



COACHING RESOURCES

CORE COMPETANCIES

Under 9 Core Competency	
General Principles	FUN – drills & games Fundamental skills of Running, Catching, Passing, Track/Tackle, Basic understanding of contact elements
Core Skill Development	Catch & Pass Left & Right Tracking to tackle Tackle progression Basic breakdown understanding Scrum & Lineout elements Individual skills – throw, kick Attack – basic understanding depth, support Defensive line – basic understanding - spacing & line speed Game development
Game Awareness	Understanding the principles of the game Go Forward, Support Understanding of the laws Fun games developing spacial awareness & team work

TAYLOR BRIDGE
BULL SHARKS