

Player Development

(Athlete Characteristics & needs)



- **OBJECTIVE :**

To develop the Individual and Team performance to a higher level

- **How:**

Club Plan – ??????

Coaching Plan – (LTCD)

Player/Athlete Plan – (LTAD)

Team Profile – Who have we got (SWOT)

Key Functional Roles – Set/Phase pieces

Key Factor Analysis – Run/Pass/catch etc

Agreed philosophy/vision

- Need to have playing and coaching philosophy and vision
- To be selected as the club of choice
- How do we make it easy for people to choose us as their club.
- i.e. Historical family, transient, floater.

LTAD

- FUNdamentals: U6/7/8 - *Beginning*
- Learn to Train: U9/10 - *Learning*
- Training to Train: (1): U11/12/13 - *Playing*
- Training to Train: (2): U13/14/15
- Training to Compete: U16/17/18
- Training to Win: U18+
- Active for Life: Any stage in life

FUNdamentals - 6/7/8 *Beginning*

- Run, Jump, Throw
- KGBs
 - Kinesthetics
 - Gliding
 - Buoyancy
 - Striking

Body weight exercises: press ups, dips, squats etc

Key is to keep it FUN!

Introduction to some ancillary capacities: Warm up/Cool down, healthy eating

Learn to Train - 9/10 *Learning*

- Bounding, hopping, jumping
- Side stepping whilst running (agility/speed)
- Wheelbarrows for core/upper body strength
- Sports specific: 3 sessions/week
- Other sports 3 x per week
- 70:30 Train:Competition ratio
- Continue to develop understanding & implementation of ancillary capacities
- Start of growth spurts for some players

Training 2 Train 1-11/12/13 *Playing* Training 2 Train 2-13/14/15

- **MAJOR FITNESS DEVELOPMENT STAGE**
- Introduction to resistance exercise in typical gym setting. Free weights with emphasis on strict technique
- Peak Height Velocity (PHV) generally occurs in this stage for most players
 - Girls ~12. Average PHV rate 8cm/year
 - Boys ~14. Average PHV rate 10cm/year

Training to Compete - 16/17/18

- "OPTIMISE THE ENGINE"
- Position specific strength & conditioning programmes
- Multi-layered, complex periodisation with a view to having 2 competition periods
- Individually tailor applicable ancillary capacities i.e. individual nutritional programme

Training to Win – 18+

- Physical capacity is in upper “genetic” echelon with tweaking of physical components now emphasis of training
- Individual fitness programmes periodised with preventative breaks to prevent player burnout
- Capable of training with high intensities & high volume
- 25:75 Training:Competition ratio

Active for Life

- Movement from competitive sport to recreation & leisure activities
- Better opportunity to be active for life if physical literacy is achieved before T2T
- Continued involvement in competitive sport in various capacities i.e. coach, admin etc

Define Terms

Functional Role Analysis

A technique that enables the coach to judge if a player has identified the best role in the situation.

Key Factor Analysis

A sequential checklist of important individual actions within a skill performance.

A method of analysing a skill by breaking it down into key parts.

INTRODUCTION

Individual skills are the fundamentals of rugby performance. Key skill areas have been identified. The coach must understand and apply the “Key Factors” of Individual Skills to effectively improve player performance.

RUNNING

Running in possession of the ball
The fend
Running in support of the ball-carrier
Running in defence

HANDLING

Basic pass
Receiving a pass
Catching the kicked ball
Picking up the ball on the ground
Spiral pass
Clearing pass
Dive pass
Lob pass
Pass through tackle
Falling to ground to pick up ball

TACKLING

Side-on tackle
Falling in the tackle
Front-on tackle
Tackle from behind
Smother tackle

CONTACT

Taking ball into contact

KICKING

Punt kick
Drop-kick
Grubber kick
The Up and Under
Chip kick
Drop punt
Place kick

Key Functional Roles & Key factor Analysis

- Running:
 - In possession of the ball
 - To fend/push off
 - Running in support of ball carrier
 - Running in Defence

Individual Skills – Key Factor Analysis

RUNNING (1): Running in possession of the ball

OBJECTIVE: To evade opponents while running without becoming isolated.

KEY FACTORS

- Ball in two hands.
- Run towards defender.
- Change direction of movement and/or pace.
- Position ball away from defender.
- Accelerate into the space.



Key Factor Analysis

RUNNING (2): The fend/push-off

OBJECTIVE: To create space whilst running by pushing off a defender.

KEY FACTORS

- Prepare to sidestep or swerve around an opposing player.
- Transfer the ball to the arm furthest from the tackler.
- While sidestepping or swerving away from the tackler, allow the tackler to come within arm's length, before using an open hand to push to tackler away.



Individual Skills – Key Factor Analysis

RUNNING (3): Running in support of the ball-carrier.

OBJECTIVE: Utilise space: provide continuity options for ball-carrier.

KEY FACTORS

- Anticipate point of attack.
- Stay inside the ball initially.
- Maintain depth.
- Communicate your position/options.



Individual Skills – Key Factor Analysis

RUNNING (4): Running in defence

OBJECTIVE: To be in a position to apply pressure, reduce options, make the tackle and regain possession.

KEY FACTORS

- Anticipate where opposition attack is developing. Communicate to teammates.
- Position on the inside shoulder of the ball-carrier.
- Tackle ball-carrier if possible.
- Regain possession by contesting tackled ball.
- When the ball-carrier decides to pass, support other defenders.

