



NLD Trials Guidance for U15/18 Players 2017

Dear Player

We wish to make you aware of some changes to the NLD girls programme for the 2017/18 season that we feel will help us to deliver a successful and challenging programme that is enjoyable and beneficial to the players involved.

For the past 2 seasons we have run both Playing and a Development Squads at U15's and open trials for all players in both the U15 and U18 age groups. Whilst this has been, in general, a positive move it has also highlighted issues around the management of player/coach and parental expectations in terms of developing the individual player, regardless of initial ability and experience. We are conscious that the NLD experience should be open to the largest number of girls possible and that we, as CB, have a responsibility for promoting the development of players and the girl's game throughout NLD. We will continue to provide opportunities for players to develop and progress along the "Player Pathway" as well as opportunities and experiences to train alongside players from other teams within NLD.

In order to achieve our aims we are proposing the following changes to the trials process:

1. We will be holding **open** trials for all NLD eligible players as per NLD calendar, see NLD website, on 1.10.17
2. The trials will continue to be open but players will need to be **pre-registered**, (Player applications must be submitted by 22.9.17). What we are trying to manage is the player/parent expectation and safety for all players attending.
3. You need to complete the Girls Player Application Form 2017, as found on NLD website.
4. You need to indicate your current playing position and a secondary position, from the selection box on the Player Application Form. This is to help the trials and selection process so please discuss this with your club coach before completing your application form.
5. Please read the Trial Guidance Sheet attached to this letter, (and available on NLD website).
6. You need to discuss the player requirements for the programme with your club coach and parents. The guidance notes will reflect the skills on which you will be assessed at trials during carousels and game play scenarios.
7. You will be assessed throughout the trials.
8. Your coach is required to complete an Attending Player Registration Form for all players from your club who will be attending trials. Please discuss your application with your coach **BEFORE** submitting your application form.
9. Both U15 and U18 Playing Squads will be limited to an initial 25 players only. These players will be invited to participate in this seasons CB programme which includes training sessions and match days, (please refer to NLD Player Expectation form). This is to enable us to spend the maximum amount of time with the girls selected and ensure that they are challenged to an appropriate level.
10. Every effort will be made by the relevant Head Coach to ensure that you receive appropriate training and fair game time over the 3 CB matches.
11. For those players who do not get selected for the U15 Playing Squad we will endeavour to offer 3 x open development sessions, hosted at clubs within each of the 3 NLD counties. These will be open to all girls regardless of experience and ability and will be delivered alongside the regular age group coaching teams. Our aim is to provide a less formal training/coaching/development experience for all girls in a more familiar and relaxed environment; (these sessions have yet to be confirmed either date or location).

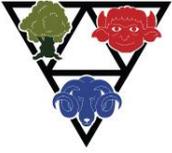
Whilst we understand that all players are continuously developing and learning the game, and we do not expect players to be proficient in all areas, we feel it is a reasonable expectation that trailing players already possess a good standard, and consistency, of playing ability. The Trial Guidance Criteria sheet offers a base line for assessment and is built around the RFU Principles of Play:

GO FORWARD, PLAYING WITH PURPOSE, CREATE AND MANAGING PRESSURE

Ask yourself the following question - Do you execute these principles?

Criteria	Advanced	Expected	Develop
<i>Handling</i>	accurate passing	some accuracy	poor accuracy
	consistency > 10m (both hands)	consistency > 5m (both hands)	inconsistent over < 3m
	wide variation of pass (spin, push, pop)	limited variations	predominantly 1 type of pass
<i>Running lines</i>	draws defender away from support / space	holds defender as ball carrier	runs to space before pass
	looks to attack space as support runner	uses some change of running lines	runs straight with no change of direction
	adjusts width and depth to suit defence	keeps width and depth of attack	too flat and narrow
<i>Contact (ball carry)</i>	retains possession and breaks gain line	retains possession	loses ball in contact
	uses leg drive through tackle	sometimes uses leg drive	no leg drive in contact
<i>Contact (breakdown)</i>	creates opportunity to offload with footwork	sometimes uses footwork to offset defender	no footwork into contact
	good ball placement - long/safe (works on the floor)	ball placement - not always long / safe (sometimes works on the floor)	poor ball placement - turnovers (never works on the floor)
	Effective clearout - fast removal of threat away	effective clearout - secure ball but not move opponent	poor clearout - too high and ineffective
	good impact and leg drive	good impact but little leg drive	poor impact and no leg drive
<i>Tackling (1v1)</i>	effective tackling with both shoulders	1 shoulder dominant	misses tackles regularly
	always brings ball carrier to ground	generally brings ball carrier to ground	occasionally brings ball carrier to ground
	dominates tackle	occasionally dominates tackles	does not dominates the tackle
<i>Decision Making</i>	makes correct decisions and executes	makes correct decisions, and sometimes executes	generally makes poor decisions, seldom executes
	gives accurate and specific communication	gives some communication	gives little or no communication
<i>Physical (power and speed)</i>	shows good speed and power	average speed and power	lacking speed and power
	fitness- keeps working the whole game	fitness- work rate drops off during final stages of match	fitness- poor work rate
<i>Coachability</i>	listens, tries and improves as a result	listens and tries some of the advice	resistant to new ideas, sticks to old ways

NLD W&G's Trial Guidance Criteria Sheet 2017



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If you have any questions, concerns or would like further clarification on any of the point raised please feel free to contact the Age Group Head Coach:

U15's Head Coach. Neil Whitehead on n.whitehead85@btinternet.com or 07818362831

U18's Head Coach. John Payne on johnpayne6@aol.com or 07732498827

W & G's Chair Neil Clack on neil.clack@outlook.com or 07734179339

We will be more than happy to discuss and hopefully address any concerns. Please remember we are trying to maximise the development and progression opportunities for all the girls within NLD and that trials are still open to any player eligible to play NLD.

Please remember that YOUR trial application form need to be submitted by 22nd September 2017.

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