



COACHING RESOURCES

CORE COMPETANCIES

Under 8 Core Competency	
General Principles	FUN – drills & games Fundamental skills of Running, Catching, Passing, Track/Tackle, basic understanding of contact elements
Core Skill Development	Evasion & Swerving Change direction Catch & Pass Left & Right Understanding of tracking to tackle Basic tackle progression Basic breakdown understanding Scrum & Lineout elements Spacial awareness – maintain width in attack Spacial 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 spacial awareness & team work

TAYLOR BRIDGE
BULL SHARKS