

LANCASHIRE PLAYER NOMINATION: GLOSSARY OF TERMS

1. MENTAL ATTRIBUTES

- Work Rate**
Hunger. Effort. Frequency of involvement. Always in evidence. Looks for work in not coming his/her way during natural course of a game.
- Courage**
Makes personal sacrifices in favour of the team. Puts him/herself in physically exposed position in matches and contact training
- Confidence**
Trusts in his/her skills. Takes risks. Assertive in conversation.
- Ambition**
Wants to be the best player he/she can possibly be. Realistic about his/her potential.

2. PHYSICAL ATTRIBUTES

- Physical Presence**
'Looks' quick, strong, powerful, agile and fit.

3. TECHNICAL SKILLS

- DEFENCE:**
 - Tackling Technique**
Correct technique in executing a range of different tackles. Good footwork. Equally secure tackling off either shoulder or hand. Picks the right tackle for the situation. Picks the right player to tackle. Doesn't get injured. Doesn't miss. Gets hands on the ball when opposition player is tackled. Prevents opposition creating rucks. Makes turnovers. Makes interceptions. Secures loose ball.
- HANDLING:**
 - Passing Technique**
Puts the ball into the space where the support runner needs to go. Passes equally well off either hand. Support runner doesn't have to check stride or over-reach. Choose the right pass for the situation. Knows when not to pass. Doesn't give 'hospital' passes. Disguises his/her passes. Confuses opponents. Has a wide range of passes. Comes up with new variations. Good hand position to receive passes. Varies pass receipt to facilitate own passing variations. Doesn't drop passes. Collects awkward passes without knocking on.
- Pasing Variations**
- Pass Receipt**

LANCASHIRE PLAYER NOMINATION: GLOSSARY OF TERMS (2)

- CONTACT:

- Controlling Contact Area**
Doesn't spill the ball in contact. Carries in the correct hand going into contact. Makes sure the ball comes back on his/her side quickly. Goes forward on impact. Doesn't get turned over. Shows the ball for support runners to anticipate. Knows when to keep driving to re-cycle and not attempt to off-load. Controls ball and keeps it clear of tacklers to get off-load away before, during and after contact. Aware of where support is. Gets to ball carrier and secures ball that might otherwise be turned over. Reacts quickly to breakdowns. Clears out opposition players at rucks. Stays on his/her feet. Shows good technique and body position.
- Ball Presentation**
- Off-loading**
- Secures Possession**
- Clears Out (Ruck)**

- RUNNING:

- Evasion (Ball Carrier)**
Beats opponents with a variety of footwork: steps, spin, swerves, jinks, change of pace. Confuses opponents. Uses team mates as diversions. Changes direction equally comfortably off either foot. Sees space and gets into positions to receive passes. Picks good running lines. Gives ball carrier options. Times runs into the attacking line. Doesn't "force" forward passes.
- Into Space (as receiver)**

4. GAME UNDERSTANDING

- GAME UNDERSTANDING

- Communication**
Communicates clearly and accurately. Says just enough. Strategic. Reads the game well. Relieves pressure.
- Decision Making**
Applauded regularly by team mates. Plays 'head up'. Sees scoring opportunities. Makes ground when he/she breaks. Sees support runners. Aware of defenders. Doesn't waste overlaps. Doesn't get isolated with the ball. Gets in the right place at the right time, in attack and in defence.
- Vision**
Takes responsibility. Leads by example. Stands out when things go wrong. Encourages team mates. Other players respect and respond to him/her. Learns from referees's decisions. Appears 'streetwise'. Able to play to the limit of the law and not get penalised. Nothing specific, but has a 'spark' about him/her
- Support**
- Leadership**
- Knowledge of Laws**
- Creativity**

- POSITION SPECIFIC

- Understanding of position** See Positional Skills Sheet

LANCASHIRE PLAYER NOMINATION: POSITIONAL SKILLS

Prop	<ul style="list-style-type: none"> ▪ Body position in set piece ▪ Contact skills (ruck & maul) ▪ Leg drive in contact ▪ Work rate/mobility ▪ Defence at breakdown ▪ Handling skills 	Hooker	<ul style="list-style-type: none"> ▪ Throws ball straight and accurately ▪ Strikes ball cleanly ▪ Work rate / mobility ▪ Body position in set-piece ▪ Handling skills ▪ Defence 	Lock	<ul style="list-style-type: none"> ▪ Body position in set-piece ▪ Athletic / Jumping ability ▪ Contact skills (ruck & maul) ▪ Leg drive in contact ▪ Defence at breakdown ▪ Handling skills
Flanker	<ul style="list-style-type: none"> ▪ Athletic ability / work rate ▪ Competes for ball at breakdown ▪ Defence ▪ Handling, off-load & link skills ▪ Change of pace ▪ Contact Skills (ruck & maul) 	No 8	<ul style="list-style-type: none"> ▪ Athletic ability / work rate ▪ Defence ▪ Handling, off-load & link skills ▪ Contact skills (ruck & maul) ▪ Leg drive in contact ▪ Leadership 	Scrum Half	<ul style="list-style-type: none"> ▪ Body position in set-piece ▪ Passing off both hands – all situations ▪ Athletic ability, ▪ Work rate / mobility ▪ Change of pace ▪ Defence ▪ Tackle awareness ▪ Communicator ▪ Kicking ability ▪ Tactical awareness
Fly Half	<ul style="list-style-type: none"> ▪ Speed, agility, footwear ▪ Tactical awareness ▪ Running Lines ▪ Kicking ▪ Defence ▪ Passing (range & type) 	Centre	<ul style="list-style-type: none"> ▪ Running lines ▪ Contact skills (ruck & maul) ▪ Defence ▪ Tactical awareness ▪ Speed, agility, footwear ▪ Passing (range and type) 	Wing	<ul style="list-style-type: none"> ▪ Speed, agility, footwear ▪ Tackle / Contact skills ▪ Passing ▪ Kicking ▪ Jumping Skills ▪ Tactical awareness
Full Back	<ul style="list-style-type: none"> ▪ Speed, agility, footwear ▪ Tactical awareness ▪ Running lines ▪ Kicking ▪ Defence ▪ Passing (range & type) 				