



## NLD Trials Guidance for Coaches 2017



Dear Club Coach

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. On review it has been identified that the initial numbers involved at trials, and combined training sessions, have been detrimental to the coaching and player experience as more time is spent in organising and managing numbers than delivering quality coaching.

We are conscious that the NLD experience should be open to the largest number of girls possible and that we, as CB representatives, 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:

1. We will be holding **pre-registered** trials as per NLD playing calendar, see NLD website.
2. We ask that you as a Club Coach discuss the player requirements for the programme with your players and parents. See the NLD website. These will be reflected in skills carousels where players will be assessed.
3. As a Club Coach we are asking that you recommend those girls you feel possess the appropriate skills and experience to succeed at representative level to attend trials. Club Coaches need to provide honest feedback and guidance to players and parents prior to the application form being submitted. Although trials will continue to be **open** to all eligible players the question of sending inexperienced players to CB trails will rest with you, the club coach. What we are trying to manage is the player/parent expectation for all players attending.
4. **All players wanting to trial in either age group must pre-registered by 24.9.17 by completing the Application form on NLD website.**
5. Complete an attending player registration form for your club players indicating whether you have discussed the individuals. (The form will be available on NLD website).
6. Players need to state a preferred and secondary playing position that reflects their playing experience, training and ability. (We are not able to train players who have no experience in positions they have never played before due to the time constraints of the CB programme. We also have to look at this from a position of player safety).
7. 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, for further detailed player expectations see the Player Expectations document. 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.
8. In addition, we will 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 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 players already possess good standard and consistency of playing ability. Players most likely to succeed at trials will be comfortably performing within the "**expected**" category. To enable you to review and recommend those girls that you feel have the best chance of succeeding at representative level please review and utilise the following guidance; they are built around the RFU Principles of Play:

**GO FORWARD, PLAYING WITH PURPOSE, CREATE AND MANAGING PRESSURE**

**Ask yourself the following question - Does this player execute these principles?**

<b>Criteria</b>	<b>Advanced</b>	<b>Expected</b>	<b>Develop</b>
<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](mailto:n.whitehead85@btinternet.com) or 07818362831

**U18's** Head Coach. John Payne on [johnpayne6@aol.com](mailto:johnpayne6@aol.com) or 07732498827

**W & G's Chair** Neil Clack on [neil.clack@outlook.com](mailto:neil.clack@outlook.com) or 07734179339

We will be more than happy to discuss and hopefully address any concerns. This includes any questions around any players who you feel maybe border line for recommendation. Please remember we are trying to maximise the development and progression opportunities for all the girls within NLD

**Coaches** please don't forget to complete the Attending Player Registration form for club players attending the trial. This will help with the trial process on the day and manage group sizes in carousels. A copy of your completed APR form must be to be sent, via email, to the relevant **Age Group Head Coach and Neil Clack**.

(The form can be found on the NLD website).

**Players** please note that ALL trial application forms need to be submitted by 22.09.17. **Any applications received after this date may not be considered.**