



COACHING RESOURCES

CORE COMPETANCIES

Under 15 Core Competency	
General Principles	Core skills performed with a low degree of pressure Increased tactical decision making
Core Skill Development	Catch Pass Left & Right (L&R) Basic decision making activities Evasion, footwork, speed, change direction Tackle progression (shoulder contact + leg drive) Intro to 2nd man into tackle Attack & defence breakdown Ball Carry Footwork & leg drive Effectiveness
Individual / Unit Skill Development	Scrum body shape and binding 3 x 3 Lineout Technical Jump, throw, lift Scrum technical Overhead catch Kicking Goal kicking Clearing pass
Physical Development	Functional body weight activities ie. push ups, free squat, sit ups Core strength development