

Assessing Coach - Skills and Drills Matrix

Assessing coaches must review the following skills in any assessment for dispensation, either in a training or game setting:

- Catch and Pass
- Track to Tackle
- Tackle
- Tackle Contest
- Unit specific

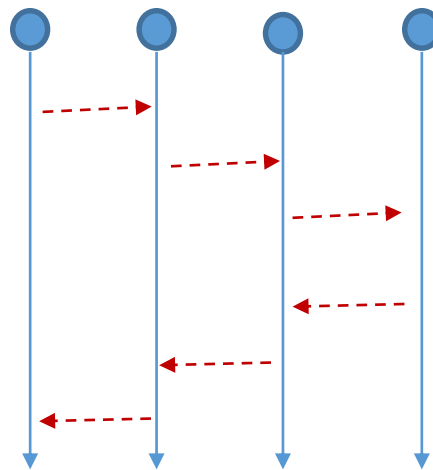
The following slides provide an overview of the skill requirements and an example of an assessment drill

Skills and Drills Matrix: Catch & Pass

The Key Factors that need to be identified in a player for 'Catch & Pass' are as follows:

- Provide a target
- Meet the ball before the body
- Run straight
- Eyes on the target
- Pass across the body
- Point fingers on follow-through

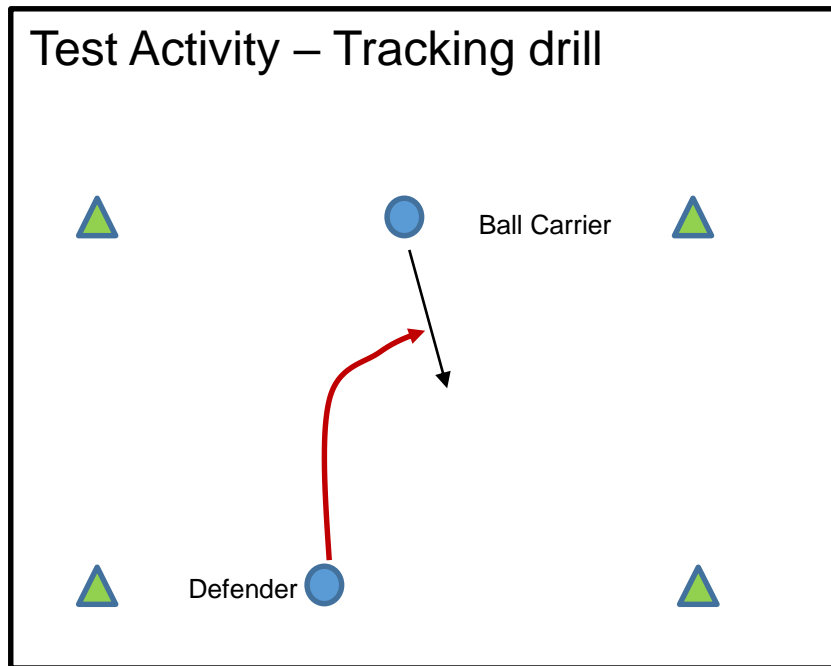
Test Activity – Lateral Pass drill



Skills and Drills Matrix: Track to Tackle

The Key Factors that need to be identified in a player for 'Track to Tackle' are as follows:

- Alignment (offset to attacker)
- Approach (moving forward - accelerate)
- Balance (j-curve – decelerate)
- Contact (foot in the hoop /strong body position / follow-through)

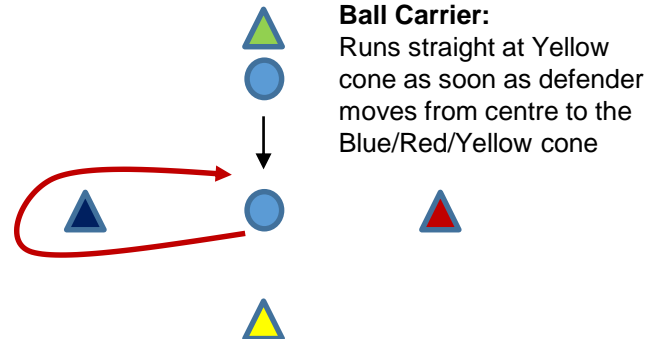


Skills and Drills Matrix: Tackle

The Key Factors that need to be identified in a player for the 'Tackle' are as follows:

- Foot in the Hoop (same foot, same shoulder)
- Head to side (cheek to cheek)
- Arm wrap (Hit/Stick/Squeeze)
- Head lock (Locked on defender until tackle complete)
- Release/React (Roll or Jackal)

Test Activity – Tackle drill



Ball Carrier:

Runs straight at Yellow cone as soon as defender moves from centre to the Blue/Red/Yellow cone

Defender:

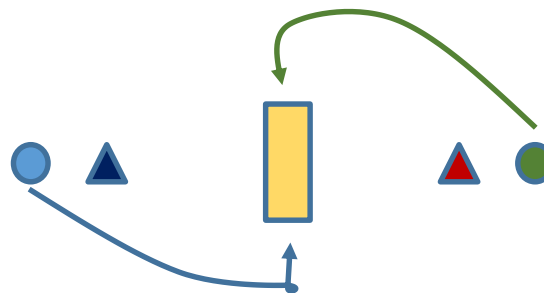
Runs around coloured cone to make 3 tackles
(1) Left shoulder; (2) Front on; (3) Right Shoulder
Defender moves back to the middle after each tackle

Skills and Drills Matrix: Tackle Contest

The Key Factors that need to be identified in a player for the 'Tackle Contest' are as follows:

- Enter square (through the gate)
- Offset (head to the side)
- Shoulders under shoulders
- Active feet (fast and balanced)
- "Aeroplane taking off"

Test Activity – Tackle Contest drill



Players:

Must enter tackle area over the bag or hit shield square and take space past the ball

Skills and Drills Matrix: Unit Specific

Unit specific key factors primarily relate to those in forward positions – Front Row and Locks.

- It is important that these players have correct body-shape for scrummaging and lineouts
- Coaches need to be mindful that for age group in U19 or Senior Law, that body-shape, core stability and correct technique per age bracket will incrementally increase with age.
- Outliners, in either direction, will show either a high range skill set or limited skill per their age group.