

# Position Specific Criteria

The assessment of players will be based upon these criteria.

## Generic Skills (all positions)

ASSESSMENT CRITERIA	MUST:	EXPLANATION
Physical	<ul style="list-style-type: none"><li>• Cope with physical demands of the game</li><li>• Maintain effective work rate</li></ul>	<ul style="list-style-type: none"><li>• The player can match or beat a bigger, heavier opponent in and out of contact</li><li>• The player moves quickly from one position to another without losing control of body weight e.g. when making rapid changes of direction at pace.</li><li>• The player is a much faster runner than most in the age group.</li><li>• Compared with most in the age group, the player can really “explode” into a jump, tackle, push, kick or throw</li><li>• The player can remain steady and in control even when performing rapid movements or being tackled or grabbed by an opponent.</li><li>• The player has, or is near a level of fitness (aerobic/anaerobic, strength, flexibility, speed) &amp; core stability to be able to compete &amp; perform at the appropriate level.</li></ul>
Mental	<ul style="list-style-type: none"><li>• Maintain focus</li><li>• Be mentally tough (tenacious)</li></ul>	<ul style="list-style-type: none"><li>• The player keeps going for the period of the activity and keeps focussed even when tiring.</li><li>• The player goes into tackles and/or contact even though a painful knock is likely or results. Then gets back into the activity quickly.</li><li>• The player shows a determination to compete (e.g. to get the ball, win the race, beat the opponent).</li><li>• The player “has a go” even perhaps after being unsuccessful the first time and is willing to experiment and “have a go” with more difficult skills.</li></ul>
Technical/Skill	<ul style="list-style-type: none"><li>• Execute core and position specific skills under pressure</li><li>• Maintain safe and effective technique appropriate to positional requirements</li></ul>	<ul style="list-style-type: none"><li>• The player consistently performs a sequence of movements, with little thought and minimum effort, with control e.g.<ul style="list-style-type: none"><li>• throwing</li><li>• jump &amp; catch</li><li>• catch &amp; pass</li><li>• catch and kick</li><li>• tackle and contest</li></ul></li><li>• The player can maintain effective technique throughout regardless of opponent/conditions</li><li>• The player is able to make adjustments to technique when</li></ul>

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required

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Game Awareness	<ul style="list-style-type: none"><li>• Understand and demonstrate their role/s throughout the game</li><li>• Make effective decisions</li></ul>	<ul style="list-style-type: none"><li>• The player can follow the movement of the ball while making sense of the movement of other players, both attackers and defenders, on the field.</li><li>• A player with good game vision can accurately track the most influential fast movements of the ball and other players</li><li>• A player is a good decision maker in the game when, with little time and space s/he can produce an action that increases the chance of success.</li><li>• Players show good support when their actions help the ball-player in attack, or help their team to defend when the opposition has the ball.</li><li>• A player shows creativity when s/he chooses an unexpected/less likely course of action that changes the balance of advantage for their team (attack &amp; defence)</li><li>• The player is able to improvise &amp; adapt to changing situation.</li><li>• The player applies principles of play to attack &amp; defence</li><li>• The player understands &amp; applies role in attack &amp; defence</li></ul>
Personal*	<ul style="list-style-type: none"><li>• Exhibit discipline</li><li>• Be committed to improve (coachability)</li></ul>	<ul style="list-style-type: none"><li>• The player picks up new skills quickly and responds well to advice and tips from the coach</li><li>• The players is able to analyse quality of performance (own and others)</li><li>• The player accepts their role within the team/unit/sub unit</li><li>• The player seeks opportunities to improve</li><li>• The player is able to lead &amp; motivate, through communication or action</li><li>• The player demonstrates determination and resilience</li></ul>

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\*Personal attributes can only be assessed over a period of time and maybe reported on at each stage of the assessment process by the coaches who have worked with the player, and/or be included in a final report

## Player Positions

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<b>FULL BACK</b>	<b>Position Specific Skills</b>	<b>Key Positional Attributes</b>
	Hits the line with pace and threat Works with back 3 unit in attack and defence Deals effectively with kicks Strike & Support Runner	<b>Technical</b> <ul style="list-style-type: none"><li>• Effectively deals with an opponent's kick</li><li>• Times the pass accurately for the receiver</li><li>• Must kick off EITHER foot with accuracy and length, both as an attacking option and to relieve pressure.</li></ul>

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Strike runner with pace and timing into the line or as a support runner

**Kicking**

Effective kicker off either foot

**Counter-attacking:**

Seeks to counter attack and link as part of the back 3

**Defence**

Effectively deals with a highball and defensive duties

**Other aspects**

such as Physical, Mental, Skill, Game Awareness, Personal attributes

• Goal kicking and restarts a plus.

**Decision-Making**

- Maximises own team's attacking threat & minimises opponent's attacking threat
- Make effective decisions

**Positional & Game Awareness**

- Use panoramic vision of game—especially from phase ball—anticipate—scan—act—communicate.
- Understand and demonstrate their role/s throughout the game
- The player is able to improvise & adapt to changing situation.
- Ability to read the game and cover defensive options

**Attack**

- Effective 'strike runner' with pace and timing into the line or as a support / decoy runner
- Key attacking player from set and broken play—be confident and adventurous
- Positional awareness—good understanding from ALL field positions—work in tandem with wings on attack and defence.
- Timing into backline with power and speed—able to step off either foot at pace.
- Run into backline with timing and good lines to create space for wings and others.
- Understand and execute continually, the requirements of counter attack

**Defence**

- MUST be strong, effective tackler —all types of tackle
- Able to shadow and manipulate ball carrier.

Communication

- Must organise the defence.
- Accurate and continual
- Positive talk and option calling skills especially off phase ball.

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**WINGER**

**Position Specific Skills**

Shows an ability to beat an opponent 1 on 1  
Works hard to support/cover back 3 unit  
Deal with opponents kick  
A Finisher  
Genuine sprint pace and evasion skills

**Key Positional Attributes**

**Technical**

- Ability to beat opponents off EITHER foot and stay up in tackle when required.
  - Support Full back and others as counter attack and defence "team"
  - Must have finishing ability—determination and courage.
  - Awareness of blind side options and entry from blind
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to score tries

**Dealing with kicks:**

Deals with ball kicked at or behind him

**Counter-attacking:**

Seeks to counter attack as part of the back 3

**Positional awareness:**

Ability and willingness to effectively read the game in both defence and attack.

**Generic:**

Other aspects, such as Physical, Mental, Skill, Game Awareness, Personal attributes

side as an attacking or decoy option

- SWERVE and or SIDE STEP

**Defensive**

- Chase and pressure opposition whenever possible
- Accurate hard defender—working also in tandem with others in back 3.
- Understand and execute tackle options eg .Spot, Cover, Smother etc

**Kicking**

- Kick effectively especially with stronger “foot” and become an option to relieve pressure.
- CHIP/GRUBBER and RETRIEVE SKILLS

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**CENTRE**

**Position Specific Skills**

Distributes accurately off both hands

Ability to make line breaks

Kicks well out of hand

Can distribute well off both hands with a range of passes

Ability to make line breaks

Exploits overlaps

**Decision-Making**

Must be technically correct and capable of making decisions under intense pressure

**Tackling**

Aggressive & competent tackler

Threatens Defence

Ability to commit defences with running lines, and utilises support players, inside and out.

**Kicking**

Execution of a range of attacking & defensive kicks

**Key Positional Attributes**

**Awareness & Decision-Making**

- Ability to “read” game and select correct tactics
- Make effective decisions
- The player is able to improvise & adapt to changing situation.
- Key decision maker and communicator, especially on defence and when on attack from broken play.

**Tackling**

- Aggressive & competent tackler
- Creates turnover opportunities

**Technical Skills**

- Times an accurate pass for the receiver
- Alternative kicking option to Fly-Half (predominant IC)
- Chip/grubber/nudge kick for self or others
- Ability to Stay up/remain on feet in the tackle
- Ability with range of kick options to get ball in behind opposition(grubber, chip, wipers, long )
- Punting option for clearance(preferably alternate foot from 10 or 13)
- 2 handed ball carriage, for continuity and distribution.

**Attack**

Outside Centre

- Key support player at tackle—following kicks and cover defence.
  - Ability to threaten defence with running lines, and utilises support players, inside and out.
  - Good alignment and cohesion with inside player on all facets of attack and defence.
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- Straight runner to keep attack alignment.
- Take outside gap and release support players

**Attack**

Inside Centre

- Ability to commit defence with good lines, 2 handed ball carriage and accurate timely passes under pressure to create “space” for support players
- Times an accurate pass for the receiver
- Creative running and handling ability

**FLY-HALF**

**Position Specific Skills**

Can distribute the ball off either hand with a range of pass length  
 Kick accurately out of hand  
 Assesses options quickly and dictate the pattern of play

**Game Management**

Ability to read game and change tactics when necessary.

**Distribution:**

Threatens defences whilst distributing in a variety of ways

**Kicking:**

Accurate execution of an all-round kicking game, including goal kicking and restarts

**Communication:**

Communicates effectively with the team and individuals

**Generic:**

Other aspects, such as Physical, Mental, Skill, Game Awareness, Personal attributes

**Key Positional Attributes**

**Attacking**

- Vary position and point of attack especially from phase play.
- Always back up and create a threat to opposition defence thinking.
- Be a threat with or without ball, especially the close defence at phases.
- Ability to run the ball to apply pressure on defensive thinking.
- Explosive, elusive runner when on the run.
- Confident director of play
- Ability and speed to threaten blindside defence
- PASS with QUICK ACCURATE ‘HANDS’ off either hand and under pressure.
- Option calling with very good physical and verbal link. Decisive, calm and accurate.

**Defence**

- Committed on defence—accurate and effective tackler.
- Communicate and organise defence with outside backs.
- Organise/control close in defence
- Don’t show pre determination of move with body language

**Kicking**

- Kick accurately and effectively off EITHER foot, for tactics and especially for field position.
- Requires kicking skills for restarts, goal kicking

**SCRUM-HALF**

**Position Specific Skills**

Quick and accurate pass off either hand, left particularly  
 Accurate Box Kick  
 Organise and ‘boss’ forwards around the breakdown

**Game Management**

**Key Positional Attributes**

**Attack**

- Quick and accurate pass of either hand (most especially the left)
- Explosive runner from base and phase (speed and strength)
- Vision and ability to use “blindside”

	<p>Ability to read game and change tactics when necessary.</p> <p><b>Distribution:</b> Threatens defences whilst distributing in a variety of ways</p> <p><b>Kicking:</b> Accurate execution of an all-round kicking game ,including goal kicking and restarts</p> <p><b>Communication:</b> Communicates effectively with the team and individuals</p> <p><b>Generic:</b> Other aspects, such as Physical, Mental, Skill, Game Awareness, Personal attributes</p>	<ul style="list-style-type: none"> <li>• Strong link skills between backs and forwards. Speed to breakdowns. Instinctive.</li> <li>• Strong/quick/decisive breaks from set and phase play</li> <li>• Organisational and talking skills, understanding options, moves, and when to use.</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Strong and aggressive tackler</li> <li>• Communicate and organise defensive screens with loose forwards and others (eg 10 and Blindside wing)</li> <li>• Organisational and talking skills, understanding threats</li> </ul> <p><b>Kicking</b></p> <ul style="list-style-type: none"> <li>• Precise up touch and box kick off either foot</li> <li>• Accurate kicker off either foot to relieve pressure and create attack options(Up touch and Box)</li> </ul>
<b>PROP</b>	<p><b>Position Specific Skills</b></p> <p>Safe, powerful and legal scrummage position</p> <p>Safe and powerful lineout lift</p> <p>Tackles powerfully around the fringes</p> <p><b>Scrum:</b> Safe, Stable and Powerful scrummager</p> <p><b>Line-Out:</b> Safe, Stable and Dynamic Lifter &amp; Blocker</p> <p><b>Ball carry:</b> Dynamic impact in ruck / maul situations and as a strong driving / ball carrying runner</p> <p><b>Contact:</b> Good distribution, contact and support skills</p> <p><b>Generic:</b> Other aspects, such as Physical, Mental, Skill,</p>	<p><b>Key Positional Attributes</b></p> <p><b>Line-Out</b></p> <ul style="list-style-type: none"> <li>• Safe, effective and powerful support player (lifter)</li> <li>• Understand other roles and requirements at lineout e.g. sweeping, reactive to deflections support play</li> <li>• Applies pressure on opponent's line-out</li> </ul> <p><b>Scrum</b></p> <ul style="list-style-type: none"> <li>• Scrum power, accurate and consistent—know how to “Work” and manipulate the scrum.</li> <li>• Strength and Physical presence, especially upper body for lift support and scrum.</li> <li>• Be able and understand how to manipulate scrum –our ball and theirs.</li> <li>• Ability to play either side of the scrum</li> </ul> <p><b>Attack</b></p> <ul style="list-style-type: none"> <li>• Strong driver/puller/dragger at maul</li> </ul> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Understand role of “Post”, 1st and 2nd defender at static “Rucks”</li> <li>• Repositions self appropriately in defensive situations.</li> <li>• Support Jumpers at kick off.</li> </ul> <p>Game Awareness, Personal attributes</p>
<b>HOKKER</b>	<p><b>Position Specific Skills</b></p> <p>Accurate throw: front, middle and back</p> <p>Win scrummage ball</p> <p><b>Line-Out:</b></p>	<p><b>Key Positional Attributes</b></p> <p><b>Ball carry:</b> Dynamic impact in ruck / maul situations and as a strong driving / ball carrying runner</p>

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Accuracy in a range of throws

**Scrum:**

Safe, Stable and Powerful scrummager

**Contact:**

Good distribution, contact and support skills

**Generic:**

Other aspects, such as Physical, Mental, Skill, Game Awareness, Personal attributes

**Line-Out**

- Excellent and consistent throw over a variety of distances under pressure
- Strong driving and close quarter handling to be a dynamic ball carrying option

**Scrum**

- Attacking Scrummager with a clean strike of ball

**Attack**

- Demonstrates a range of passing/offloading skills
- Effective ball carrier
- Effective contribution in open play (support runner)
- Good over ball at tackle – 2nd open side

**Defence**

- Can defend the short side & midfield

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**LOCK**

**Position Specific Skills**

Dominates airspace around the ball at lineout and restart

Attacks and disrupts opponents lineout ball and restart

Active and powerful scrummager

**Line-Out:**

Good hands and aerial lineout and kick receive skills

**Scrum:**

Powerful and strong/safe scrummager

**Ball carry:**

Dynamic impact in ruck / maul situations and as a strong driving / ball carrying runner

**Contact:**

Good distribution, contact and support skills

**Key Positional Attributes**

**Line-Out**

- Aerial skills at lineout and restarts(Receipts and Chase)
- Key ball winner at lineout, in 2 or 3 positions.
- Threat to opposition ball at lineout.(Take their ball)
- Variety of jumps in all positions

**Scrum**

• Scrum power, accurate and consistent—know how to “Work” and manipulate the scrum. (Pride in scrums performance)

**Attack**

- Mobility to support phase ball—be an effective 2nd wave attacker/decoy.
- Apply pressure with ball in hand
- Command your area—be a threat with ball in hand
- Strong driver/puller/dragger at breakdown – know when to join/stand out

**Defence**

- Understand Defensive requirements at Scrum and Lineout

Generic: aspects, such as Physical, Mental, Skill, Game

**Awareness, Personal attributes**

- Make BONUS tackles
  - At breakdown know when to join/stand out
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		<p><b>Physicality</b></p> <ul style="list-style-type: none"> <li>• Maximise physical attributes</li> </ul>
<b>FLANKER</b>	<p><b>Position Specific Skills</b></p> <p>Excellent tackle area skills</p> <p>Running and handling skills</p> <p>Strong ball carrier</p> <p>Robust defender</p> <p>Good off load skills</p> <p><b>Physical Qualities</b></p> <p>Has a physical presence in the loose with strong ball carrying and distribution / support skills Impact</p> <p>Makes correct decisions to impact the breakdown</p> <p><b>Line-Out:</b></p> <p>Good aerial skills and lifting/blocking skills</p> <p><b>Contact:</b></p> <p>Significant contribution to the scrum in attack and defence</p> <p><b>Generic:</b></p> <p>Other aspects, such as Physical, Mental, Skill, Game Awareness, Personal attributes</p>	<p><b>Key Positional Attributes</b></p> <p><b>OPEN-SIDE FLANKER</b></p> <p><b>Attack &amp; Support</b></p> <ul style="list-style-type: none"> <li>• Support for ball carrier in all parts of field</li> <li>• Speed and lines to breakdowns (Shortest route to ball)</li> <li>• Retain and enhance CONTINUITY of attack</li> <li>• Secure ball on ground and present it.</li> </ul> <p><b>OPEN-SIDE FLANKER</b></p> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Attack the ball AND the Ball carrier to effect a turnover/slow the attack down</li> <li>• Secure ball on ground and present it.</li> <li>• Turn defence into attack through accurate field position, aggressive tackling and securing of ball—Back to feet—pick.</li> <li>• Unison with 6,8 ,9 in “D” at scrum.</li> </ul> <p><b>OPEN-SIDE FLANKER</b></p> <p><b>Set Piece</b></p> <ul style="list-style-type: none"> <li>• Provide strong support for prop at scrum.</li> <li>• COMMAND tail of line out. Sharp and quick to re-act.</li> </ul> <p><b>OPEN-SIDE FLANKER</b></p> <ul style="list-style-type: none"> <li>• Intuitive more than re-active and a “hunter” – narrow and wide</li> <li>• High aerobic capacity.</li> </ul> <p><b>BLIND-SIDE FLANKER</b></p> <p><b>Attack &amp; Support</b></p> <ul style="list-style-type: none"> <li>• Pace, power and strength to provide impetus at breakdowns.</li> <li>• Create and assist continuity of attacks.</li> <li>• Support tight forwards in securing and recycling ball.</li> <li>• Look to support ball carrier especially as option in 2nd wave from line-out—scrum.</li> </ul> <p><b>BLIND-SIDE FLANKER</b></p> <p><b>Defence</b></p> <ul style="list-style-type: none"> <li>• Strong aggressive tackler, create fear factor-close down the short side.</li> <li>• Attack the ball except when holding from scrum(on b/side) Strong and accurate defence of blindside (look into scrum)</li> </ul> <p>Work in unison with other defenders at scrum and lineout e.g. 9,8,7 and b/side wing.</p>



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## BLIND-SIDE FLANKER

### Set Piece

- Lineout option whether as jumper, lifter or driver.
- Powerful assistance to prop at scrum.
- Look into scrum to keep sight of ball to time release to attack/support ball.
- Used as extra lineout optionSecure mid field area at short kick off receipts and restarts, 22m and 50 m.

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### Position-Specific Skills

Strong ball carrier, real attacking threat  
Impact defender  
Provides a lineout option

#### Contact:

impact Defender to produce turnover  
ball & an effective ball carrier

#### Line-Out:

Combination of good aerial skills and  
lifting/blocking ability

#### Scrum:

Effective decision-making and control  
of and pace off the base of the scrum

#### Distribution & Support Skills

Effective support & distribution skills to  
maintain continuity

#### Generic:

Other aspects, such as Physical,  
Mental, Skill, Game Awareness,  
Personal attributes

### Key Positional Attributes

#### Attack

- Excellent ball control/pick up and distribution/passing
- Makes positive contribution to the scrum
- Flexible, agile with explosive speed.
- Ability to breach gain line from scrum and other phases and also go wide to support ball.
- Critical link at scrum-passing skills accurate and long off either hand.
- Understanding of moves /options/plans
- Key player and communication link.
- Key support at breakdown—support to 7 at breakdown from set play.
- Work with loose forwards/9 and others to create continuity.
- Attacking option at kick off receipts.
- Line out option and effective lifter /jumper/driver..

#### Defence

- Defensive involvement/organisation and understanding
- Key in defensive work particularly at scrum, with loose forwards, 9 and b/side wing
- Strong, aggressive, driving close quarter tackler—instils fear round the fringes.

Assess opposition attack options at set play and  
communicate.

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