



COACHING RESOURCES

CORE COMPETANCIES

Under 7 Core Competency	
General Principles	FUN – Games Based Fundamental skills of Running, Jumping, Catching, Passing, Evasion & Tag
Core Skill Development	Running Forward towards the tryline Evasion & Swerving Catching the ball (stationary & moving) Passing the ball (stationary & moving) Jumping for the ball Two handed tag – targeting hips Spatial awareness – maintain width in attack Spatial awareness – creating a defensive line Game development
Game Awareness	Understanding the principles of the game Go Forward, Support Introduction of the laws Fun games developing spatial awareness & team work

TAYLOR BRIDGE
BULL SHARKS