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





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KEY



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:

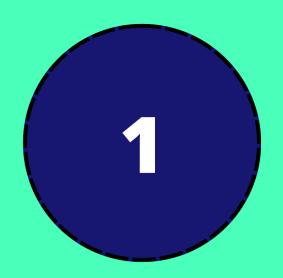
Players can critically analyse performance; Performance challenged and advanced through game play/modifications of time, space, numbers

OPTIMIZING TALENT:

Knowledge and skills being developed to an autonomous level;

Challenge players above relative game intensity





CORE SKILLS OF ATTACK & DEFENCE



CORE SKILLS OF ATTACK

	CREATING	DEVELOPING	CREATING	OPTIMISING
	OUR BASE	THE PLAYER	GAME HABITS	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	Attitude	Footwork	Consistent
	Square	Keep ball alive	Fend	performance
	Leg drive	Reload	Fight	under pressure
TACKLE CONTEST	Positioning	Attitude	Latch	Consistent
	Entry angle	Clean-out options	Brutal dominance	performance
	Entry height	Reload	Wide tackle-plus	under pressure

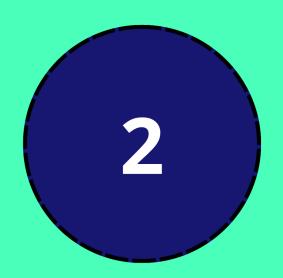




CORE SKILLS OF DEFENCE

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







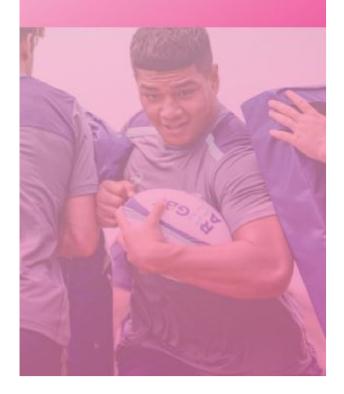
CATCH PASS

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

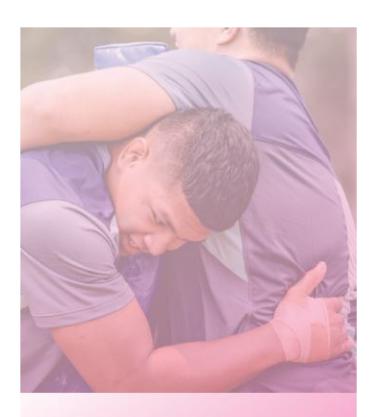


CARRY

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







TACKLE

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



TACKLE CONTEST With the Ball

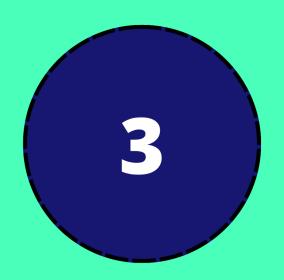
- 1. Eyes on Threats
- 2. Win the Race Body/Ball Carrier/Scan
- 3. Accelerate at Threats
- 4. Win the Shoulder Battle
- 5. Leg Drive





TACKLE CONTEST Without the Ball

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



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

			CREATIN OUR BAS			THE PLAY		CREATIN GAME HA		OPTIMIZI TALENT	NG
SKILL	ELEMENT	DETAIL	U12	U13	U14	U15	U16	U17	U18	U19	U20
	9	Eyes	*	*	*	*	*	*	*	*	*
	POSITIONING	Comms	*	*	*	*	*	*	*	*	*
	80	Feet	*	*	*	*	*	*	*	*	*
S	u o	Square	*	*	*	*	*	*	*	*	*
PAS	PRE	Early catch	*	*	*	*	*	*	*	*	*
		Ball above hlps/ elbow loaded			*	*	*	*	*	*	*
C	NO	Head then ball			*	*	*	*	*	*	*
САТСН	ACTION	Transfer 1 Plane		8 3		*	*	*	*	*	*
		Appropriate Pass Subtlety					*	*	*	*	*
	POST	Hands finish to target		*	*	*	*	*	*	*	*
	ACT 28	Support Line (primary)		*	*	*	*	*	*	*	*



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

			CREATIN OUR BAS			DEVELOP THE PLAY		GAME HA		OPTIMIZE TALENT	NG
SKILL	ELEMENT	DETAIL	U12	U13	U14	U15	U16	U17	U18	UII9	U20
	9	Eyes	*	*	*	*	*	*	*	*	*
	POSITIONINS	Comms	*	*	*	*	*	*	*	*	ak:
	8	Feet	*	*	*	*	*	*	*	*	, ak
	W N	Square	*	*	*	*	*	*	*	*	*
	PREACTION	Foot Tempo	*	*	*	*	*	*	ak:	*	ak:
		Attitude		32 3	*	*	*	*	*	*	*
۲	_	Footwork/ Direction change				*	*	*	*	*	*
CARRY	АСПОМ	Fend/guard				*	*	*	*	*	*
C	-	Fight				*	*	*	*	*	*
		Timing to ground					_*	*	*	*	*
		Pass		*	*	*	*	*	*	*	*
	8	Offload			*	*	*	*	*	*	*
	POSTACTION	Off ground transfer		9	*	*	*	*	*	*	*
	8	Placement		*	*	*	*	*	*	*	*
		Reload		Ť	*	**	*	*	*	*	ajc



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

			OREATIN			DEVELOR THE PLAY		CREATIN GAME HA		OPTIMIZI TALENT	NG
SKILL	ELEMENT	DETAIL	UI2	U13	U14	U15	U16	U17	U18	UII9	U20
	9W	Eyes	*	*	*	*	*	*.	*	*	*
	POSITIONING	Comms	*	*	*	*	*	*	*	*	*
	8	Feet	*	*	*	*	*	*	*	*	ak
	PRE	Foot tempo				*	*	*	*	*	*
	P. P.	Body position				*	*	*	*	*	*
		Attitude	*	*	*	*	*	*	ж	*	*
		Lead foot	*	*	*	*	*	*	*	*	*
ш	аспои	Shoulder contact	*	*	*	*	*	ak:	*	*	*
	ACT	Target zone	*	*	*	*	*	*	*	*	*
TACKL		Punch wrap		*	*	*	*	*	*	*	*
F		Leg drive		*	*	*	*	*	*	*	*
	8	Reload - ball				*	*	*	*	*	*
	POST ACTION	Reload - body		3 B		*	*	*	*	*	*
	Pos	Reload - defence				*	*	*	*	*	*
		Chop - low (mid thigh)	*	*	*	*	*	*	*	*	ak
	СПОМ	2nd player in					*	*	*	*	æ
	POSTACTI	Axe - impact (belly button)		3 5		() \(\frac{1}{2}\)	*	*	*	*	*
	a.	Choke - high (torso)						*	*	*	*



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

			GREATH OUR BA			DEVELO THE PLA		GREATIN GAME H		OPTIME	
	9	Eyes	*	*	*	*	*	*	*	*	
	POSITIONING	Comms	*	*	*	*	*	*	*	*	9
	8	Feet	_*	*	*	*	*	*	*	*_	2
≘		Entry angle	*	*	*	ak:	*	*	*	*	3
ball)	NOT	Entry height	*	*	*	*	*	*	*	*	- 3
	PRE ACTION	Foot tempo			*	*	*	*	*	*	,
the		Body position			*	*	*	*	*	*	3
‡		Decision making			*	*	*	*	*	*	- 7
(With		Attitude	*	*	*	*	*	*	*	*	2
ST (Target zone				*	*	*	*	*	3
ES		Low clean - scrape			*	*	*	*	*	*	- 2
5	N	Low clean - pilfer	3 5		*	*	*	*	*	*	
CONTE	ACTION	Low clean - body	*	*	*	*	*	*	*	*	3
1000		Roll						*	ak .	*	
۳ ۳		BC - latch	3 2		6	*	*	*	34:	*	
TACLE		BC - brutal dominance						*	*	*	,
-		BC - wide break- down/isolated					*	*	*	*	3
	8	Reload - minus defender				*	*	*	*	*	3
	POST ACTION	Reload - scan		***	*	*	*	*	*	*	- 33
	8	Reload - attack	S		6	ak .	*	*	*	*	,

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

		OUR BAS			THE PLA		GAME HA		TALENT	NG
9	Eyes	*	ak	*	*	*	*	*	*	્ર
POSITIONING	Comms	*	*	*	*	*	*_	*	*-	×
8	Feet	*	*	*	*	*	*	*	*	A
	Entry angle	*	*	*	*	*	*	*	*	×
NOL	Entry height	*	*	*	*	*	*	*	*	24
PRE ACTION	Foot tempo			*	*	*	*	*	*	A
1000	Body position			*	*	*	*	*	*	a
	Decision making			*	*	*	*	*	*	્ર
	Attitude	*	*	*	*	*	*	*	*	A
	Target zone				ak:	*	*	*	*	a
ACTION	Ball				*	*	*	*	*	્રા
٩	Body - grips (opposition)			2	*	*	*	*	*	a
	Lock					*	*	*	*	A
	Fold					*	*	*	*	N
POST	Reload - defence		*	*	*	*	*	*	*	a





SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
	2	Eyes	Scanning the V as early as possible prior to catch		
	POSITIONING	Comms	Communicate inside to halfback/ball player	Communicate to outside attackers	Volume
	8	Feet	Work hard early to position	Controlled movement through the catch	
S	š	Square	Hips square onto the catch	Outside foot/hand leading up	
S Y	PRE ACTION	Early catch	Hands above hips in running action prior to catch	Catch on the inside shoulder	Relaxed through shoulders/ elbows/fingers
L L		Ball above hips/ elbow loaded	Carry the ball above hips = elbow loaded	Carry the ball in the midline (belly button)	
TC	ACTION	Head then ball	Head must scan + look to target prior to the pass	Ball is then passed	
CA	ACT	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	Hands finish to target	Punch elbows through to target	Outside shoulder rotates to target	Hands finish strongly together
	PO	Support Line (primary)	Post pass, move quickly to the inside hip off receiver	Hold depth to have time & space to read	Communicate with receiver





SKILL	ELEMENT	DETAIL	COACHING POINT1	COACHING POINT 2	COACHING POINT 3
	9 Z	Eyes	Scanning the V as early as possible prior to carry		
	POSITIONING	Comms	Communicate inside to halfback/ball player	Communicate to outside attackers	Volume
	2	Feet	Work hard early to position	Timing of carry to speed of ball	
	PRE AC- TION	Square	Hips square initially unless early space dictates a line		
	98 =	Early catch	Hold feet - buy time to allow catch pass situation	Controlled movement - catch run/run catch	Relaxed through shoulders/ elbows/fingers
		Attitude	WANT - to carry	IQ - smarts on line change/foot tempo	Dominate - courage line
RY	АСПОМ	Footwork/Direc- tion change	1 direction change - powerful cut	Fast slow = time at the line for options	Slow fast - changing a line to drag/leave defenders
œ		Fend/Guard	Mindset - active arm	Target - point of opposition shoulder/head	Punching action - loaded/ powerful punch/retract
CA	5	Fight	Leg drive	Fend	Mindset - tackle break
Ü		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
		Pass	Ball in 2 hands post tackle break/linebreak	Ball above hips	Carry in midline (belly button)
	N	Offload	Dominate the carry	Sight your offload target	Control the ball (1 hand or 2 hands)
	POST ACTION	Off ground trans- fer	Ball in 2 hands from chest	Sight target	
	804	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
	1	Reload	2 sec off the ground	1st 3 steps quickest and scanning	Must be connected with comms from support players



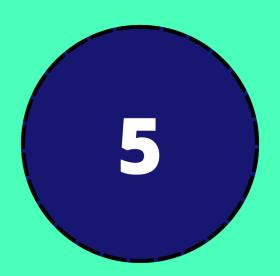


SKILL	ELEMENT	DETAIL	COACHING POINT 1	COACHING POINT 2	COACHING POINT 3
	SNIN	Eyes	Scanning the V as early as possible prior to tackle		
	POSITIONING	Comms	Nominate attacker you are marking	Communicate with inside defender	Communicate with outside defender
	8	Feet	Work hard early to position	0 - 2 = outside foot forward	3 + = inside foot forward
	NOIL	Foot tempo	Tackle selection = power- balance-accelerate	Tackle selection = power- accelerate (straight line)	Tackle selection = hover (9 scooting)
	PRE ACTION	Body position	Square off the line	Hands above hips/elbows in	Tall & relaxed on approach - chest in front of feet
		Attitude	WANT - to tackle	IQ - smarts on identifying the type of carrier	Dominate - the collision
		Lead foot	Toe to toe with ball carrier	Triggers the dip/load	Accelerate off lead foot
ш	8	Shoulder contact	Junction of neck and shoulder		
	ACTION	Target zone	Chop = mid thigh	Axe = belly button	Choke = see below
TACKL		Punch wrap	Punch arms narrow either side of the ball carrier	Powerful squeeze + grips	Both arms through the same height as shoulder contact
TA		Leg drive	Generated off the lead foot	Trail leg comes through quickly for ground contact	Must be connected with comms from support players
	NOI	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
	POST ACTION	Reload - body	Immediate pop off the ground through the hips	ID isolated support player or delayed supporters	Hit low, stay low + FIGHT
	8	Reload - defence	Immediate pop off the ground through the hips	ID no opportunities @ breakdown	Fold fast into defensive line
	1000	Chop - low (mid thigh)	See ACTION Target Zone		
	MCKLE TYPE	2nd player in	Hunt - reaccelerate on the 45	Smash through the football + powerful arm wrap	Change direction of the carrier
	TACKLE	Axe - impact (belly button)	See ACTION Target Zone		La de La compania
	25500	Choke - high (torso)	1st contact - target shoulder below the ball	Catching action vs hitting	Hips through with strong levers

SKILL	ELEMENT	DETAIL	COACHING POINT1	COACHING POINT 2	COACHING POINT 3
	9	Eyes	Scan the tackle contest as early as possible	Awareness of ball carrier - on feet/going to ground	Awareness of arriving defence supporters
	POSITIONNS	Comms	Communicate with ball carrier - drive or drop	Communicate action - latch/ cleanout/pass/offload	Volume
	8	Feet	Work hard early to position	Feet shoulder width with ground contact - to react & move	
=		Entry angle	Accelerate on the 45	Ground ball = work to the ball	Ball carrier - hip to hip through contact
ball	RE ACTION	Entry height	Enter the contact zone the height of the contact	Shoulders below shoulders	Ball carrier - control the height of both
the	THE A	Foot tempo	Cleanout - accelerate	Ball carrier - accelerate	Scan - accelerate to balance
(With		Body position	Feet shoulder width apart	Entry height	Hands above hips narrow
		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
EST		Attitude	WANT - to be in an active support position	IQ - smarts on identifying the breakdown situation	Dominate - your decision (ball/body/scan)
CONTE		Target zone	Ball carrier on feet with no space = latch	Lateral defensive supporters = pub fight	Threats on ball = shoulders below shoulders/levers
CO		Low clean - scrape	Entry height low	Accelerate through shoulder contact	Finish on top of defender and reload
CLE	NO	Low clean - pilfer	Entry height low	Accelerate through shoulder contact	Split defenders' power base = levers = legs/arms
ACKL	ACTION	Low clean - body	Entry height low	Accelerate through shoulder contact	Hold for 2 sec post cleanout
F		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
	Z.	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
	POST ACTION	Reload - scan	Immediate pop off the ground through the hips	Split stance loaded low and strong	Eyes scanning with hands at chin narrow
	õ	Reload - attack	Immediate pop off the ground through the hips	ID no threats @ breakdown/ enough attack numbers	Reload fast into a better attacking position



SKILL	ELEMENT	DETAIL	COACHING POINT1	COACHING POINT 2	COACHING POINT 3
	9	Eyes	Scan the tackle contest as early as possible	Awareness of arriving attack supporters	Keep eyes forward
=	POSITIONING	Comms	Communicate action - ball/ body/dead	Communicate to 1st arrival - ball/body/dead	Volume
bal	Pos	Feet	Work hard early to position	Feet shoulder width with ground contact - to react & move	
the		Entry angle	Target the head of the ball carrier on the ground (=ball)	Straight lines v curves	Strong pivot off inside leg
	PREACTION	Entry height	Enter the contact zone the height of the contact	Shoulders below shoulders	
(Without	PREA	Foot tempo	Ball = accelerate - balance	Body - accelerate	
Wit		Body position	Feet shoulder width apart	Entry height	Hands above hips narrow
ST (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
	3	Attitude	WANT - to be in a position to apply pressure	IQ - smarts on identifying the breakdown situation	Dominate - your decision (ball/body/fold)
CONTE	z	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
္ပ	ACTION	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
ш	100	Body - grips (oppo- sition)	Punch arms narrow either side of the support player	Powerful squeeze + grips	1000-ELWI-L 1000-000
봊	3	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
TACKL	92	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



RUGBY IQ DASHBOARD



RUGBY IQ DASHBOARD

EYES

1. Scan the V early

COMMS

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

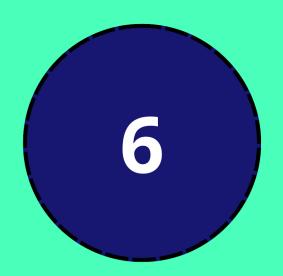
FEET

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









LEARNING & PERFORMANCE CAPABILITY: RUGBY IQ



LEARING & PERFORMANCE CAPABILITY: RUGBY IQ

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

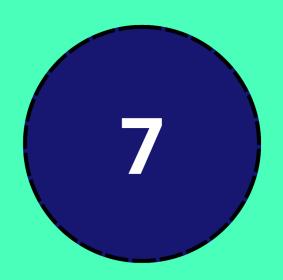
		CREATIN OUR BAS	-		DEVELOR THE PLAY		CREATIN GAME HA	_	OPTIMIZI TALENT	NG
SKILL	ELEMENT	U12	U13	U14	UHS	U16	U17	U18	UII9	U20
	Work off the Ball	*	*	*	*	*	*	*	*	*
	Alignment	*	*	*	*	*	*	*	*	*
	Ball Carry Support Structure	*	ak	ж	*	*	*	*	*	ak
	Contact Roles			*	*	*	*	*	*	*
	Active Attack			*	*	*	*	*	*	*
~	Attack Environments				*	*	*	*	*	*
A C	Counter Attack						*	*	*	*
ATTACK	Linebreak Attack						*	*	*	*
.∠	Turnover Attack						*	*	*	*
	Phase Shapes - General Play				*	*	*	*	*	*
	Phase Shapes - Forwards					*	*	*	*	*
	Attack x 2 x 2						*	*	*	*
	Set Piece Patterns of Play							*	*	*
	Kickoff Reception Attack							*	*	*



LEARING & PERFORMANCE CAPABILITY: RUGBY IQ

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

		CREATIN OUR BAS			DEVELOR		CREATIN GAME HA	_	OPTIMIZI TALENT	NG
SKILL	ELEMENT	U12	U13	U14	U15	U16	U17	U18	UI9	U20
	Phase Defence	*	*	*	*	*	*	*	*	*
	Ruck Defence		*	*	*	*	*	*	*	*
	Contact Roles			*	*	*	*	*	*	*
	Folding Roles				*	*	*	*	*	*
	Pendulum				*	*	*	*	*	*
FENCE	Movement Patterns					*	*	*	*	*
Ë	Kick Chase Defence					*	*	*	*	*
ш	Linebreak Defence					*	*	*	*	*
Ω	Turnover Defence					*	*	*	*	*
	Quick Tap Defence						*	sk	*	*
	Kickoff Execution Defence						*	ak	*	*
	Lineout Defence						*	*	*	*
	Scrum Defence						*	*	*	*



POSITION SPECIFIC SKILLS DASHBOARD



POSITION SPECIFIC SKILLS DASHBOARD

SKILL	ELEMENT	DETAIL	COACHING POINT1	COACHING POINT 2	COACHING POINT 3
	FRONT	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 BNDING"	Hooker	Sets the height	Feet slightly spilt 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
RUM		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
sc	ENAGEMENT	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 POINT1	COACHING POINT 2	COACHING POINT 3
	W	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
	THROW		Snap elbows	Roll hands out	Roll hands out
	Ė	Post throw	Hands up	Hold position until ball hits target	Hold position until ball hits target
5	JUMP	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
ō		Speed of movment	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
ä		Catch/delivery	Catch with soft hand	Teapot shape for off the top delivery	Teapot shape for off the top delivery
П	UFT	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
	5	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 POINT1	COACHING POINT 2	COACHING POINT 3
	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
	SROUND	Pass	Back foot to the ball	Guiding foot pointed to the target	Sweeping motion with strong follow through to the receiver
×	8	Post Pass	Chase your pass for 2 steps	Support line - anticipate the tackle over gainline	
AC	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
m		Pass	Punch elbows through to target		
느		Post Pass	Chase your pass for 2 steps	Support line - anticipate the tackle over gainline	
НА	JCK	Approach	Arrive at the ball in a low re- laxed position	Organise blockers	
	BOX NCK	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 POINT1	COACHING POINT 2	COACHING POINT 3
	A.Y.	Handhold	Comfortable & consistent	Bottom hand back 3rd/top hand front 3rd	Ball at 11, nose tilted down slightly
	4		Over kicking leg	Hip to mid thigh height	Placed on shelf
G	SENERAL P	Ball Strike	Foot inverted slightly & plantar flexed	Balance arm	Tall relaxed upper body
Z	8	Follow Through	Body through to target	Head forward	
KICK	AY-DROP	Handhold	Comfortable & consistent	Bottom hand back 3rd/top hand front 3rd	Ball at 11, nose tilted down slightly
	PLA	Ball Drop	Over kicking leg	Hip to mid thigh height	Placed on shelf
	GENERAL	Ball strike	Foot inverted slightly & plantar flexed	Balance arm	Tall relaxed upper body
	8	Follow through	Body through to target	Head forward	



POSITION SPECIFIC SKILLS DASHBOARD

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





