



COACHING RESOURCES

CORE COMPETANCIES

Under 16 Core Competency	
General Principles	Technical and tactical understanding of game Playing and decision making under pressure
Core Skill Development	Catch Pass Left & Right (L&R) Decision making activities Tackle – dominance 2 nd man roles Attack & defence breakdown understanding Ball Carry – footwork & leg drive Offload ability
Individual / Unit Skill Development	Lineout technical Speed, stability, accuracy in jump lift throw Scrum technical Body shape, binding, tactical understanding Jackal turnover Overhead catch Kicking
Physical Development	Structured strength training programs Game based conditioning Core strength development

