 4	<ul style="list-style-type: none"> Need to work out to get stronger on neck back and shoulders and legsTo prevent injuries. To Sustain prolonged Physical activity. 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 5:25mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week re-test you are not at least half way to target.</p> <p>T – This should be completed within 2 months</p>

Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Loose Head Prop	Tactical	<ul style="list-style-type: none"> Stabilize (Scrums and Lineouts) Defence (Scrums and Lineouts) In attack understands roles in open play as a ball carrier, support player or decoy 	3 3 2	<ul style="list-style-type: none"> To balance the scrum and line outs To steal the ball from the other team To be ready to get the ball at anytime 	<p>S –Increase balance</p> <p>M –More neck and back exercises</p> <p>A – Warm up should include neck and back exercises</p> <p>R –Increase time and weight of exercise</p> <p>T –Aim To do this over the years</p>



	<ul style="list-style-type: none"> In defence be aware of roles within the teams defence strategy (join rucks / mauls) 	2	<ul style="list-style-type: none"> Need to be aware at all times. 	
Technical	<ul style="list-style-type: none"> Catch with soft hands and sympathetic when delivering the ball. Loose play 	4 3	<ul style="list-style-type: none"> No bullet passes. Get around the park. 	<p>S –To work on pass/ catch M –Aim for 90% success rate with hands out in front A – Practice under pressure at training with 3v2 and 2v1 R – If it is too challenging take out defender T – Aim to do this within one month</p>
Mental	<ul style="list-style-type: none"> Tougher Intimidating Stamina Helping players manage nerves. Performing under pressure. 	2 2 2 2 2	<ul style="list-style-type: none"> Withstand adverse conditions. Make them have second thoughts Need to be mentally strong Means they care too much. To help them focus. 	<p>S – Being a part of a dominant scrum M –Aiming for a winning percentage over 90% A –You need to constantly practice 1on1 2on1 and full scrums R –Aim to practice 1 to twice a week one hour to half an hour T –Should be improving every game If So one month you should hit your goal</p>
Physical	<ul style="list-style-type: none"> Must have strong neck shoulders back and leg muscles Stamina 	2 2	<ul style="list-style-type: none"> Need to work out to get stronger on neck, back and shoulders and legs to prevent injuries. To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness M – Be at least 5:25mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week retest you are not at least half way to target. T – This should be completed within 2 months</p>



Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Hooker	Tactical	<ul style="list-style-type: none"> ● Throw into the lineouts ● Strike the ball back (Scrums) ● Defence (Scrums) ● Defence (Lineouts) ● In attack understands roles in open play as a ball carrier, support player or decoy ● In defence be aware of roles within the teams defence strategy (join rucks / mauls) ● Loose Play 	4 4 4 4 3 4 4	<ul style="list-style-type: none"> ● Need to practice all the time. ● Flexibility is needed in right leg ● To stabilize by keeping your foot down and pushing forward. ● Being aware of short ball ● To be ready to get the ball at anytime ● Need to be aware at all times. ● Get around the park 	<p>S –Work on the flexibility of the hooker M –Aim for 90%a balls won A – Work on flexibility in warm up and in practices increase the range of motion of the Right foot R –Work on your strike every practice and warm up T –Aim for about a week before seeing improvement in strike</p>
	Technical	<ul style="list-style-type: none"> ● Accurate throwing skills ● Good observation in timing ● Catch with soft hands and sympathetic when delivering the ball. 	4 4 4	<ul style="list-style-type: none"> ● You need to practice as much as scrum half practice is a pass. ● Work on the 3 different throws ● No bullet passes. 	<p>S –Look on increasing the accuracy of the throw M –Aim For 95% accuracy A – Work on the technique of the throwing warm up and practices increase the range of motion. R –Everyday you should throw against the postAny work on your spin rate decide if you are 1 seems or 2 seems T – Week to week you'll see improvement</p>
	Mental	<ul style="list-style-type: none"> ● Helping players manage nerves ● Performing under pressure ● Good communication ● Stamina 	2 2 2 2	<ul style="list-style-type: none"> ● Means they care too much. ● To help them focus. ● To make sure everything is on the same page. ● Need to be mentally strong 	<p>S –Learning to be a good communicator M –Trying to explain stuff to other people A – Try to take a lead in practice R – You should practice everyday T –The whole season you can always get better at communication</p>



	Physical	<ul style="list-style-type: none"> • Toughness • Strength • Stamina 	2 2 2	<ul style="list-style-type: none"> • Withstand adverse conditions. • To be physically strong. • To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 5:25mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week re-test you are not at least half way to target.</p> <p>T – This should be completed within 2 Months</p>
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Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Right Lock	Tactical	<ul style="list-style-type: none"> • Stabilize (Scrums and lineouts) • Defence (Scrums and lineouts) • In attack understands roles in open play as a ball carrier, support player or decoy • In defence be aware of roles within the teams defence strategy (join rucks / mauls) • Loose Play 	4 4 2 2 4	<ul style="list-style-type: none"> • Flat back and be quicker to the ball • Strong push and steal the ball • Get around the park. • To be ready to get the ball at anytime • Need to be aware at all times. • Get around the park 	<p>S –Trying to keep our line out at 100%Total defense and offense</p> <p>M –How we measure line out is 90%attack on line out 10% on That day it becomes100%</p> <p>A – Practice under pressure at training with lifters and a defender</p> <p>R –Need to work on defensive and attack lineouts; the goal should be a couple of steals or turnovers per game, and to have your lineout at 90%.</p> <p>T –That should be your goal the next game.</p>
	Technical	<ul style="list-style-type: none"> • Agility • Tackling 	2 4	<ul style="list-style-type: none"> • To move quick and easily around the field 	<p>S –Practice tackling as much as you can without hurting your players</p>



	<ul style="list-style-type: none"> Catch with soft hands and sympathetic when delivering the ball. 	4	<ul style="list-style-type: none"> Good technique No bullet passes. 	<p>M – Good teams are usually between 85% to 90% tackle rate</p> <p>A – Practice pressuring a ball carrier</p> <p>R – Need to find ways of not using constant contact to teach tackling how using footwork and walk through</p> <p>T – You should get to 80% then try to get as high as you can that should be your goal.</p>
Mental	<ul style="list-style-type: none"> Helping players manage nerves Performing under pressure Stamina Ability to cope with the pressure of calling the lineout Ability to cope with the pressure of the correct details in attacking lineouts 	2 2 4 1 1	<ul style="list-style-type: none"> Means they care too much. To help them focus. Need to be mentally strong Excellent contribution to scrum Can get flustered when put under pressure here Directs others with confidence but can get caught in two minds 	<p>S – Win lineout ball through effective decision making</p> <p>M – 90% of lineout calls should be successful</p> <p>A – Practice under pressure at training with defenders applying pressure via audio overload</p> <p>R – Improve decision making by introducing scenario based tasks with no pressure (building to pressure eventually) to allow processing time</p> <p>T – This should be an ongoing process with a goal of reaching 90% success by the 3rd game of the season</p>
	<ul style="list-style-type: none"> Stamina Ability to cope with the pressure of calling the lineout 	4 2		



		<ul style="list-style-type: none"> Ability to cope with the pressure of the correct details in attacking lineouts 	2		
	Physical	<ul style="list-style-type: none"> Height /Weight Mobility Stamina 	1 4 4	<ul style="list-style-type: none"> Need the height for lineouts and Need weight in scrums. Need to be able to get around the park. To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness M – Be at least 5:25mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week retest you are not at least half way to target. T – This should be completed within 2 months</p>

Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
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Open Side Flanker	Tactical	<ul style="list-style-type: none"> Stabilize (Scrums and lineouts) Defence (Scrums and lineouts) In attack understands roles in open play as a ball carrier, support player or decoy In defence be aware of roles within the teams defence strategy (join rucks / mauls) Loose play 	<p>4</p> <p>4</p> <p>2</p> <p>2</p> <p>4</p>	<ul style="list-style-type: none"> Need to get out quickly and Support runner. Need to lift and jump. Need to be the first to tackle Try to steal To be ready to get the ball at anytime Need to be aware at all times. Get around the park 	<p>S –Work rate</p> <p>M –Work rate is usually measured by GPS, which tells most work on the fewest steps. I would go with tackles made without GPS, 20 tackles is the high watermark.</p> <p>A – Need to do a lot conditioning</p> <p>R –You also have to look at the possession game if we had more possession they will be fewer tackles</p> <p>T –It should be your target every game</p>
	Technical	<ul style="list-style-type: none"> Tackling Catch with soft hands and sympathetic when delivering the ball. 	<p>4</p> <p>4</p>	<ul style="list-style-type: none"> The best tackler on field No bullet passes. 	<p>S –Practice tackling as much as you can without hurting your players</p> <p>M –Good teams are usually between 85% to 90% tackle rate</p> <p>A – Practice pressuring a ball carrier</p> <p>R –Need to find ways of not using constant contact to teach tackling how using footwork and walk through</p> <p>T –You should get to 80%then try to get as high as you can that should be your goal.</p>
	Mental	<ul style="list-style-type: none"> Helping players manage nerves Performing under pressure Stamina 	<p>2</p> <p>2</p> <p>4</p>	<ul style="list-style-type: none"> Means they care too much. To help them focus. Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby .Everybody worries so much about trading the body but forget their mind.</p> <p>M –Negative play focus and visualization Before games</p> <p>A – Need to either do mental drills with the kid sor get a mental skills coach</p> <p>R –Mental drills to do at home mostly visualization skills</p> <p>T –Every game every practice to do</p>



	Physical	<ul style="list-style-type: none"> • Speed • Strength • Toughness • Stamina • Agility and mobility 	2 2 2 4 2	<ul style="list-style-type: none"> • Need to move quickly round the field. • To be physically strong. • To sustain prolonged physical activity. • Need to be able to get around the park. 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 5:00mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week re-test you are not at least half way to target.</p> <p>T – This should be completed within 2 months</p>
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Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Blind Side Flanker	Tactical	<ul style="list-style-type: none"> • Stabilize(Scrums and lineouts) • Defence (Scrums and lineouts) • Loose play • In attack understands roles in open play as a ball carrier, support player or decoy • In defence be aware of roles within the teams defence strategy (join rucks / mauls) 	4 4 4 2 2	<ul style="list-style-type: none"> • Need to get out quickly and Support runner. Need to lift and jump. • Need to be the first to tackle • Try to steal • To be ready to get the ball at anytime • Need to be aware at all times. • Get around the park 	<p>S –Work rate</p> <p>M –Work rate is usually measured by GPS, which tells most work on the fewest steps. I would go with tackles made without GPS, 20 tackles is the high watermark.</p> <p>A – Need to do a lot conditioning</p> <p>R –You also have to look at the possession game if we had more possession they will be fewer tackles</p> <p>T –It should be your target every game</p>
	Technical	<ul style="list-style-type: none"> • Tackling • Catch with soft hands and sympathetic when delivering the ball. 	2 4	<ul style="list-style-type: none"> • The best tackler on field • No bullet passes. 	<p>S –Practice tackling as much as you can without hurting your players</p> <p>M –Good teams are usually between 85% to 90% tackle rate</p> <p>A – Practice pressuring a ball carrier</p>



					<p>R –Need to find ways of not using constant contact to teach tackling how using footwork and walk through</p> <p>T –You should get to 80%then try to get as high as you can that should be your goal.</p>
	Ment al	<ul style="list-style-type: none"> • Helping players manage nerves • Performing under pressure • Stamina 	<p>2</p> <p>2</p> <p>4</p>	<ul style="list-style-type: none"> • Means they care too much. • To help them focus. • Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby..Everybody worries so much about trading the body but forget their mind.</p> <p>M –Negative play focus and visualization before games</p> <p>A – Need to either do mental drills with the kid sor get a mental skills coach</p> <p>R –Mental drills to do at home mostly visualization skills</p> <p>T –Every game every practice to do</p>
	Phys ical	<ul style="list-style-type: none"> • Speed • Strength • Toughness • Stamina • Agility and mobility 	<p>2</p> <p>2</p> <p>2</p> <p>2</p> <p>2</p>	<ul style="list-style-type: none"> • Need to move quickly round the field. • To be physically strong. • To sustain prolonged physical activity. • Need to be able to get around the park. 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 5:25mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week retest you are not at least half way to target.</p> <p>T – This should be completed within 2 months</p>

Name: _____



POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Number Eight	Tactical	<ul style="list-style-type: none"> • Big push in scrums • Stabilize(Scrums and lineouts) • Defence (Scrums and lineouts) • Loose play • In attack understands roles in open play as a ball carrier, support player or decoy • In defence be aware of roles within the teams defence strategy (join rucks / mauls) 	4 3 3 4 2 2	<ul style="list-style-type: none"> • Need to get out quickly and Support runner. Need to lift and jump. • Need to be the first to tackle • Try to steal • Get around the park • To be ready to get the ball at anytime • Need to be aware at all times. 	<p>S – control of the scrum M –Controlled, balanced before the scrum cadence crouch, bind, set A – Need to balance before you engage with the other team R –Work You're tight 5 then add your back row T –No contact you need to work on this every time you work on a scrum session.</p>
	Technical	<ul style="list-style-type: none"> • Tackling • Catch with soft hands and sympathetic when delivering the ball. 	4 4	<ul style="list-style-type: none"> • The best tackler on field • No bullet passes. 	<p>S –Practice tackling as much as you can without hurting your players M –Good teams are usually between 85% to 90% Tackle rate A – Practice pressuring a ball carrier R –Need to find ways of not using constant contact to teach tackling how using footwork and walk through T –You should get to 80% then try to get as high as you can that should be your goal.</p>
	Mental	<ul style="list-style-type: none"> • Helping players manage nerves • Performing under pressure • Stamina • Leader of the pack 	2 2 4 3	<ul style="list-style-type: none"> • Means they care too much. • To help them focus. • Need to be mentally strong • Need to be the leader on the field 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization Before games A – Need to either do mental drills with the kids or get a mental skills coach</p>



					<p>R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>
	Physical	<ul style="list-style-type: none"> • Speed • Strength • Toughness • Competitiveness • Stamina 	<p>2 2 2 2 4</p>	<ul style="list-style-type: none"> • Need to move quickly round the field. • To be physically strong. • Withstand adverse conditions • Strong desire to be more successful than others. • To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness M – Be at least 5:25mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week retest you are not at least half way to target. T – This should be completed within 2 months</p>

Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Scrum Half	Tactical	<ul style="list-style-type: none"> • Attack (Scrums and lineouts) • Defence (Scrums and lineouts) • Loose play • Box kick 	<p>4 4 4 4</p>	<ul style="list-style-type: none"> • Make sure you put the ball in properly. Be ready to get the ball out. • Be ready to make a tackle. • Get around the park • kick for territory and touch. 	<p>S –Working on the box kick M – Territory gain and possession gains. Able to put in touch when needed. A – Need to work on this every practice and everything game some of your free time R –Most of them only be able to work. on practice in before game T –You can never be perfect at it but if you work at it you get better</p>



	Technical	<ul style="list-style-type: none"> • Kicking • Catch with soft hands and sympathetic when delivering the ball. 	<p>4 4</p>	<ul style="list-style-type: none"> • Kick for territory and touch. • No bullet passes. 	<p>S –Working on spin passes off the ground M –Tight spiral and accuracy. You have to lead your players A – This is a skill that must be working constantly R –Need to work very hard at this skill if you want to play this position T –Every practice every game you should be the first one there working on your passes this is a skill you need to work on all year round</p>
	Mental	<ul style="list-style-type: none"> • Helping players manage nerves • Performing under pressure • Stamina • Decision Marker 	<p>2 2 4 4</p>	<ul style="list-style-type: none"> • Means they care too much. • To help them focus. • Need to be mentally strong • Person who makes important decisions on the field. 	<p>S –I find mental training is the most important aspect of rugby .Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization Before games A – Need to either do mental drills with the kid sor get a mental skills coach R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>
	Physical	<ul style="list-style-type: none"> • Running around • Speed to burn • Good hands • Vision • Agility (Swerve and sidestep) • Stamina 	<p>2 2 4 4 2 4</p>	<ul style="list-style-type: none"> • Finding work creating holes in the defence. • Can pull away from defences • Able to catch high ball • Able to find gaps in defence • Able to make people miss • To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness M – Be at least 4:50 mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week re-test you are not at least half way to target. T – This should be completed within 2 months</p>



Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Fly Half	Tactical	<ul style="list-style-type: none"> • Kicking ability, grubber kicks and chip kicks • Chase • Catch • Long kicks 	4 2 2 4	<ul style="list-style-type: none"> • The ability to place a kick behind the defence is an offensive weapon. • To regain possession • regain possession • Able to catch the high ball • gain ground into touch 	<p>S –Ability to kick M –The ability to place a kick behind the defence is an offensive weapon.gain ground into touch A –This is a Specialized skills If you play this position you need to practice as much as you can R –Get what you put into this position T –This is skill you never stop practicing</p>
	Technical	<ul style="list-style-type: none"> • Handling ability • Kicking skills • Catch with soft hands and sympathetic when delivering the ball. 	3 3 4	<ul style="list-style-type: none"> • Handling balls under pressure • Kick for territory and touch. • No bullet passes. 	<p>S –Ability to handle ball under pressure M –Making the right decision at the right time A – Need to do lot of 3 v2 and 2v1 R –So if there's a bad pass from scrum half it puts this person under more pressure T Need to constantly practice under pressure and you will see if proven after every practice but it should take about a month</p>
	Mental	<ul style="list-style-type: none"> • Helping players manage nerves • Performing under pressure • Stamina • Decision maker 	2 2 4 3	<ul style="list-style-type: none"> • Means they care too much. • To help them focus. • Need to be mentally strong • Person who makes important decisions on the field. 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization before games A – Need to either do mental drills with the kid sor get a mental skills coach</p>



					<p>R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>
	Physical	<ul style="list-style-type: none"> • Speed and acceleration • Vision • Agility and elusiveness • Stamina 	<p>2 2 2 4</p>	<ul style="list-style-type: none"> • Finding work creating holes in the defence. • Can pull away from defences • Able to find gaps in defence • Able to make people miss • To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness M – Be at least 4:50mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week retest you are not at least half way to target. T – This should be completed within 2 months</p>

Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Left Wing	Tactical	<ul style="list-style-type: none"> • Kicking ability, grubber kicks and chip kicks • Chase • Stop • Vocal on Defence 	<p>4 2 3 3 2</p>	<ul style="list-style-type: none"> • The ability to place a kick behind the defence is an offensive weapon. • Regain possession • Ball making ground • Make sure the numbers matchup 	<p>S –Ability to kick M –The ability to place a kick behind the defence is an offensive weapon.gain ground into touch A –This is a Specialized skills If you play this position Do you need to practice as much as you can R –Get what you put into this position T –This is skill you never stop practicing</p>



	<p>Technical</p>	<ul style="list-style-type: none"> ● Kicking ● Handling ● Catch with soft hands and sympathetic when delivering the ball. 	<p>3 4 4</p>	<ul style="list-style-type: none"> ● Kick for territory and touch. ● Handling balls under pressure ● Kick for territory and touch. ● No Bullet passes. 	<p>S –Ability to handle ball under pressure</p> <p>M –Making the right decision at the right time</p> <p>A – Need to do lot of 3 v2 and 2v1</p> <p>R –So if there's a bad pass from scrum half put this person under more pressure</p> <p>T Need to constantly practice under pressure and you will see if proven after every practice but it should take about a month</p>
	<p>Mental</p>	<ul style="list-style-type: none"> ● Helping players manage nerves ● Performing under pressure ● Stamina 	<p>2 2 2</p>	<ul style="list-style-type: none"> ● Means they care too much. ● To help them focus. ● Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind.</p> <p>M –Negative play focus and visualization Before games</p> <p>A – Need to either do mental drills with the kid sor get a mental skills coach</p> <p>R –Mental drills to do at home mostly visualization skills</p> <p>T –Every game every practice to do</p>
	<p>Physical</p>	<ul style="list-style-type: none"> ● Agility ● Prefer to carry the ball in your right arm ● Prefer to kicking right-footed ● Running around ● Speed to burn ● Acceleration ● Stamina ● Good hands 	<p>2 2 2 2 2 2 4 2</p>	<ul style="list-style-type: none"> ● swerve and sidestep ● To keep away from the defenders ● Better angle to kick out of bounds ● Finding work creating holes in the defence. ● Can pull away from defences ● Able to find gaps in defence ● Able to make people miss ● To sustain prolonged physical activity. ● Able to catch high ball 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 4:50mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week retest you are not at least half way to target.</p> <p>T – This should be completed within 2 months</p>



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Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Inside Centre	Tactical	<ul style="list-style-type: none"> • Kicking ability, grubber kicks and chip kicks • Chase (regain possession) • Catch (ball the gap) 	4 3 2	<ul style="list-style-type: none"> • The ability to place a kick behind the defence is an offensive weapon. • To regain possession • Regain possession • Able to catch the high ball 	<p>S –Ability to kick M –The ability to place a kick behind the defence is an offensive weapon.gain ground into touch A –This is a specialized skill. If you play this position you need to practice as much as you can R –Get what you put into this position T –This is skill you never stop practicing</p>
	Technical	<ul style="list-style-type: none"> • Speed and acceleration • Agility and elusiveness • Ability to handle the ball well under pressure • Attempt (run over or through) • Pass cleverly 	2 2 2 2 2	<ul style="list-style-type: none"> • Finding work creating holes in the defence. • Can pull away from defences • Need to think and react quickly • Need to be a force • Quicky or delayed 	<p>S –Ability to handle ball under pressure M –Making the right decision at the right time A – Need to do lot of 3 v2 and 2v1 R –So if there's a bad pass from scrum half it puts this person under more pressure T Need to constantly practice under pressure and you will see if proven after every practice but it should take about a month</p>



	Mental	<ul style="list-style-type: none"> Helping players manage nerves Performing under pressure Stamina 	2 2 4	<ul style="list-style-type: none"> Means they care too much. To help them focus. Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind.</p> <p>M –Negative play focus and visualization</p> <p>Before games</p> <p>A – Need to either do mental drills with the kid sor get a mental skills coach</p> <p>R –Mental drills to do at home mostly visualization skills</p> <p>T –Every game every practice to do</p>
	Physical	<ul style="list-style-type: none"> Vision Strength Stamina 	2 2 4	<ul style="list-style-type: none"> Able to find gaps in defence To be physically strong. To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 4:55mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week re-test you are not at least half way to target.</p> <p>T – This should be completed within 2 months</p>

Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Outside Centre	Tactical	<ul style="list-style-type: none"> Chase (regain possession) Catch (ball the gap) 	4 3 2		S –Ability to handle ball under pressure



	<ul style="list-style-type: none"> ● Kicking ability, grubber kicks and chip kicks 		<ul style="list-style-type: none"> ● The ability to place a kick behind the defence is an offensive weapon. ● To regain possession ● Regain possession ● Able to catch the high ball 	<p>M –Making the right decision at the right time A – Need to do lot of 3 v2 and 2v1 R –So if there's a bad pass from scrum half it puts this person under more pressure T Need to constantly practice under pressure and you will see if proven after every practice but it should take about a month</p>
Technical	<ul style="list-style-type: none"> ● Speed and acceleration ● Agility and elusiveness ● Ability to handle the ball well under pressure ● Attempt (run over or through) ● Pass cleverly 	<p>2 2 2 2 2</p>	<ul style="list-style-type: none"> ● Finding work creating holes in the defence. ● Can pull away from defences ● Need to think and react quickly ● Need to be a force ● Quicky or delayed 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization Before games A – Need to either do mental drills with the kid sor get a mental skills coach R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>
Mental	<ul style="list-style-type: none"> ● Helping players manage nerves ● Performing under pressure ● Stamina 	<p>2 2 4</p>	<ul style="list-style-type: none"> ● Means they care too much. ● To help them focus. ● Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization Before games A – Need to either do mental drills with the kid sor get a mental skills coach R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>



	Physical	<ul style="list-style-type: none"> • Vision • Strength • Stamina 	2 2 4	<ul style="list-style-type: none"> • Able to find gaps in defence • To be physically strong. • To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness</p> <p>M – Be at least 4:55mins on the Bronco test</p> <p>A – This will require you to complete endurance training at least twice a week in addition to training</p> <p>R – If by the 4 week re-test you are not at least half way to target.</p> <p>T – This should be completed within 2 months</p>
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Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Right Wing	Tactical	<ul style="list-style-type: none"> • Kicking ability, grubber kicks and chip kicks • Chase (regain possession) • Charge (clearing kicks) • Stop (ball making ground) • Vocal on defence (make sure the numbers matchup) 	4 2 2 2 2	<ul style="list-style-type: none"> • The ability to place a kick behind the defence is an offensive weapon. • Regain possession • Ball making ground • Make sure the numbers matchup 	<p>S –Ability to kick</p> <p>M –The ability to place a kick behind the defence is an offensive weapon.gain ground into touch</p> <p>A –This is a specialized skill. If you play this position you need to practice as much as you can</p> <p>R –Get what you put into this position</p> <p>T –This is skill you never stop practicing</p>
	Technical	<ul style="list-style-type: none"> • Kicking • Handling 	4 3 4	<ul style="list-style-type: none"> • Kick for territory and touch. • Handling balls under pressure • Kick for territory and touch. • No bullet passes. 	<p>S –Ability to handle ball under pressure</p> <p>M –Making the right decision at the right time</p>



		<ul style="list-style-type: none"> Catch with soft hands and sympathetic when delivering the ball. 			<p>A – Need to do lot of 3 v2 and 2v1 R –So if there's a bad pass from scrum half it puts this person under more pressure T Need to constantly practice under pressure and you will see if proven after every practice but it should take about a month</p>
	Mental	<ul style="list-style-type: none"> Helping players manage nerves Performing under pressure Stamina 	<p>2 2 4</p>	<ul style="list-style-type: none"> Means they care too much. To help them focus. Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization Before games A – Need to either do mental drills with the kid sor get a mental skills coach R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>
	Physical	<ul style="list-style-type: none"> Agility (swerve and sidestep) Running around Speed to burn Acceleration Good hands Stamina 	<p>2 2 2 2 2 4</p>	<ul style="list-style-type: none"> Swerve and sidestep Finding work creating holes in the defence. Can pull away from defences Able to find gaps in defence Able to make people miss Able to catch high ball To sustain prolonged physical activity. 	<p>S – Improve cardiovascular fitness M – Be at least 4:50 mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week re-test you are not at least half way to target. T – This should be completed within 2 months</p>



Name: _____

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Full Back	Tactical	<ul style="list-style-type: none"> • Kicking ability, grubber kicks and chip kicks • Chase (regain possession) • Ability kick high ball • Decoy runner 	4 2 2 2	<ul style="list-style-type: none"> • The ability to place a kick behind the defence is an offensive weapon. • Regain possession. • Trying to create a 50/50 ball. • To lure the defence away. 	<p>S –Ability to kick M –The ability to place a kick behind the defence is an offensive weapon.gain ground into touch A –This is a specialized skill. If you play this position you need to practice as much as you can R –Get what you put into this position T –This is skill you never stop practicing</p>
	Technical	<ul style="list-style-type: none"> • Kicking • Passing and catching • Handling ability(to catch the high ball) • Great tackler 	4 3 2 2	<ul style="list-style-type: none"> • Kick for territory and touch. • Handling balls under pressure • To catch the high ball • Last person back. A lot of 1on1 tackles 	<p>S –Ability to handle ball under pressure M –Making the right decision at the right time A – Need to do lot of 3 v2 and 2v1 R –So if there's a bad pass from scrum half it puts this person under more pressure T Need to constantly practice under pressure and you will see if proven after every practice but it should take about a month</p>
	Mental	<ul style="list-style-type: none"> • Attitude no one get pass • Decision maker (hang back or join the attack) • Helping players manage nerves • Performing under pressure • Stamina 	2 3 2 2 4	<ul style="list-style-type: none"> • No one get pass • Hang back or join the attack • Means they care too much. • To help them focus. • Need to be mentally strong 	<p>S –I find mental training is the most important aspect of rugby. Everybody worries so much about trading the body but forget their mind. M –Negative play focus and visualization Before games A – Need to either do mental drills with the kid sor get a mental skills coach</p>



					<p>R –Mental drills to do at home mostly visualization skills T –Every game every practice to do</p>
	<p>Physical</p>	<ul style="list-style-type: none"> ● Agility (swerve and sidestep) ● Running around ● Speed to burn ● Acceleration ● Good hands ● Stamina ● Vision 	<p>2 2 2 2 2 4 2</p>	<ul style="list-style-type: none"> ● Swerve and sidestep ● Finding work creating holes in the defence. ● Can pull away from defences ● Able to make people miss ● Able to catch high ball ● To sustain prolonged physical activity. ● Able to find gaps in defence 	<p>S – Improve cardiovascular fitness M – Be at least 4:45mins on the Bronco test A – This will require you to complete endurance training at least twice a week in addition to training R – If by the 4 week re-test you are not at least half way to target. T – This should be completed within 2 months</p>