COACHING RESOURCES

CORE COMPETANCIES

Under 6 Core Competency	
General Principles	FUN – Games Based Fundamental skills of Running, Jumping, Catching, Passing, Evasion & Tag
Core Skill Development	Running with a ball in two hands Running Forward towards the tryline Understanding to place the ball over the try line Evasion & Swerving Catching the ball (stationary) Passing the ball (stationary & moving) Jumping for the ball Two handed tag – targeting hips Game development
Game Awareness	Understanding the principles of the game Go Forward, Support Introduction of the laws Fun games developing spacial awareness & team work