



COACHING RESOURCES

CORE COMPETANCIES

Under 17 Core Competency	
General Principles	Technical and tactical understanding of game Playing and decision making under pressure Individual refinement of strengths & weaknesses
Core Skill Development	Catch Pass Left & Right (L&R) Decision making pressured Tackle – dominance 2nd Man Roles Understanding ruck roles Attack & Defence Breakdown Effectiveness 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 for individuals Game based conditioning Core strength development