

## Performance Profiles GENERAL

Name :  
 Position: :  
 Club :

Each area scored out of 10

			Score
TECHNICAL	Passing	In front, spiral, pop, 50/150%, lob, to the left, to the right, accuracy	
	Running	Balance, side-step, swerve aggressive, angle, depth, penetration fend, transfer of ball	
	Kicking	goal, touch, restarts territory (chip, wipers, grubber)	
TACTICAL	Decisions	zones, options in attack / defence open, blind, miss, loop, switch run, pass, kick	
	Continuity	Support play, positional play innovation, imagination, flare understanding contact situations decision making re-alignment	
PHYSICAL	Fitness	balance, speed, pace, strength, power. Aerobic, anaerobic	
	Commitment	aggression, (controlled) able to handle pressure	
	Discipline	Physical discipline (penalties) verbal discipline positive / negative)	
PSYCHOLOGICAL	Communication	positive, specific, encouragement inspiration, key words (moves, cafts) expresses opinion on play	
	General	Peripheral vision leadership impact on the game	

Comments

## Performance Profile FORWARDS

			Score
RESTARTS	Positioning Reaction to kick Perform function (Lift, jump, sweep, support)		
SCRUMMAGING	Foot position		
	Binding / Grips		
	Pressure / Timing / Synergy		
	Movement: steady / tight / loose		
	Wheel: left / right		
	Position on the field: decision / option		
	Communication: calls / moves / open / blind		
	Channel Ball – Control		
LINEOUT	Reaction Long / Short		
	Position on the field (Zone)		
	Throw: Short, Long, Lob, Low		
	Drive / Tap		
	Support / Jumpers		
	Stance (Body Language)		
	Contest the ball-gaps		
	Protect scrumhalf		
	Tidy-up loose ball		
	Communication		
RUCK MAUL	Running lines to breakdown		
	Decision on arrival: • Ball won or Lost ? • Pick & Go / Pick & Pop / Wipe or Defend		
	Support / Depth		
	Body position		
	Go Forward / Bind each other		
	Ball Control		
	Retain / Regain Possession		
	Communication / timing on the delivery to scrumhalf		
GENERAL	Vision: Ability to read the game		
	Catch / Pass		
	Aggression (Controlled)		
	Commitment: Individual / Team		
	Discipline -Law? Penalties / Mouth?		
	Fitness		
	Continuity: - Innovation, imagination		
	Pressure:– mental and physical		
	Support play		
	Decisions: – follow game plan		
	Tackling: • Defensive / offensive • smother (High) – Low • effective / correct?		
	General impact on Game.		

Comments:

## Performance Profile BACKS

			Score
Attack	Angle / speed Straight/Drift Alignment?		
	Penetration Contact / miss / loop / switch		
	Options: Knowing when to: <ul style="list-style-type: none"> <li>• pass</li> <li>• run</li> <li>• kick</li> </ul>		
	Vision		
	Catching: Some / most / all?.		
	Passing: Accurate under pressure		
	Support after pass? Back-up?		
	2nd Phase Play – realignment		
	Communication: Knowledge of calls, positive? Make it happen		
	DEFENCE	Alignment: Deep / flat	
Contest: <ul style="list-style-type: none"> <li>• Man-on</li> <li>• Drift</li> <li>• One out</li> </ul>			
Tackle: <ul style="list-style-type: none"> <li>• Effective / Correct</li> <li>• Smother / low</li> <li>• defensive / offensive</li> </ul>			
Cover / Support			
Communication: Body language / talk / identify			
PASSING		In front - depth	
	Miss pass - timing   length		
	Pass left / right		
	Spiral / Sympathetic / Lob		
	Feet position		
	Accuracy		
RUNNING	Balance		
	Speed / Pace		
	Side-Step		
	Swerve		
	Aggressive running / commitment		
	Discipline (on side) Transfer ball / fend defender?		
KICKING	Territory – wipers		
	Regain possession chip / grubber		
	Pressure on all kicks/ chase		
GENERAL	Support / Positional Play Decisions? Follow game plan?		
	Continuity: Keep Ball alive/in play		
	Impact on Game		

Comments