



# Prep – Review – National Champions

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## Process gains trust

The 2017 program was trust the process to become a champion. The boxers who goes in one more round when they can't lift their arms will win the fight with their will. In my report about the Preparing for Nationals and the review process after Nationals. I was provides Stats from Tim Walsh and the Australian Staff around our program over Nationals.

I will be reporting on how we build a clear simple vision for our players. How we looked for the point of difference for us to become National Champions.

The gap between our XV and 7s Game is starting to widen but the core base of skills still remain the same. We all need to catch, pass and tackle but how can you lift a switch to the focus on the difference of a Sevens player against a XV player. Simple for our vision is second effort and second touch rule.

## Preparing for the National

2017 has been a major challenge for the New South Wales Sevens program. We lost our development program which volunteers put in place in 2016 with great success to nothing. This force a rethink of talent and how we prepare for the National Championships for the 2017 season.

- What is system look like?
  - Core base of Sevens players
  - AoN series with a strong Macquarie University program
  - Clear standards and behaviors for our players to meet.
- What can we bring to the table to be different? (3 simple rules)
  - Second effort
  - Second Touch rule with ball in attack.
  - Take space in tackle zone under the new tackle zone rule. Understand what we can do.

We stripped everything right back with only 3 weeks training program we could run with a total of 6 on field session. How can we please clear with what we want? We prepared with a different look at the game and work a lot of our core skills around getting a second touch with the play and when away from having patterns and set plays like the Aussie system or the AoN system.

How can we drive the direction with the players feeling they had built the process. Senior players were engaged to push the team in the direction of trusting the process and support everything we touched. We placed a large focus on reward for second touches was cut out of fitness points.

- ✓ Power step after your pass to get into a V option behind the ball carrier. Simple pass the ball and two powerful step in the right direction to support the ball carrier and get that second touch or set up a simple LOOP play.
- ✓ Work to edge and change the point of attack to the other edge or middle of the field with hard switch plays.
- ✓ Tackle zone was. Sling shot tackle to get yourself back through the Gate. Or second arriving player to take space over the ball and left the ball for the second effort of the player off the ground to pick the ball up and move it away from this zone.
- ✓ Some players we had to reprogram on working after their pass and getting into the good habits around support and what to do. Two ways we did that was visual review of what they are doing then also stopping them mid drill and placing cones down to the location they made it to then revisit the drill and do the same again and put a second cone down. Once they gain this understand the clear improvement was put in place for all players.

NATIONALS 7s TOTAL STATS																					
Player	Total Penalties Conceded	Total Yellow Cards	Total Ball in Hand	Total Carries	Total Offload	Total Passes	Total RD	Total Tackled	Total Ineffective Tackles Made	Total Effective Tackles	Total Tackles Made	Total Tackles Missed	Tackle Completion	Tackle Effectiveness	Total Turnovers Won	Total Turnovers Lost	Turnover Differential	Total Tries	Total Conversions Made	Total Conversions Missed	Conversion Success %
Hannah Southwell	2	0	19	16	7	3	5	13	2	6	8	2	80%	75%	3	2	1	3	0	0	-
Katie Harrison	0	0	28	24	6	7	1	15	3	8	11	2	85%	73%	5	4	1	8	0	0	-
Nicole Beck	0	0	42	21	5	35	9	7	4	6	10	6	63%	60%	7	5	2	2	2	6	25%
Olivia Brooks	0	0	10	7	0	6	0	3	1	3	4	2	67%	75%	1	1	0	1	0	0	-
<b>TOTAL</b>	<b>2</b>	<b>0</b>	<b>99</b>	<b>68</b>	<b>18</b>	<b>51</b>	<b>15</b>	<b>38</b>	<b>10</b>	<b>23</b>	<b>33</b>	<b>12</b>	<b>73%</b>	<b>70%</b>	<b>16</b>	<b>12</b>	<b>4</b>	<b>14</b>	<b>2</b>	<b>6</b>	<b>25%</b>

  

NATIONALS 7s TOTAL TURNOVERS											
Player	TO Forced Handling	TO Unforced Handling	Turnover Ball Presentation	Turnover In Touch	Turnover Kick	Turnover Offload	Turnover Pass	Turnover Restart	Turnover Seal	Turnover Set Piece	Total
Hannah Southwell	1	0	1	0	0	0	0	0	0	0	2
Katie Harrison	1	2	1	0	0	0	0	0	0	0	4
Nicole Beck	0	0	0	0	0	0	0	4	1	0	5
Olivia Brooks	0	0	1	0	0	0	0	0	0	0	1
<b>TOTAL</b>	<b>2</b>	<b>2</b>	<b>3</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>0</b>	<b>4</b>	<b>1</b>	<b>0</b>	<b>12</b>

## Review the Stats

The following stats were provided by Tim Walsh and his staff. I went in RU HQ at Moore Park to review the information provided and came away with great delight in Tim's review of the New South Wales program for 2017. This backs up the vision we had built as a team to achieve the environment of second effort and second touch.

Out of the four players reviewed by were two middle players and two edge players. All four players displayed the value of second effort play.

- ✓ Total touches for four players across the weekend total 99. Which is an outstanding result and shows how many times they touch the ball over the weekend. Reviewing the footage we had all four players gain 3 touches in the one movement. It shows that keeping the ball alive and movement around the ball was a key outcome for our success.
- ✓ Total carrier. This was into contact and shows the point where the player was taken to ground with the ball. But the next section with the offload work was a key highlight of how we wanted to play. The number of times players offloaded in contact zone.

- ✓ The passing stat again highlight how we want to move the rugby ball and play the running rugby style of play. A major highlight show Nicole Beck passing rate. What is more impressive was the limited game time she played on day one.
- ✓ Tackle zone was great as we had the policy of the low tackle focus. Chop and pop(low tackle and fast reload) too have all players above the 60% zone a great highlight of trust in a Defensive policy. This also highlight the strength of our one on one tackle skill set. All player recording a limited missed tackle stats.
- ✓ The turn over zone was another great point of difference for our program. We gain some great turn over ball by our second arriving player taking that care of the ball and the tackle zone player working hard to take space.

## The Review: Outcome in trusting our process

Once I reviewed this information with Tim Walsh I walked away with great delight of our process and focus points work for this program.

The game of 7s is a basic game and you can either have a team full of skill and set plays or you can strip the game back to the core basic and focus on doing that really well and come away with the result.

The process of driving the group to get the second touch work out very well for our group. One the more touches we gain the more chance we are of scoring. The hard we work to get a second touch put us in a position to retain the ball as if the tackle was made we could lock down or clear a busy breakdown area and move the ball to another point of attack.

The rule of clear decision making around the tackle zone of our players of when to go for the turnover was a great art of turning defensive into attack for the program. We also have a rule of hunting in three to make sure we had cover of the ball did come out we could cover it. We did notice that team when to NO ruck around use to move the ball away from us getting the turn over. We changes our pattern of defensive to waiting them to isolate themselves the attack that space we a large amount of heat.

The 2017 program was a very challenge one with dealing with limited support from the state union and a large amount of focus going into off field issue. This was a large driving factor into how we played the game simple and basic format attacking running rugby with limit moves and simply focusing on our support play.

The National title saw us not count the amount of try we scored by a player it was scored on who gave the last pass and who got the player first after they scored. A simple competition within the team was a key driving point for the team to see who the number one support person was.

The major team I have Coached over the year the more in can have competition inside the team to drive each other always comes out with the right result for what you are after. But when just place winning as our major focus we are not always going to reach that make.

After doing the program and I have reviewed myself a large amount of time and talking to my players on all levels asking for feedback

1. Coaching the individual to focus on the team and what their role is
2. Competition with in program and not just on scoring try's
3. EFFORT – Do the dark stuff with the players

The last point is the major driver behind everything we do. I don't care what the score board has to say I care if my player can look each other in the eye and know they have given the effort, the game of Rugby one team is going to win and it isn't always the team with the most skill or the most the well drilled. But is the team that has the effort to keep going when the chips are down and when things don't go your way. It said a lot about the coach and the environment they build if a team effort goes out the window when the score more in not your way. **COACH FOR TOMORROW AND NOT THE NOW!** Because tomorrow is always the bigger challenge come at us.

What do I walk away as a Coach from this review.

1. What are we doing
2. How are we doing
3. WHY are we doing it
4. EFFORT