

Cheshire Player Attribute Guide



Cheshire RFU



Introduction

County Assessment Positional & Generic Criteria guide

This guide provides the criteria for the selection and progression of representative teams, from Under 16 to Under 20

Developing Potential

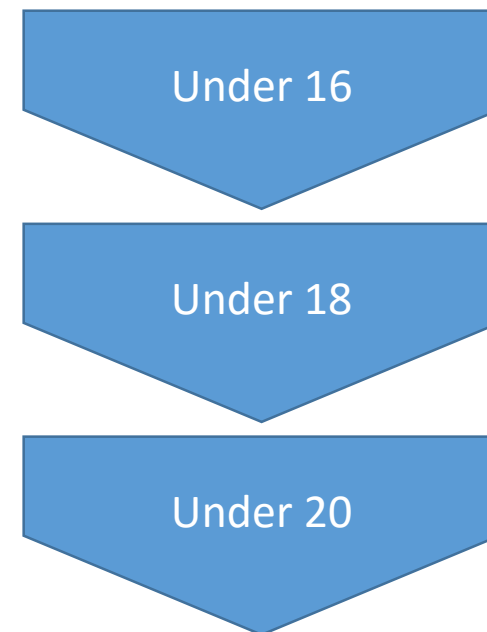
Focus on “PERFORMING” with style of play, utilisation of existing skills development of new skills, creativity and the willingness to take risks at the forefront of the programme. Development based selection.

Developing a Competitive Edge

Focus on “COMPETING” with player and team profiling, developing a game plan, unit play strategies and tactics at the forefront of the programme. Understanding how to compete. Learning how to win. Performance based selection.

Outcome

Focus on “OUTCOME” with specific performance profiling, game analysis, opposition analysis, functional and leadership roles at the forefront of the programme. Utilising & combining creativity, adventure and flair with pragmatism and tenacity. Understanding how to win. Winning based selection.





This guide should be used for County representative programmes @ Under 16, U18 and U20

It is anticipated that those involved would be fully aware of the criteria they will be assessed against. The guide comes in 2 parts:

1. Generic criteria

All players should be familiar with the generic criteria, generic criteria is broken down by; Physical, Mental, Technical/Skill, Game Awareness and Personal.

2. Position Specific Criteria

Each Player should be familiar with the criteria for their position.



Physical Criteria

Must be able to	Explanation
<ul style="list-style-type: none">• Cope with physical demands of the game• Maintain effective work rate	<ul style="list-style-type: none">• The player can match or beat a bigger, heavier opponent in and out of contact• The player moves quickly from one position to another without losing control of body weight e.g. when making rapid changes of direction at pace• The player is a much faster runner than most in the age group• Compared with most in the age group, the player can really “explode” into a jump, tackle , push, kick or throw• The player can remain steady and in control even when performing rapid movements or being tackled or grabbed by an opponent• The player has, or is near a level of fitness (aerobic/anaerobic, strength, flexibility, speed) & core stability to be able to compete & perform at the appropriate level



Mental Criteria

Must be able to	Explanation
<ul style="list-style-type: none">• Maintain focus• Be mentally tough (tenacious)	<ul style="list-style-type: none">• The player keeps going and keeps focussed even when tiring• The player goes into tackles and/or contact even though a painful knock is likely or results, then gets back into the game quickly• The player shows a determination to compete (e.g. to get the ball, win the race, beat the opponent)• The player “has a go” even perhaps after being unsuccessful the first time and is willing to experiment and “have a go” with more difficult skills



Technical/Skill Criteria

Must be able to	Explanation
<ul style="list-style-type: none">• Execute core and position specific skills under pressure• Maintain safe and effective technique appropriate to position	<ul style="list-style-type: none">• The player is able to consistently perform a sequence of movements, with little thought and minimum effort, with control e.g.<ul style="list-style-type: none">- throwing- jump & catch- catch & pass- catch & kick- tackle and contest• The player can maintain effective technique throughout regardless of opponent/conditions• The player is able to make adjustments to technique when required



Game Awareness Criteria

Must be able to	Explanation
<ul style="list-style-type: none">• Understand and demonstrate their role/s throughout the game• Make effective decisions	<ul style="list-style-type: none">• The player can follow the movement of the ball while making sense of the movement of other players, both attackers and defenders, on the field• A player with good game vision can accurately track the most influential fast movements of the ball and other players• A player is a good decision maker in the game when, with little time and space s/he can produce an action that increases the chance of success• Players show good support when their actions help the ball-player in attack, or help their team to defend when the opposition has the ball• A player shows creativity when s/he chooses an unexpected/less likely course of action that changes the balance of advantage for their team (attack & defence)• The player is able to improvise & adapt to changing situation• The player applies principles of play to attack & defence• The player understands & fulfils the role in attack & defence



Personal Criteria

Must be able to	Explanation
<ul style="list-style-type: none">• Exhibit discipline• Be committed to improve (coachability)	<ul style="list-style-type: none">• The player picks up new skills quickly and responds well to advice and tips from the coach• The players is able to analyse quality of performance (own and others)• The player accepts their role within the team/unit/sub unit• The player seeks opportunities to improve• The player is able to lead & motivate, through communication or action• The player demonstrates determination and resilience



Key Positional Attributes

Full Back

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Hits the line with pace and threat• Works with back 3 unit in attack and defence• Deals effectively with kicks
<ul style="list-style-type: none">• Technical	<ul style="list-style-type: none">• Effectively deals with an opponent's kick• Times the pass accurately for the receiver• Must kick off EITHER foot with accuracy and length, both as an attacking option and to relieve pressure• Goal kicking and restarts a plus
<ul style="list-style-type: none">• Decision Making	<ul style="list-style-type: none">• Maximises own team's attacking threat & minimises opponent's attacking threat• Make effective decisions
<ul style="list-style-type: none">• Positional & Game Awareness	<ul style="list-style-type: none">• Use panoramic vision of game—especially from phase ball: anticipate—scan—act —communicate• Understand and demonstrate their role/s throughout the game• The player is able to improvise & adapt to changing situation• Ability to read the game and cover defensive options
<ul style="list-style-type: none">• Attack	<ul style="list-style-type: none">• Effective 'strike runner' with pace and timing into the line or as a support/decoy runner• Key attacking player from set and broken play---be confident and adventurous• Positional awareness—good understanding from ALL field positions—work in tandem with wings on attack and defence• Timing into backline with power and speed—able to step off either foot at pace• Run into backline with timing and good lines to create space for wings and others• Understand and execute continually, the requirements of counter attack
<ul style="list-style-type: none">• Defence	<ul style="list-style-type: none">• MUST be strong, effective tackler—all types of tackle• Able to shadow and manipulate ball carrier
<ul style="list-style-type: none">• Communication	<ul style="list-style-type: none">• Must organise the defence, most especially the back 3• Accurate and continual• Positive talk and option calling skills especially off phase ball



Key Positional Attributes

Wing	
• General	<ul style="list-style-type: none">• Ability to beat a player 1:1• Works hard to support/cover back 3 unit• Deal with opponents kick and cross field kick from own team
• Attack	<ul style="list-style-type: none">• Ability to beat opponents off EITHER foot and stay up in tackle when required• Support Fullback and others as counter attack and defence “team”• Must have finishing ability—determination and courage• Awareness of blindside options and entry from blindside as an attacking or decoy option• SWERVE and or SIDE STEP
• Defence	<ul style="list-style-type: none">• Chase and pressure opposition whenever possible• Accurate hard defender—working also in tandem with others in back 3• Understand and execute tackle options e.g. Spot, Cover, Smother etc
• Kicking	<ul style="list-style-type: none">• Kick effectively especially with stronger “foot” as an option to relieve pressure• CHIP/GRUBBER and RETRIEVE SKILLS



Key Positional Attributes

Inside Centre

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Distributes accurately off either hand• Ability to make line breaks• Kicks well out of hand
<ul style="list-style-type: none">• Awareness & Decision Making	<ul style="list-style-type: none">• Ability to “read” game and make effective decisions• The player is able to improvise & adapt to changing situation• Key decision maker and communicator, especially on defence and when on attack from broken play
<ul style="list-style-type: none">• Tackling	<ul style="list-style-type: none">• Aggressive & competent tackler• Creates turnover opportunities
<ul style="list-style-type: none">• Technical Skills	<ul style="list-style-type: none">• Times an accurate pass for the receiver• Alternative kicking option to Fly-Half• Chip/grubber/nudge kick for self or others• Ability to Stay up/remain on feet in the tackle• Ability with range of kick options to get ball in behind opposition (grubber, chip, wipers, long)• Punting option for clearance (preferably alternate foot from 10 or 13)• 2 handed ball carriage, for continuity and distribution
<ul style="list-style-type: none">• Attack – Inside Centre	<ul style="list-style-type: none">• Ability to commit defence with good lines, 2 handed ball carriage and accurate timely passes under pressure to create “space” for support players• Times an accurate pass for the receiver• Creative running and handling ability• Ability to change pace



Key Positional Attributes

Outside Centre

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Can distribute well off either hand with a range of passes• Ability to make line breaks• Exploits overlaps
<ul style="list-style-type: none">• Awareness & Decision Making	<ul style="list-style-type: none">• Ability to “read” game and make effective decisions• The player is able to improvise & adapt to changing situation• Key decision maker and communicator, especially on defence and when on attack from broken play
<ul style="list-style-type: none">• Tackling	<ul style="list-style-type: none">• Aggressive & competent tackler• Creates turnover opportunities
<ul style="list-style-type: none">• Technical Skills	<ul style="list-style-type: none">• Times an accurate pass for the receiver• Chip/grubber/nudge kick for self or others• Ability to Stay up/remain on feet in the tackle• Ability with range of kick options to get ball in behind opposition (grubber, chip, wipers, long)• Punting option for clearance (preferably alternate foot from 10 or 12)• 2 handed ball carriage, for continuity and distribution
<ul style="list-style-type: none">• Attack – Outside Centre	<ul style="list-style-type: none">• Key support player at tackle—following kicks and cover defence• Ability to commit defence with running lines, and utilises support players, inside and out• Good alignment and cohesion with inside player on all facets of attack and defence• Straight runner to keep attack alignment• Take outside gap and release support players



Key Positional Attributes

Fly Half

• General	<ul style="list-style-type: none">• Can distribute the ball off either hand with a range of pass length• Kick accurately out of hand
• Tackling	<ul style="list-style-type: none">• Aggressive & competent tackler• Creates turnover opportunities
• Attacking	<ul style="list-style-type: none">• Vary position and point of attack especially from phase play• Always back up and create a threat to opposition defence thinking• Be a threat with or without ball, especially the close defence at phases• Ability to run the ball to apply pressure on defensive thinking• Explosive, elusive runner when on the run• Confident director of play• Ability and speed to threaten blindside defence• PASS with QUICK ACCURATE 'HANDS' off either hand and under pressure• Option calling with very good physical and verbal link. Decisive, calm and accurate
• Defense	<ul style="list-style-type: none">• Committed on defence—accurate and effective tackler• Communicate and organise defence with outside backs• Organise/control close in defence• Don't show pre determination of move with body language
• Kicking	<ul style="list-style-type: none">• Kick accurately and effectively off EITHER foot, for tactics and especially for field position• Requires kicking skills for restarts, goal kicking



Key Positional Attributes

Scrum Half

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Quick and accurate pass off either hand, left particularly• Accurate Box kick• Organise and 'boss' forwards around the breakdown
<ul style="list-style-type: none">• Attacking	<ul style="list-style-type: none">• Quick and accurate pass of either hand (most especially the left)• Explosive runner from base and phase (speed and strength)• Vision and ability to use "blindside"• Strong link skills between backs and forwards. Speed to breakdowns. Instinctive• Strong/quick/decisive breaks from set and phase play• Organisational and talking skills, understanding of options, moves, and when to use them
<ul style="list-style-type: none">• Defense	<ul style="list-style-type: none">• Strong and aggressive tackler• Communicate and organise defensive screens with loose forwards and others (eg 10 and Blindside wing)• Organisational and talking skills, understanding threats
<ul style="list-style-type: none">• Kicking	<ul style="list-style-type: none">• Precise up touch and box kick off either foot• Accurate kicker off either foot to relieve pressure and create attack options (Up touch and Box)



Key Positional Attributes

Prop	
<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Safe, powerful and legal scrummage position• Safe and powerful lineout lift• Tackles powerfully around the fringes
<ul style="list-style-type: none">• Line-out	<ul style="list-style-type: none">• Safe, effective and powerful support player (lifter)• Understand other roles and requirements at lineout e.g. sweeping, reactive to deflections and support play• Applies pressure on opponent's line-out
<ul style="list-style-type: none">• Scrum	<ul style="list-style-type: none">• Scrum power, accurate and consistent—know how to “Work” and manipulate the scrum• Strength and Physical presence, especially upper body for lift support and scrum• Be able and understand how to manipulate scrum—our ball and theirs• Ability to play either side of the scrum
<ul style="list-style-type: none">• Attack	<ul style="list-style-type: none">• Strong driver/puller/dragger at maul
<ul style="list-style-type: none">• Defense	<ul style="list-style-type: none">• Understand role of “Post”, 1st and 2nd defender at static “Rucks”• Repositions self appropriately in defensive situations• Support Jumpers at kick off



Key Positional Attributes

Hooker	
• General	<ul style="list-style-type: none">• Accurate throw front, middle and back• Win scrummage ball
• Line-out	<ul style="list-style-type: none">• Excellent and consistent throw over a variety of distances under pressure• Strong driving and close quarter handling to be a dynamic ball carrying option
• Scrum	<ul style="list-style-type: none">• Attacking Scrummager with a clean strike of ball
• Attack	<ul style="list-style-type: none">• Demonstrates a range of passing/offloading skills• Effective ball carrier• Effective contribution in open play (support runner)• Good over ball at tackle–2nd open side flanker
• Defense	<ul style="list-style-type: none">• Can defend the short side & midfield



Key Positional Attributes

2nd Row

• General	<ul style="list-style-type: none">• Dominates airspace around the ball at lineout and restart• Attacks and disrupts opponent's lineout ball and restart• Active and powerful Scrummager
• Line-out	<ul style="list-style-type: none">• Aerial skills at lineout and restarts (Receipts and Chase)• Key ball winner at lineout, in 2 or 3 positions• Threat to opposition ball at lineout (Take their ball)• Variety of jumps in all positions
• Scrum	<ul style="list-style-type: none">• Scrum power, accurate and consistent—know how to “Work” and manipulate the scrum (Pride in scrum's performance)
• Attack	<ul style="list-style-type: none">• Mobility to support phase ball—be an effective 2nd wave attacker/decoy• Apply pressure with ball in hand• Command your area—be a threat with ball in hand• Strong driver/puller/dragger at breakdown—know when to join/stand out
• Defense	<ul style="list-style-type: none">• Understand Defensive requirements at Scrum and Lineout• Make BONUS tackles• At breakdown know when to join/stand out
• Physicality	<ul style="list-style-type: none">• Maximise physical attributes



Key Positional Attributes

Open-Side Flanker

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Excellent tackle area skills• Running and handling skills
<ul style="list-style-type: none">• Attack & Support	<ul style="list-style-type: none">• Support for ball carrier in all parts of field• Speed and lines to breakdowns (Shortest route to ball)• Retain and enhance CONTINUITY of attack• Secure ball on ground and present it
<ul style="list-style-type: none">• Defense	<ul style="list-style-type: none">• Attack the ball AND the Ball carrier to effect a turnover/slow the attack down• Secure ball on ground and present it• Turn defence into attack through accurate field position, aggressive tackling and securing of ball—Back to feet—pick• Unison with 6,8,9 in “D” at scrum
<ul style="list-style-type: none">• Set Piece	<ul style="list-style-type: none">• Provide strong support for prop at scrum• COMMAND tail of line out. Sharp and quick to re-act
<ul style="list-style-type: none">• Specialist Attributes	<ul style="list-style-type: none">• Intuitive more than re-active and a “hunter”—narrow and wide• High aerobic capacity



Key Positional Attributes

Blind-Side Flanker

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Strong ball carrier• Robust defender• Good off load skills
<ul style="list-style-type: none">• Attack & Support	<ul style="list-style-type: none">• Pace, power and strength to provide impetus at breakdowns• Create and assist continuity of attacks• Support tight forwards in securing and recycling ball• Look to support ball carrier especially as option in 2nd wave from line-out—scrum
<ul style="list-style-type: none">• Defense	<ul style="list-style-type: none">• Strong aggressive tackler, create fear factor, close down the short side• Attack the ball-except when holding from scrum(on b/side)• Strong and accurate defence of blindside (look into scrum)• Work in unison with other defenders at scrum and lineout e.g. 9,8,7 and b/side wing
<ul style="list-style-type: none">• Set Piece	<ul style="list-style-type: none">• Lineout option whether as jumper, lifter or driver• Powerful assistance to prop at scrum• Look into scrum to keep sight of ball to time release to attack/support ball• Used as extra lineout option• Secure mid field area at short kick off receipts and restarts, 22m and 50m



Key Positional Attributes

No 8

<ul style="list-style-type: none">• General	<ul style="list-style-type: none">• Strong ball carrier, real attacking threat• Impact defender• Provides a lineout option
<ul style="list-style-type: none">• Attack	<ul style="list-style-type: none">• Excellent ball control/pick up and distribution/passing• Makes positive contribution to the scrum• Flexible, agile with explosive speed• Ability to breach gain line from scrum and other phases and also go wide to support ball• Critical link at scrum. Passing skills accurate and long off either hand• Understanding of moves/options/plans• Key player and communication link• Key support at breakdown—support to 7 at breakdown from set play• Work with loose forwards/9 and others to create continuity• Attacking option at kick off receipts• Line out option and effective lifter/jumper/driver
<ul style="list-style-type: none">• Defense	<ul style="list-style-type: none">• Defensive involvement/organisation and understanding• Key in defensive work particularly at scrum, with loose forwards, 9 and b/side wing• Strong, aggressive, driving close quarter tackler—instils fear round the fringes• Assess opposition attack options at set play and communicate