

## Rugby League

### (Candidates may not offer Rugby Union and Rugby League)

**Advanced Skills developed in structured plays to enable candidates to perform in the context of the assessment.**

Running with the ball: introductory game.

Catching and passing: holding the ball;  
basic pass;  
receiving the pass;  
passing backwards;  
passing from the ground.

Advanced handling skills: long; short; quick; loop; run-around; switch; drop-off; spin; pass in the tackle.

Tackling: side; rear; front; smother.

Play the ball: technique.

Evading and breaking the tackle: side-step;  
change of pace;  
swerve;  
breaking the tackle;  
bumping-off;  
hit and spin;  
hand-off.

Gaining possession: falling on a stationary ball;  
picking up a stationary ball;  
controlling a moving ball;  
catching a high ball.

Kicking: punt; drop; place; bomb; grubber; push through; kick-over.

#### **Team skills**

Scrummaging: neck strengthening exercises; safety; formation of the front row; second row; loose forward; booking technique; foot positions; the push; the scrum-half.

**Application of advanced skills in a structured game situation providing the basis for the assessment of the individual candidate.**

Pressurised small games eg 3 v 3 or 4 v 4 illustrating spatial awareness; timing – when to run/pass/kick; judgement – where to run, which pass to make; set piece play; controlled phased possession.

#### **Tactics**

Thinking and making decisions: skilled performer; use of skill; choice of tactics; small sided game.

Principles of play: control of the ball; defence; support play; tactical kicking.  
Attacking the opposition with the ball: moving the ball wide;  
attacking from the 'play the ball';  
attacking from a tap penalty;  
attacking from a scrummage;  
attacking from a kick-off.

**Laws of the game and their application, including refereeing signals.**

<b>Mark Band</b>	<b>Games Activity – Rugby League (Candidates may not offer Rugby Union and Rugby League )</b>
9 – 10	<p>Passes accurately using both hands over increasing distances. Is able to pass accurately at full pace. Takes ball across body transferring weight effectively. Will time 2 v 1 pass at pace. Will spin pass static ball off the ground. Tackles from front, rear and side with either shoulder, at pace. Is able to secure the ball for possession in the act of being tackled. All tackles cleanly executed and player moves to next situation. Performs accurately and maintains body balance on range of kicks; punt, drop and place. Controls an ‘up and under’. Will accurately show a screw kick. Has good handling and running skills to adapt to forward and to back play. Is influential in the six tackles and/or controls from dummy half or outside half. Exerts significant control over game. Shows outstanding level of skill, anticipation and tactical awareness, making very few unforced errors. Can play in several specialist positions. Able to dominate in at least one specialist position, showing outstanding individuality.</p>
7 – 8	<p>Passes accurately at pace off dominant hand and is confident off both hands. Controls timing of passes in set piece moves. Demonstrates ability to side step. Tackles to a consistently high standard from front, side and rear. Tackles cleanly with dominant shoulder. Produces all types of kick to place opponents under pressure. Kicks for touch with control and gains ground. Good appreciation of the use of the ball. Maintains possession. Supports other runners and times passes well. Able to link set moves using loop and scissor plays. Able to exert an influence over game in both attack and defence, making few unforced errors and assists team mates. Displays high level of skill and tactical awareness even under pressure. Has knowledge of several positions and specialises in at least one, demonstrating a good understanding of its requirements.</p>
5 – 6	<p>Passes on the run off both hands with control at a reduced pace. Passes at speed off dominant hand. Will pass the ball along a back line at pace. Demonstrates swerve and change of pace. Executes all tackles cleanly in a controlled situation using dominant shoulder. Tackles effectively in a controlled drill. Produces a variety of kicks with dominant foot in a controlled situation. Can drop kick and place kick with limited effectiveness. Will perform from dummy half. Uses ball effectively as a forward or a back. Shows some ability to influence game specialising in either attack or defence. Good command of skills and tactics in evidence, even under pressure. Shows some anticipation of opposition and makes adjustments.</p>
3 – 4	<p>Can pass with some accuracy with stronger hand when running at three quarter pace in passive and pressure situations. Often fails to select the correct type of pass. Will attempt all tackles in a controlled situation. Will not secure possession when tackled. Efficient tackle from front but side tackle lacks commitment and technique. Has a sound positional sense. Is able to play in the forwards or backs. Maintains attacking and defending positions throughout the six tackles. Starts to become more effective in game. Exhibits some individual skills but these are affected by pressures of game. Can set up positional play. Able to gain ground with ball but tends to release pass when challenged by an opponent.</p>
1 - 2	<p>Will tackle from the front in a controlled practice. Will lose possession easily when tackled. Tackling with passive opposition, lacks commitment. Liable to punt the ball but with little control and no accuracy. Demonstrates little understanding of positional play. Does not involve him/herself in supporting the attack. Participates in game situation with limited effectiveness. Has difficulty in performing basic skills in game situation. Shows understanding of basic role of a forward in scrums.</p>