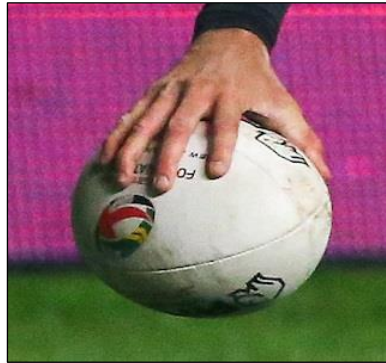


CORE SKILLS CHECKLIST



TWO-HANDED GRIP



ONE-HANDED GRIP

GRIP

KEY POINTS

- Thumbs spread greater than right angle
- Arched palm
- Centre of ball
- Elbows out



TWO-HANDED CARRY



CARRY

KEY POINTS

- Fingers spread
- Centre of body
- Centre of ball
- Elbow high to lock ball in place



ONE-HANDED CARRY



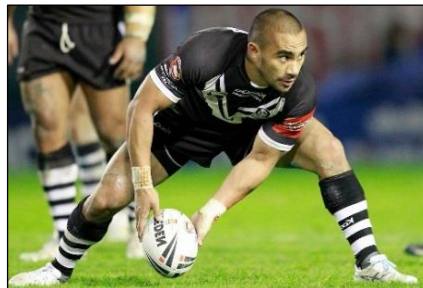
PASS & CATCH



ORTHODOX OR '6 O'CLOCK' PASS



THE CATCH



THE DUMMY-HALF / ACTING HALFBACK PASS

KEY POINTS ORTHODOX PASS

- Fingers spread & tight grip
- Point of ball at '6 o'clock'
- Over the front foot
- Shoulders rotated
- Use wrists on release
- Follow through

CATCH

- Target hands up
- Shoulders rotated
- Eyes on the ball until in possession

DUMMY-HALF PASS

- Approach & scan
- Step to ball
- Assume 'sit' position
- Head & upper body towards target
- Near foot pointing towards receiver
- Pass from ground in one movement
- Follow through (fingers pointed at target)

PLAY THE BALL



KEY POINTS

ELBOWS & KNEES

(Two movements)

- Sweep leg round
- Touch – play the ball

BELLY

(Three movements)

- Snap – knees to chest
- Sweep leg round
- Touch – play the ball

BACK/ SIDE

(Three / four movements)

- Roll to ball
- Snap – knees to chest
- Sweep leg round
- Touch – play the ball

TACKLING



KEY POINTS

FRONT BLOCK (PASSIVE)

- Eyes on target area (thighs)
- Shorten stride
- Boxer's hands
- 'Sit' into tackle
- Head to side
- Chin up, head straight
- Shoulder contact and wrap arms around legs
- User ball carrier's momentum to bring over your shoulder
- Twist body to end up on top of the ball carrier

SIDE

- Eyes on target
- Shoulder contact on thigh
- Use leg drive to effect tackle
- Wrap arms & finish on top



BALL & ALL

- Target ball
- Target under the ball for drive tackle
- Head to side
- Step into the tackle
- Shoulder contact and drive with inside foot & hip
- Head tight to ball carrier
- Follow through (leg lift)

APPROACH

- Arc – position the carrier
- Shorten steps on approach
- Hands & head up

FRONT DRIVE

- Shorten stride
- Same leg & shoulder
- Plant lead foot between b/c's feet
- Use leg drive to move b/c backwards



FINISHING A TACKLE

- Finish on top & dig toes into ground to exert pressure
- Leg man off first & to 2nd marker
- Assist man on ball to unload and get to 1st marker
- Good communication during the process



KICKING

KEY POINTS

PUNT

- Hold ball as for passing
- Look at target then eye on the ball
- Drop ball into the shape of the kicking foot
- Kick through the ball – power and follow through will determine its length & height



GRUBBER

- Hold ball as for passing
- Look at target then eye on the ball
- Lean forward, head over ball
- Late release of ball
- Contact just before ball touches floor
- Point toes
- 'Stab' ball into ground so it rolls end over end



CATCHING A HIGH BALL

- Keep eyes on flight of ball
- Arms up with fingers spread
- Elbows tight
- Allow ball to land in cradle of chest and arms
- Trap ball as high as possible on the chest
- If catching the ball on the ground, rotate shoulders to prevent knock on