

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.
- Ball Presentation**
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.
- Secures Possession**
Reacts quickly to breakdowns. Clears out opposition players at rucks. Stays on his/her feet. Shows good technique and body position.
- 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**
 - Body position in set piece
 - Contact skills (ruck & maul)
 - Leg drive in contact
 - Work rate/mobility
 - Defence at breakdown
 - Handling skills
- Hooker**
 - Throws ball straight and accurately
 - Strikes ball cleanly
 - Work rate / mobility
 - Body position in set-piece
 - Handling skills
 - Defence
- Lock**
 - Body position in set-piece
 - Athletic / Jumping ability
 - Contact skills (ruck & maul)
 - Leg drive in contact
 - Defence at breakdown
 - Handling skills
- Scrum Half**
 - 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
- Centre**
 - Running lines
 - Contact skills (ruck & maul)
 - Defence
 - Tactical awareness
 - Speed, agility, footwear
 - Passing (range and type)
- Full Back**
 - Speed, agility, footwear
 - Tactical awareness
 - Running lines
 - Kicking
 - Defence
 - Passing (range & type)
- Wing**
 - Speed, agility, footwear
 - Tackle / Contact skills
 - Passing
 - Kicking
 - Jumping Skills
 - Tactical awareness

LANCASHIRE'S 'CB SCHOOLS OF RUGBY' - 2007/08

These dates may alter - refer to www.rfu.com/clubs/lancaeshire (at 22nd May 2007)

	UNDER 13s	UNDER 14s	UNDER 15s	UNDER 16s
May Fri	25-May CBSofR Nomination Forms published to Schools, Clubs and County Website			
Aug Fri	10-Aug Last date for receipt of Nominations, with £10 Administration Fee attached			
Sep Sun	02-Sep - Assessment Day			
Sun	09-Sep - Assessment Day			
?	District Assessments			
Mon	24-Sep Schools of Rugby	Schools of Rugby	Schools of Rugby	Schools of Rugby
Sun	30-Sep			16s Trial/Selection
Oct Mon	01-Oct	Dev Sq 5.30-7.00	Dev Sq 7.00-8.30	Dev Sq 7.00-8.30
Mon	08-Oct			
Wed	10-Oct		Manch v E Cheshire	
Wed	10-Oct		Mersey v W	
Wed	10-Oct		Ni Lancs v C Cheshire	
Sun	21-Oct			
Mon	22-Oct	Schools of Rugby	Schools of Rugby	Schools of Rugby
Tues	23-Oct		Manch v TBA	
Tues	23-Oct		Merseyside v TBA	
Tues	23-Oct		N Lancs. v TBA	
Wed	24-Oct	Dev Squad Match		
Sun	28-Oct			v YORKSHIRE(Fest)
Mon	29-Oct	Dev Sq 5.30-7.00	Dev Sq 7.00-8.30	Dev Sq 7.00-8.30
Mon	05-Nov	Dev Sq 5.30-7.00		
Wed	07-Nov		Dev Squad Match	
Sun	11-Nov			v DURHAM (A)
Wed	14-Nov	Dev Squad Match	Dev Squad Match	Dev Squad Match
Mon	19-Nov	Schools of Rugby	Schools of Rugby	Schools of Rugby
Wed	21-Nov		Dev Squad Match	
Sun	25-Nov			v CHESHIRE (Fest)
Mon	26-Nov	Dev Sq 5.30-7.00	Dev Sq 7.00-8.30	Dev Sq 7.00-8.30
Mon	03-Nov	Dev Squad Match		
Wed	12-Dec	Schools of Rugby	Schools of Rugby	Schools of Rugby
Mon	17-Dec	Schools of Rugby	Schools of Rugby	Schools of Rugby
Jan Sun	06-Jan		15s Trial/Selection	to U18 DEV SQUAD
Mon	21-Jan	Schools of Rugby	Schools of Rugby	Schools of Rugby
Mon	28-Jan		Dev Sq 5.30-7.00	
Mon	04-Feb	Dev Sq 5.30-7.00		
Wed	13-Feb		Dev Squad Match	
Mon	18-Feb	Schools of Rugby	Schools of Rugby	Schools of Rugby
Mon	18-Feb		v TBA	
Sun	24-Feb		v TBA	
Mon	25-Feb	Dev Sq 5.30-7.00	Dev Sq 7.00-8.30	
Mon	03-Mar	Dev Sq 5.30-7.00		
Wed	05-Mar		v TBA	
Wed	05-Mar		Dev Squad Match	
Mon	31-Mar	Schools of Rugby	Schools of Rugby	Schools of Rugby
Mon	06-Apr		v TBA	
Sun	07-Apr	Dev Sq 5.30-7.00	Dev Sq 7.00-8.30	Dev Sq 7.00-8.30
Sun	13-Apr		v TBA	
Mon	14-Apr			
Wed	16-Apr	Dev Sq 5.30-7.00		Dev Squad Match
Mon	04-May			NATIONAL TENS
Mon	05-May			NATIONAL TENS