

# THE ULTIMATE RUGBY COACHING CLINICS



# RUGBY COACHING PERSONAL PROFILE

Name: ..... Date: .....

I have outlined below the areas of your game in which you are performing well and also noted some areas where you will improve with more practice.

INDIVIDUAL SKILLS							
	EXCELLENT	GOOD	WILL IMPROVE WITH PRACTICE		EXCELLENT	GOOD	WILL IMPROVE WITH PRACTICE
<b>CATCHING &amp; PASSING</b>				<b>RUNNING IN POSSESSION</b>			
<input type="checkbox"/> Receives ball competently				<input type="checkbox"/> Runs with ball in two hands			
<input type="checkbox"/> Passes ball laterally & competently				<input type="checkbox"/> Displays confidence against defender			
<input type="checkbox"/> Draws an opponent before passing				<input type="checkbox"/> Dummy pass to beat defender			
<input type="checkbox"/> Passes ball then backs up				<input type="checkbox"/> Side step to beat defender			
<b>TACKLING</b>				<b>TACKLE SUPPORT</b>			
<input type="checkbox"/> Moves to ball carrier in upright position and with hands up				<input type="checkbox"/> Uses feet if ruck formed (ball on ground)			
<input type="checkbox"/> Eyes on hips with head up				<input type="checkbox"/> Lower centre of gravity & stay on feet			
<input type="checkbox"/> Lead leg close and head to side of ball carrier				<input type="checkbox"/> Position to side of tackled players			
<input type="checkbox"/> Leg drive and shoulder contact				<input type="checkbox"/> Reduce speed and shorten strides			
<input type="checkbox"/> Wrap arms around hips, cheek to thigh and squeeze				<input type="checkbox"/> Arrive "through the gate" and target ball			
<input type="checkbox"/> Finish on top of ball carrier and quickly regain feet				<input type="checkbox"/> Chin up, looking forward to prevent collapse			
				<input type="checkbox"/> Supports ball carrier in maul			
<b>KICKING</b>							
<input type="checkbox"/> Drop punt and torpedo kick				<input type="checkbox"/> Grubber kick			
<input type="checkbox"/> Place kick				<input type="checkbox"/> Chip and re-gather			

General comments: .....

.....

.....

.....

.....

Coach's name: ..... Coach's signature: .....