

**MARKING:** The assessor will note skills or abilities that the player demonstrates throughout the day's activities- and will give credit if they are a regular feature of his/her play . Although coaches/assessors will focus on what the players **can do**; obvious weaknesses will be noted for later feedback to the player.

<b>1. MENTAL TOUGHNESS</b>		<b>Comment</b>
a.Work rate	The player keeps going for the period of the activity and keeps focussed even when tiring.	<b>The assessor will not expect or want the player to be reckless, but will note the player's general attitude throughout the day. If an injury happens the player will be expected to seek aid.</b>
b.Courage	The player goes into tackles and/or contact even though a painful knock is likely or results. S/he gets back into the activity quickly.	
c.Tenacity	The player shows a determination to compete (e.g. to get the ball, win the race, beat the opponent).	
d.Confidence	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.	
e.Coach-ability	The player picks up new skills quickly and responds well to advice and tips from the coach.	
f.Leadership (not essential)		
<b>2. PHYSICAL ATTRIBUTES</b>		<b>Comment</b>
a.Strength	The player can match or beat a bigger, heavier opponent in a carrying, pushing or lifting activity.	<b>Players will come in all shapes and sizes and the assessor will take account of the player's physique and give credit for a player who performs 'above his/her weight'.</b>
b.Agility	The player moves quickly from one position to another without losing control of his body weight e.g. when making rapid changes of direction at pace.	
c.Speed	The player is a much faster runner than most in his or her age group.	
d.Power	Compared with most in his or her age group, the player can really "explode" into a jump, tackle , push, kick or throw	
e.Balance	The player can remain steady and in control even when performing rapid movements or being tackled or grabbed by an opponent.	
f.Coordination	The player performs a sequence of movements, e.g. throwing, jumping, juggling, with little thought and minimum effort, with control.	
<b>3. GAME UNDERSTANDING</b>		<b>Comment</b>
a.Spatial Awareness	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.	<b>Many of the activities will be 'non-rugby' games where the player can demonstrate speed of thought and awareness of players and spaces around him/her.</b>
b.Vision	A player with good game vision can accurately track the most influential fast movements of the ball and other players	
c.Decision making	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.	
d.Support	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.	
e.Creativity	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 & defence).	
<b>4. GAME PLAY – handling, running etc.</b>		<b>Comment</b>
<b>4.1 Passing</b>		<b>It is important that the player can 'keep the ball alive'; recognising that rugby is a team game and that passing is the most important skill.</b>
a.Timing	The player times the pass so that the receiver has the best chance of controlling and using the ball, with the least risk of being put under pressure by a defender.	
b.Accuracy	Passes are well directed so that the receiver is under minimum pressure in taking them	
c.Appropriateness	The choice of pass given(e.g. high, in front or to receiver, behind the opponent,, spin etc.) is good enough to beat a defender, break down a defence or put the receiver in a scoring position.	<b>Being alert and ready to take a pass is an important part of the player's 'team skills' and will help to 'keep the ball alive'.</b>
<b>4.2 Receiving</b>		
a.Early take (hands out)	When receiving a pass the player anticipates the action (e.g. by running onto the pass, having his/her hands out early)	
b.Able to take inaccurate pass	The player can control a bad pass e.g. even when it is high or low or too far behind or in front of him.	
c.From kick	The player catches a ball from a kick cleanly and manages to control it even when under pressure from an opponent?	<b>Evading defenders and attacking spaces are key skills in the game and credit will be given where players don't run into opponents and then lose the ball.</b>
<b>4.3Attack</b>		
a.Evasion	The player can quickly dodge and avoid chasing defenders	
b.Change of direction (pre, on, post catch)	The player deliberately changes the direction of his/her line of running before, during, or after receiving a pass in order to deceive defenders.	
c.Change of pace	The player suddenly changes his/her speed when in possession of the ball in order to deceive and outrun defenders.	
d.Passing under pressure	The player successfully passes the ball when the closeness of defenders gives him/her very little time or space in which to do so.	<b>Confidence in contact is important in a game like rugby but can take time to develop.</b>
e.Making ball available	The ball carrier keeps the ball away from a player who has tackled/about to tackle him/her so that it is made available for a supporting player to receive.	
<b>4.4 Defence</b>		<b>'Soccer skills' and the ability to execute a variety of kicks in play can be especially valuable in attack.</b>
a.Tackling	The player stops an opposing ball carrier, forcing him to play or release/pass the ball and stopping him passing (ideally winning possession for his own team).	
b.Contest Possession	The player vigorously competes for possession of the ball when it would otherwise be won by the opposition.	
<b>4.5 Kicking</b>		
a.Technique	The player can perform different of types of kick with control and balance.	
b.Accuracy	The player can kick the ball (ideally off either foot) to the intended target area	
c.Tactical	The choice of kick made by the player is ideal for putting pressure on the opposition, relieving the pressure on own team, or helping own team in attack.	

