



COACHING RESOURCES

CORE COMPETANCIES

Under 10 Core Competency	
General Principles	Learning to train the basic technical skills under pressure. Skill, drill, game awareness and development. Go Forward, Support
Core Skill Development	Catch Pass Left & Right (L& R) Tracking to Tackle progression Shoulder contact Attack Breakdown Technique Attack – basic understanding depth, support Defensive line – basic understanding - spacing & line speed Game development
Individual / Unit Skill Development	Scrum Body Shape Lineout Overhead catch Throw Kicking

TAYLOR BRIDGE
BULL SHARKS