

Pathways Skills Blueprint

The Pathways Skills Blueprint has been developed to support youth coaches in Australia.

This document contains the competencies required from U12s-U20s, to ensure national player development.

Version 2023





TABLE OF CONTENTS

01

Core Skills of Attack &
Defence

02

Core Skill Dashboard

03

Learning & Performance
Capability - Core Skills

04

Key Factor - Coaching Points

05

Rugby IQ Dashboard

06

Learning & Performance
Capability - Rugby IQ

07

Position Specific Skill
Dashboard



KEY

01

A - Attack

D - Defence

TC - Tackle Contest

PSS - Position Specific Skills

A-Zone: 22m to attacking try line

B-Zone: 50m to attacking 22m

C-Zone: Defending 22m to 50m

D-Zone: Defensive try line to defensive 22m

02

CREATING OUR BASE:

focus on foundation coaching points of the core skills

DEVELOPING THE PLAYER:

ensuring players know the how and why of the foundation coaching points

CREATING GAME HABITS:

Players can critically analyse performance;
Performance challenged and advanced through game play/modifications of time, space, numbers

OPTIMIZING TALENT:

Knowledge and skills being developed to an autonomous level;

Challenge players above relative game intensity



1

CORE SKILLS OF ATTACK & DEFENCE

CORE SKILLS OF ATTACK

	CREATING OUR BASE	DEVELOPING THE PLAYER	CREATING GAME HABITS	OPTIMISING TALENT
CATCH & PASS	Body tilt Early catch Hands to target	Ball above hips Transfer in one plane	Pass subtlety	Consistent performance under pressure
CARRY	Body tilt Square Leg drive	Attitude Keep ball alive Reload	Footwork Fend Fight	Consistent performance under pressure
TACKLE CONTEST	Positioning Entry angle Entry height	Attitude Clean-out options Reload	Latch Brutal dominance Wide tackle-plus	Consistent performance under pressure



CORE SKILLS OF DEFENCE

	CREATING OUR BASE	DEVELOPING THE PLAYER	CREATING GAME HABITS	OPTIMISING TALENT
TRACKING	Align Approach Balance	Lines peed Connection	Blitz Jockey	Connected performance under pressure
TACKLE	Positioning Lead foot Shoulder contact	Attitude Low clean - Body Ball - Pilfer tech	Chop Leg driver Reload	Dominant under pressure 2nd player in
TACKLE CONTEST	Positioning Entry angle Entry height	Attitude Clean-out options Reload	Target Reload Folding	Body-lock on carrier Dominant counter





2

CORE SKILLS DASHBOARD

CORE SKILLS DASHBOARD

CATCH PASS

1. Body Tilt
2. Catch Early
3. Ball Above Hips
4. Punch Hands to Target



CARRY

1. Scan Early
2. Movement onto ball
3. Footwork
4. Fight - Power Step
5. Keep Ball Alive or Long Quality Place



CORE SKILLS DASHBOARD



TACKLE

1. Foot in Close
2. Head Position
3. Punch Wrap
4. Leg Drive for 5



TACKLE CONTEST With the Ball

1. Eyes on Threats
2. Win the Race
Body/Ball
Carrier/Scan
3. Accelerate at Threats
4. Win the Shoulder Battle
5. Leg Drive

CORE SKILLS DASHBOARD



TACKLE CONTEST Without the Ball

1. Eyes on Opportunities
2. Win the Race
3. Accelerate at Opportunities
4. Win the Shoulder Battle



3

**LEARNING &
PERFORMANCE
CAPABILITY:
CORE SKILLS**

LEARNING & PERFORMANCE CAPABILITY: CORE SKILLS

Players can progress quicker, however they must be able to consistently perform the foundation skills.

SKILL	ELEMENT	DETAIL	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
			U12	U13	U14	U15	U16	U17	U18	U19	U20
CATCH PASS	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Square	*	*	*	*	*	*	*	*	*
		Early catch	*	*	*	*	*	*	*	*	*
	ACTION	Ball above hips/ elbow loaded			*	*	*	*	*	*	*
		Head then ball			*	*	*	*	*	*	*
		Transfer 1 Plane				*	*	*	*	*	*
		Appropriate Pass Subtlety					*	*	*	*	*
	POST ACTION	Hands finish to target		*	*	*	*	*	*	*	*
		Support Line (primary)		*	*	*	*	*	*	*	*



LEARNING & PERFORMANCE CAPABILITY: CORE SKILLS

← Players can progress quicker, however they must be able to consistently perform the foundation skills. →

SKILL	ELEMENT	DETAIL	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
			U12	U13	U14	U15	U16	U17	U18	U19	U20
CARRY	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Square	*	*	*	*	*	*	*	*	*
		Foot Tempo	*	*	*	*	*	*	*	*	*
	ACTION	Attitude			*	*	*	*	*	*	*
		Footwork/ Direction change				*	*	*	*	*	*
		Fend/guard				*	*	*	*	*	*
		Fight				*	*	*	*	*	*
		Timing to ground					*	*	*	*	*
	POST ACTION	Pass		*	*	*	*	*	*	*	*
		Offload			*	*	*	*	*	*	*
		Off ground transfer			*	*	*	*	*	*	*
		Placement		*	*	*	*	*	*	*	*
		Reload			*	*	*	*	*	*	*



LEARNING & PERFORMANCE CAPABILITY: CORE SKILLS

Players can progress quicker; however they must be able to consistently perform the foundation skills.

SKILL	ELEMENT	DETAIL	CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
			U12	U13	U14	U15	U16	U17	U18	U19	U20
TACKLE	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Foot tempo				*	*	*	*	*	*
		Body position				*	*	*	*	*	*
	ACTION	Attitude	*	*	*	*	*	*	*	*	*
		Lead foot	*	*	*	*	*	*	*	*	*
		Shoulder contact	*	*	*	*	*	*	*	*	*
		Target zone	*	*	*	*	*	*	*	*	*
		Punch wrap		*	*	*	*	*	*	*	*
		Leg drive		*	*	*	*	*	*	*	*
	POST ACTION	Reload - ball				*	*	*	*	*	*
		Reload - body				*	*	*	*	*	*
		Reload - defence				*	*	*	*	*	*
	POST ACTION	Chop - low (mid thigh)	*	*	*	*	*	*	*	*	*
		2nd player in					*	*	*	*	*
		Axe - impact (belly button)					*	*	*	*	*
		Choke - high (torso)						*	*	*	*

LEARNING & PERFORMANCE CAPABILITY: CORE SKILLS

← Players can progress quicker, however they must be able to consistently perform the foundation skills. →

			CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
TACLE CONTEST (with the ball)	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Entry angle	*	*	*	*	*	*	*	*	*
		Entry height	*	*	*	*	*	*	*	*	*
		Foot tempo			*	*	*	*	*	*	*
		Body position			*	*	*	*	*	*	*
	ACTION	Decision making			*	*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	*	*	*
		Target zone				*	*	*	*	*	*
		Low clean - scrape			*	*	*	*	*	*	*
		Low clean - pilfer			*	*	*	*	*	*	*
		Low clean - body	*	*	*	*	*	*	*	*	*
		Roll						*	*	*	*
		BC - latch				*	*	*	*	*	*
		BC - brutal dominance						*	*	*	*
		BC - wide break-down/isolated					*	*	*	*	*
	POST ACTION	Reload - minus defender				*	*	*	*	*	*
		Reload - scan		*	*	*	*	*	*	*	*
		Reload - attack				*	*	*	*	*	*

LEARNING & PERFORMANCE CAPABILITY: CORE SKILLS

← Players can progress quicker, however they must be able to consistently perform the foundation skills. →

CREATING OUR BASE	DEVELOPING THE PLAYER	CREATING GAME HABITS	OPTIMIZING TALENT
----------------------	--------------------------	-------------------------	----------------------

TACLE CONTEST (Without the ball)	POSITIONING	Eyes	*	*	*	*	*	*	*	*	*
		Comms	*	*	*	*	*	*	*	*	*
		Feet	*	*	*	*	*	*	*	*	*
	PRE ACTION	Entry angle	*	*	*	*	*	*	*	*	*
		Entry height	*	*	*	*	*	*	*	*	*
		Foot tempo			*	*	*	*	*	*	*
		Body position			*	*	*	*	*	*	*
	ACTION	Decision making			*	*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	*	*	*
		Target zone				*	*	*	*	*	*
		Ball				*	*	*	*	*	*
		Body - grips (opposition)				*	*	*	*	*	*
		Lock					*	*	*	*	*
		Fold					*	*	*	*	*
	POST ACTION	Reload - defence		*	*	*	*	*	*	*	*



4

KEY FACTOR COACHING POINTS

KEY FACTOR COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
CATCH PASS	POSITIONING	Eyes	Scanning the V as early as possible prior to catch		
		Comms	Communicate inside to halfback/ball player	Communicate to outside attackers	Volume
		Feet	Work hard early to position	Controlled movement through the catch	
	PRE ACTION	Square	Hips square onto the catch	Outside foot/hand leading up	
		Early catch	Hands above hips in running action prior to catch	Catch on the inside shoulder	Relaxed through shoulders/elbows/fingers
	ACTION	Ball above hips/ elbow loaded	Carry the ball above hips = elbow loaded	Carry the ball in the midline (belly button)	
		Head then ball	Head must scan + look to target prior to the pass	Ball is then passed	
		Transfer 1 Plane	Quick transfer - 1 plane across the body	Tuck elbows into body	Avoid catch high, drop hands low, finish high
		Appropriate Pass Subtlety	ID strength of pass required (hard/medium/soft)	Tactile pressure through fingers (medium/soft)	Punch hands to target - long pass
	POST ACTION	Hands finish to target	Punch elbows through to target	Outside shoulder rotates to target	Hands finish strongly together
		Support Line (primary)	Post pass, move quickly to the inside hip off receiver	Hold depth to have time & space to read	Communicate with receiver



KEY FACTOR COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
CARRY	POSITIONING	Eyes	Scanning the V as early as possible prior to carry		
		Comms	Communicate inside to halfback/ball player	Communicate to outside attackers	Volume
		Feet	Work hard early to position	Timing of carry to speed of ball	
	PRE-ACTION	Square	Hips square initially unless early space dictates a line		
		Early catch	Hold feet - buy time to allow catch pass situation	Controlled movement - catch run/run catch	Relaxed through shoulders/elbows/fingers
	ACTION	Attitude	WANT - to carry	IQ - smarts on line change/foot tempo	Dominate - courage line
		Footwork/Direction change	1 direction change - powerful cut	Fast slow = time at the line for options	Slow fast - changing a line to drag/leave defenders
		Fend/Guard	Mindset - active arm	Target - point of opposition shoulder/head	Punching action - loaded/powerful punch/retract
		Fight	Leg drive	Fend	Mindset - tackle break
		Timing to ground	Decision - momentum slowing up, win the time to ground	Decision - isolated, fight for time for supporters	Must be connected with comms from support players
	POST ACTION	Pass	Ball in 2 hands post tackle break/linebreak	Ball above hips	Carry in midline (belly button)
		Offload	Dominate the carry	Sight your offload target	Control the ball (1 hand or 2 hands)
		Off ground transfer	Ball in 2 hands from chest	Sight target	
		Placement	Jackknife - recoil legs and explode back	Place the ball towards goal line as far as you can	Strong arms/hands on belly of the ball
		Reload	2 sec off the ground	1st 3 steps quickest and scanning	Must be connected with comms from support players



KEY FACTOR COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
TACKLE	POSITIONING	Eyes	Scanning the V as early as possible prior to tackle		
		Comms	Nominate attacker you are marking	Communicate with inside defender	Communicate with outside defender
		Feet	Work hard early to position	0 - 2 = outside foot forward	3 + = inside foot forward
	PRE ACTION	Foot tempo	Tackle selection = power-balance-accelerate	Tackle selection = power-accelerate (straight line)	Tackle selection = hover (9 scooting)
		Body position	Square off the line	Hands above hips/elbows in	Tall & relaxed on approach - chest in front of feet
	ACTION	Attitude	WANT - to tackle	IQ - smarts on identifying the type of carrier	Dominant - the collision
		Lead foot	Toe to toe with ball carrier	Triggers the dip/load	Accelerate off lead foot
		Shoulder contact	Junction of neck and shoulder		
		Target zone	Chop = mid thigh	Axe = belly button	Choke = see below
		Punch wrap	Punch arms narrow either side of the ball carrier	Powerful squeeze + grips	Both arms through the same height as shoulder contact
		Leg drive	Generated off the lead foot	Trail leg comes through quickly for ground contact	Must be connected with comms from support players
	POST ACTION	Reload - ball	Immediate pop off the ground through the hips	ID isolated ball carrier or space to support players	Feet landing in strong position/hips & shoulders low
		Reload - body	Immediate pop off the ground through the hips	ID isolated support player or delayed supporters	Hit low, stay low + FIGHT
		Reload - defence	Immediate pop off the ground through the hips	ID no opportunities @ breakdown	Fold fast into defensive line
	TACKLE TYPE	Chop - low (mid thigh)	See ACTION Target Zone		
		2nd player in	Hunt - reaccelerate on the 45	Smash through the football + powerful arm wrap	Change direction of the carrier
		Axe - impact (belly button)	See ACTION Target Zone		
		Choke - high (torso)	1st contact - target shoulder below the ball	Catching action vs hitting	Hips through with strong levers

KEY FACTOR COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
TACKLE CONTEST (with the ball)	POSITIONING	Eyes	Scan the tackle contest as early as possible	Awareness of ball carrier - on feet/going to ground	Awareness of arriving defence supporters
		Comms	Communicate with ball carrier - drive or drop	Communicate action - latch/cleanout/pass/offload	Volume
		Feet	Work hard early to position	Feet shoulder width with ground contact - to react & move	
	PRE ACTION	Entry angle	Accelerate on the 45	Ground ball = work to the ball	Ball carrier - hip to hip through contact
		Entry height	Enter the contact zone the height of the contact	Shoulders below shoulders	Ball carrier - control the height of both
		Foot tempo	Cleanout - accelerate	Ball carrier - accelerate	Scan - accelerate to balance
		Body position	Feet shoulder width apart	Entry height	Hands above hips narrow
	ACTION	Decision making	Ball carrier on feet with space = pass/offload option	Ball carrier on feet with no space = latch/pub fight	Ball carrier off feet = cleanout/scan
		Attitude	WANT - to be in an active support position	IQ - smarts on identifying the breakdown situation	Dominance - your decision (ball/body/scan)
		Target zone	Ball carrier on feet with no space = latch	Lateral defensive supporters = pub fight	Threats on ball = shoulders below shoulders/levers
		Low clean - scrape	Entry height low	Accelerate through shoulder contact	Finish on top of defender and reload
		Low clean - pilfer	Entry height low	Accelerate through shoulder contact	Split defenders' power base = levers = legs/arms
		Low clean - body	Entry height low	Accelerate through shoulder contact	Hold for 2 sec post cleanout
		Roll	Hit down on the back of the defender	Strong arm wrap + arm lever	Powerful roll to the designated side
		BC - latch	Hip to hip/inside foot to ball carrier's foot - no space	Inside arm low-mid across the ball carrier's back	Outside arm holding the ball carrier's point of shoulder
		BC - brutal dominance	Shear off ball carrier to the threat	Hit with inside shoulder and powerful through inside leg	IQ - discipline = don't hit off the ball or drive too deep
		BC - wide break-down/isolated	Attack the inside corner of the breakdown	Entry height + speed to carrier	Split stance/shoulders down/ grips onto the carrier
	POST ACTION	Reload - minus defender	Cleanout and land on top of the threat/control up	3 sec hold at the end of the cleanout	IQ - don't clean out deep or hold too long
		Reload - scan	Immediate pop off the ground through the hips	Split stance loaded low and strong	Eyes scanning with hands at chin narrow
		Reload - attack	Immediate pop off the ground through the hips	ID no threats @ breakdown/ enough attack numbers	Reload fast into a better attacking position

KEY FACTOR COACHING POINTS

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
TACKLE CONTEST (Without the ball)	POSITIONING	Eyes	Scan the tackle contest as early as possible	Awareness of arriving attack supporters	Keep eyes forward
		Comms	Communicate action - ball/body/dead	Communicate to 1st arrival - ball/body/dead	Volume
		Feet	Work hard early to position	Feet shoulder width with ground contact - to react & move	
	PREACTION	Entry angle	Target the head of the ball carrier on the ground (=ball)	Straight lines v curves	Strong pivot off inside leg
		Entry height	Enter the contact zone the height of the contact	Shoulders below shoulders	
		Foot tempo	Ball = accelerate - balance	Body - accelerate	
		Body position	Feet shoulder width apart	Entry height	Hands above hips narrow
	ACTION	Decision making	BALL - ID isolated ball carrier or space to support players	BODY - ID isolated support player or delayed supporters	FOLD - ID no opportunities @ breakdown
		Attitude	WANT - to be in a position to apply pressure	IQ - smarts on identifying the breakdown situation	Dominate - your decision (ball/body/fold)
		Target zone	BALL - ID isolated ball carrier or space to support players	LOCK - ID jackler under threat on T/O opportunity	BODY - ID isolated support player or delayed supporters
		Ball	Target the head of the ball carrier on the ground (=ball)	Strong base with feet + hips square down the field	1 bullet 1 kill = strong hands straight to the ball
		Body - grips (opposition)	Punch arms narrow either side of the support player	Powerful squeeze + grips	
		Lock	Strong base - 1 foot between jackler's feet	Strong arm wrap around the jackler's waist	Chest down on jacker's back + eyes looking forward
		Fold	Fold fast	Scan the attack on the fold early	Awareness not be caught by an attack supporter
	POST ACTION	Reload - defence	Immediate pop off the ground through the hips	ID no opportunities @ breakdown	Fold fast into defensive line

5

RUGBY IQ DASHBOARD

RUGBY IQ DASHBOARD

EYES

1. **Scan the V early**



COMMS

1. **Volume**
2. **Action words**
3. **Listen**
4. **React**



FEET

1. **2 second reload**
2. **First 3 steps quickest**
3. **Controlled**





6

**LEARNING &
PERFORMANCE
CAPABILITY:
RUGBY IQ**

LEARNING & PERFORMANCE CAPABILITY: RUGBY IQ

← *Players can progress quicker; however they must be able to consistently perform the foundation skills.* →

		CREATING OUR BASE			DEVELOPING THE PLAYER		CREATING GAME HABITS		OPTIMIZING TALENT	
SKILL	ELEMENT	U12	U13	U14	U15	U16	U17	U18	U19	U20
DEFENCE	Phase Defence	*	*	*	*	*	*	*	*	*
	Ruck Defence		*	*	*	*	*	*	*	*
	Contact Roles			*	*	*	*	*	*	*
	Folding Roles				*	*	*	*	*	*
	Pendulum				*	*	*	*	*	*
	Movement Patterns					*	*	*	*	*
	Kick Chase Defence					*	*	*	*	*
	Linebreak Defence					*	*	*	*	*
	Turnover Defence					*	*	*	*	*
	Quick Tap Defence						*	*	*	*
	Kickoff Execution Defence						*	*	*	*
	Lineout Defence						*	*	*	*
	Scrum Defence						*	*	*	*

7

POSITION SPECIFIC SKILLS DASHBOARD

POSITION SPECIFIC SKILLS DASHBOARD

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
SCRUM	FRONT ROW	Setup	Feet pointing forward	Knees over the top of feet (in line with shoulders)	Hips square and facing forward
			Back flat (from shoulders to pelvis)	Chest flat (shoulders pulling back together)	Head flat (eyes looking forward)
	"FRONT ROW BINDING"	Hooker	Sets the height	Feet slightly split but not too far (affects hip angle)	Avoid coming up and opening shoulder on loosehead bind
		LHP	Set low to high on hooker	Plant inside leg in a strong position	Loose bind + bicep curl to bring hooker in close
		THP	Set low to high on hooker	Plant inside leg in a strong position	Bind is behind and low/ Outside arm loaded to close off space
	ENGAGEMENT	Pre Engagement - Going Across the Space	Feet on the ground	Hips in correct position	Shoulders in correct position
		During Engagement - Getting Through the Point of Contact	Toes pointing forward	Knees just behind hips	Hips square & flat/back flat/ shoulders out/eyes up
		Post Engagement - Stability	Nice & stable	Weight going forward	Backrow bring vocal energy

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
LINEOUT	THROW	Set up	Feet shoulder width apart and square, elbows in, chest up	Dominant hand towards back of ball, other slightly in front	Dominant hand towards back of ball, other slightly in front
			Snap elbows	Roll hands out	Roll hands out
	JUMP	Post throw	Hands up	Hold position until ball hits target	Hold position until ball hits target
		Power of jump	2 foot take off - split feet then step and jump	Drive towards ball with powerful takeoff	Drive towards ball with powerful takeoff
		Speed of movement	Fast small steps - take off must be balanced	Create space - aim to jump on throw in most cases	Create space - aim to jump on throw in most cases
	LIFT	Catch/delivery	Catch with soft hand	Teapot shape for off the top delivery	Teapot shape for off the top delivery
		Power of lift	Back lifter - palms up, thumbs vertical,	Front lifter - squeeze and push - grip outside of leg below tape	Front lifter - squeeze and push - grip outside of leg below tape
		Hold and bring down	Lifters target chest to chest finish	Hold lifter until ball in 9's hands	Hold lifter until ball in 9's hands
		Communication	Stay in contact with jumper	Watch jumper not ball	Watch jumper not ball

POSITION SPECIFIC SKILLS DASHBOARD

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
HALFBACK	GROUND PASS	Approach	Scan both sides of the ball on approach - look for cues in defence	Approach chest to the ball - allows movement both ways	Arrive at the ball in a low powerful position
		Pass	Back foot to the ball	Guiding foot pointed to the target	Sweeping motion with strong follow through to the receiver
		Post Pass	Chase your pass for 2 steps	Support line - anticipate the tackle over gainline	
	HIP PASS	Approach	Position to work moving into the catch vs. going back to catch	Hands above hips and together	Catch the ball chest to back shoulder = elbow loaded
		Pass	Punch elbows through to target		
		Post Pass	Chase your pass for 2 steps	Support line - anticipate the tackle over gainline	
	BOX KICK	Approach	Arrive at the ball in a low relaxed position	Organise blockers	
		Kick	Strong/quick step back and across (45) to create space	Hips square to sideline	Kick high & forward
		Post Kick	Finish the kick well	Awareness of chip line/ball re-capture from contestable kick	

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
KICKING	GENERAL PLAY - SPIRAL	Handhold	Comfortable & consistent	Bottom hand back 3rd/top hand front 3rd	Ball at 11, nose tilted down slightly
			Over kicking leg	Hip to mid thigh height	Placed on shelf
		Ball Strike	Foot inverted slightly & plantar flexed	Balance arm	Tall relaxed upper body
		Follow Through	Body through to target	Head forward	
	GENERAL PLAY - DROP PUNT	Handhold	Comfortable & consistent	Bottom hand back 3rd/top hand front 3rd	Ball at 11, nose tilted down slightly
		Ball Drop	Over kicking leg	Hip to mid thigh height	Placed on shelf
		Ball strike	Foot inverted slightly & plantar flexed	Balance arm	Tall relaxed upper body
		Follow through	Body through to target	Head forward	

POSITION SPECIFIC SKILLS DASHBOARD

SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
HIGH BALL CATCH	Momentum		Eyes on the ball - flight judgement	Organise feet for momentum through the ball	Timing to catch the ball at the highest point of the jump
	Knee		Strong knee drive up for power/protection	Slight angle from knee to ankle on opposite player = strong core/power up	
	Arms/Hands Position		Hands close together at eye level	Arms at 11 - keeping elbows in	Torso straight/forward vs leaning back
	Landing		Land on both feet for quick movement	Feet shoulder width apart	Slight sink through ankles/knees/hips to land in a safe position

