



Sussex U15 Rugby: 2011

Thursday, 8th September 2011

Dear Players,

Thank you very much for your attendance and efforts at the trial last night. I have to say that I thought the general level was encouraging as a first step this U15 season. Hopefully you agree that you were kept active throughout the session, and as much as we cannot cover everything in one session, we still managed quite a lot! Apologies for the hassle of re-locating.

Below are the two follow up dates. As explained last night, some players may be asked to return in order that we can a) see more of you as a player and/or b) to allow us to compare the standard between different trials.

Trial Two: Wednesday, 21st September at Brighton RFC: 7pm – 9pm

- For those players nominated to trial in positions 1 – 8 only.

Trial Three: Wednesday, 28th September at Brighton RFC: 7pm – 9pm (Daily Mail Round 1)

- For those players nominated to trial in positions 9 – 15 only.

There is quite a delay from now until the next trials, and the completion of the trial process, and the first squad training on the 30th October. We will contact you, your clubs and schools with updates closer to the time.

For now though, several players have asked about individual feedback, and that will come in due course. However, on the basis of last night's trial, the Ardingly Camp and previous encounters, may I highlight the below as areas of general observation across the group;

- Individual tackle skills are in need of attention.
- Getting involved in attack, from all areas of the field. Leave one side of the field, to overload the other.
- Offloads are good. Keep developing this further.
- Have a read of the positional expectations attached, and compare your play against these.

Any questions or issues should be directed in the first instance to the U15 team manager; Jon Hopkins. hopkinsfamily@btconnect.com

Best wishes for the start of the season,

Hadon Westerby

Sussex U15 Lead Coach

Sussex U15 Rugby - Key Dates: (Subject to change)

Wednesday, 7 th September	Trials	Brighton RFC
Wednesday, 21 st September	Trials	Brighton RFC
Wednesday, 28 th September	Trials	Brighton RFC
Sunday, 30 th October	Training	Hurstpierpoint College
Monday, 5 th December	Training	TBC
Wednesday, 14 th December	Training	TBC
Sunday, 8 th January	Training	Hurstpierpoint College
Monday, 6 th February	Training	Brighton ATP
Monday, 13 th February	Training	Brighton ATP
Sunday, 26 th February	Match: Sussex v Kent	East Grinstead RFC
Monday, 19 th March	Training	Brighton ATP
Sunday, 8 th April	Match: Surrey v Sussex	Away
Monday, 16 th April	Training	Brighton ATP
Sunday, 22 nd April	Match: Hampshire v Sussex	Away



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POSITIONAL SKILLS & EXPECTANCY

The following information is provided as guidance for players and coaches nominating, or involved with representative rugby. It is of course by no means an exhaustive list, and different players will bring different combinations of strengths and weaknesses in their game. Furthermore, younger players may not yet be playing in the position that best fits their skill set.

KEY SKILLS:

All players, whatever their position should be competent in the following skills:

- Ball delivery
- Receiving
- Tackling and defending
- Contact
- Running ability
- Kicking

PROP:

To scrummage, both props must be strong in the neck, shoulders, upper body and legs. They should relish one-to-one contact. In the lineout they should be able to protect, support or lift the jumper.

Props need to be able to handle the ball, deliver quality passes, support play and tackle well.

Loose-head – No 1:

He needs to be able:

- To make sure the scrum does not move backwards.
- Hold up his opponent so that his hooker can see and strike the ball.
- To resist pressure from the opposition.
- Have a stance that allows the ball to go to the back of the scrum.

Tight-head – No 3:

He needs to be able:

- To make sure the scrum is solid and does not move backwards.
- To support the hooker by holding a square-on position.
- To provide additional pressure on the opposition by use of both shoulders.



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HOKKER:

The hooker is a key member one of the spine of the team. The hooker can play a similar role to the flanker due to his role as thrower in the lineout.

He needs to be able:

- To strike for the ball and direct it through the correct channel at the right pace.
- To pressurises his opponent either by striking for the ball on driving on him.
- To throw the ball accurately and strong.

LOCK:

The lock is a key ball winner in many areas of the field, but particularly in the lineout and restarts. As locks tend to be bigger players and harder to tackle, they should be competent at running with the ball in hand.

He needs to be able:

- To jump from a stationary position or when moving backwards or forwards.
- To catch the ball in the air in a variety of situations.
- To be strong in the arms and upper body.

FLANKER:

Flankers are the essential link in ensuring that play maintains its movement forward – they retain possession and recycle the ball. In defence they are the key players in winning possession from the opponents. In the scrum flankers add stability, and once the scrum is over should be the first away to support play or to defend once the ball is played. In the lineout a flanker may be required to support or lift a jumper, be lifted as well as support the attacking play or to put pressure on the opposition backs

He needs to be able:

- To jump from a stationary position or when moving backwards or forwards.
- To catch the ball in the air in a variety of situations.
- To be strong in the arms and upper body.

NUMBER 8:

The number 8 is usually a ball carrier, with good quality running skills and an aggressive tackler. He is an important figure in winning possession of the ball from the opposition. At the scrum the number 8 will be required to pick the ball to start any back moves, the number 8 should be the second tackler after the flanker.

He needs to be able:

- To jump from a stationary position or when moving backwards or forwards.
- To catch the ball in the air in a variety of situations.
- To be strong in the arms and upper body.
- To manage contact in the tackle area.
- To be a competent ball carrier.



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SCRUM HALF:

The scrum half is the link between the forwards and the backs.

He needs to be able:

- To pass accurately and with pace, without delay, off both hands.
- To box kick off both feet.
- To be quick off the mark with good acceleration.
- To boss the forwards and direct play.
- To keep up with the play.

FLY HALF:

The fly half is a key decision maker, and should be able to direct play left or right, close or wide, or short or long.

He needs to be able:

- To pass accurately and with pace, off both hands.
- To catch the ball cleanly.
- To kick off both feet in a number of different ways – hanging, grubber, chip or diagonal.
- To be quick off the mark with good acceleration.
- To tackle effectively

CENTRE:

A centre should have the confidence to take on and beat his opponent and play the ball out of the tackle.

He needs to be able:

- To have excellent contact skills.
- To deliver a variety of short and long passes.
- To be quick off the mark with good acceleration.
- To be able to inject pace and change of direction.



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WING:

Chosen for flair and speed and elusiveness, a winger must also be reliable in defence and be able to kick and to deal with opposition kicks. Wingers must have a high work rate and go looking for the ball if it isn't coming in their direction.

He needs to be able:

- To be a fast runner over short and long distances.
- To have excellent handling skills.
- To have excellent ball retention skills on contact.
- Field a variety of diagonal, high or grubber kicks.

FULL BACK:

The full back in attack should be involved by either being a strike runner or acting as a decoy. The full back is often the last line of defence. The full back has to deal with a wide range of kicks from the opposition.

He needs to be able:

- To catch the ball cleanly.
- To field a variety of diagonal, high or grubber kicks.
- To tackle effectively
- To have excellent ball retention skills on contact.