

Individual Skills - Key Factors Chart

PASSING		KICKING		TACKLING	
Spiral Pass	<ol style="list-style-type: none"> 1. Hand position on ball 2. Fingers spread across seam 3. Hears then sights target 4. Arms flexed, wrists and fingers assist 5. Spin, CHEST TO TRYLINE, Pass through ball (not across) 	Spiral Kick	<ol style="list-style-type: none"> 1. Hand position on ball 2. Prop-flexing non-kicking leg 3. Drop/place ball pointing down & angled at 30° onto kicking foot 4. Body weight forward-head over ball 5. Point toes, lock ankle & Knee on impact - follow through 	Front Tackle	<p>For front on contact low to high under rib-cage</p> <ol style="list-style-type: none"> 1. Approach, lowering body position 2. Focus on Torso area, arms in ready position 3. Contact with shoulder, head up and to the side (See What You Hit) 4. Wrap arms tightly around legs 5. Tackle to ground landing on top
Orthodox Pass	<ol style="list-style-type: none"> 1. Hand position on ball 2. Fingers spread down the seam, arms flexed 3. Hears then sights the target 4. Passes in one movement, CHEST TO TRYLINE, Pass through ball (not across) 5. Accuracy-chest height and in front 	Chip kick	<ol style="list-style-type: none"> 1. Hand position on ball 2. Prop-flexing non-kicking leg 3. Control using hands to angle ball back 4. Foot contact with ball on bottom near side 5. Point toes lifting up on contact - Head down to judge weight of kick 	Side Tackle	<ol style="list-style-type: none"> 1. Side on - contact mid thigh 2. Approach, lowering body position 3. Focus on target area, arms in ready position 4. Contact with shoulder, head up and to the side 5. Wrap arms tightly around legs 6. Tackle to ground landing on top
Pop Pass	<ol style="list-style-type: none"> 1. Hand position on ball 2. Fingers spread down the seam, arms flexed 3. Listen for call/timing 4. Passes on one movement, CHEST TO TRYLINE, Pass through ball (not across) 5. Accuracy-chest height and in front 	Grubber Kick	<ol style="list-style-type: none"> 1. Hand position on ball Prop-flexing non-kicking leg 2. Prop-flexing non-kicking leg 3. Control using hands to angle ball back 4. Foot contact with ball on top near side 5. Point toes down on contact & follow through 	Rear Tackle	<p>From behind - contact under buttocks</p> <ol style="list-style-type: none"> 1. Approach lowering body position 2. Focus on waistline, arms in the ready position, leg drive 3. Contact with shoulder under buttocks, head up and to the side 4. Wrap arms tightly around legs 5. Tackle to ground landing on top
Receiving Pass	<ol style="list-style-type: none"> 1. Early Communication 2. Depth/Width on Pass 3. Fingers spread, thumbs up 4. Hands meet/greet ball early, CHEST TO TRYLINE 5. Able to pass in one movement through the ball 	Catching High Ball	<ol style="list-style-type: none"> 1. Early call and move under ball 2. Keep eyes on ball at all times 3. Make initial hand contact with ball above eye level 4. Stay balanced and side on anticipating contact (High Lead Knee) 5. Bring ball into body keeping elbows close to sides 		

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CONTACT/SUPPORT				EVASIVE RUNNING	
Blast	<ol style="list-style-type: none"> 1. Chin out, eyes open, focus contact area 2. Hold ball in two hands on chest for contact 3. Shorten stride, high knee power step, lead foot 4. planted beyond defender 5. Focus hitting contact area 6. Passes accurately to support player 	Support	<ol style="list-style-type: none"> 1. Communication 2. Running lines 3. Angle of run 4. Timing of run 5. Maintain appropriate depth 	Side Step	<ol style="list-style-type: none"> 1. Ball in two hands 2. Step to inside/outside shoulder of defender 3. Commit defender 4. Prop on inside leg - change direction 5. Accelerate away
Jack up	<ol style="list-style-type: none"> 1. Chin out, eyes open, focus on contact area 2. Hold ball in two hands, body first ball second 3. Shorten stride, lower body position, power step planting lead foot 4. Drive up using hip to make contact, turn 5. planting second foot, wide balanced stance 6. Present ball waist height 	Lifting Ground Ball	<ol style="list-style-type: none"> 1. Move forward to the ball 2. Bend knees, sink at hips presenting hard parts to the opposition 3. Place front foot beyond ball, body side on 4. create a wide base/stance 5. Secure ball with both hands and set up to support side 	Swerve	<ol style="list-style-type: none"> 1. Ball in two hands 2. Arc towards defender to hold 3. Swerve away at the last split second 4. Place inside leg over outside leg 5. Accelerate away
Hit/Spin	<ol style="list-style-type: none"> 1. Chin out, eyes open focus on contact area 2. Hold ball in two hands, body first ball second 3. Shorten stride, lower body position, power step planting lead foot 4. Drive up using hip to make contact, spin and plant 5. Present ball waist height, wide balanced stance 			Fend	<ol style="list-style-type: none"> 1. Run leaning towards defender staying balanced 2. Focus target area - upper chest 3. Extend arm in a strong, sharp forceful movement 4. Use momentum created 5. Accelerate away
Four wheel Drive	<ol style="list-style-type: none"> 1. Make initial contact (Jack up) and turn, holding ball waist height, wide balanced stance 2. Closest support player drives onto ball, 3. shoulder contact first, hands grip shorts at side, elbows in 4. Both players assist forward momentum, player one bobs, player two drives 5. Maintain low body position, drive using short steps 6. Both players balanced and ball secure 			Peripheral Vision	<ol style="list-style-type: none"> 1. Scan opposition 2. Watch what's in front of you, not just ball 3. Get into best position 4. Main vision is on opponent and peripheral vision on ball 5. Execute <p>The difference between a v/good player and outstanding player is, the outstanding player puts themselves in a better position to be effective more often.</p>

