

# Player Profiling Task

## Outcome

This task will enable you to demonstrate and develop an understanding of positional requirements across your team; and the extent your players successfully perform against the criteria.

This will also take you through the process of identifying areas that require development, which in turn will improve your player and team performance. You should submit this task with your completed Application Form.

## 1.

Utilising the Player Profile Template, undertake an analysis of each playing position to identify key technical, physical, tactical and mental requirements. You should prioritise the top 4/5 position specific elements and avoid generic criteria, e.g. *“should be physically fit; has good hands.”*

## Definitions

Tactical: Tactical awareness of roles in attack and defence related to the Principles of Play.

Technical: Skill levels, technical ability, set piece and open play.

Physical: Position specific physical attributes and body type.

Mental: Behavioural traits relevant to the position e.g. mental toughness, confidence & focusing

*e.g. Below example: Left Lock – this is **not exhaustive**, but illustrates **some of the points** you could list*

Any Action Plan should be **SMART** in its nature (Specific, Measurable, Agreed upon, Realistic & Time-based)

Position		Positional Criteria	Grade Against Criteria	Comment	Action Plan
Left Lock	Tactical	<ul style="list-style-type: none"> <li>• Move to create space, out manoeuvre opponents in the lineout.</li> <li>• Contribute appropriately with the front row when required if the scrum changes orientation</li> <li>• In attack understands roles in open play as a ball carrier, support player or decoy</li> <li>• In defence be aware of roles within the teams defence strategy (join rucks / mauls)</li> </ul>	2 4 3 2	<ul style="list-style-type: none"> <li>• Slow, cumbersome movement prevents beating opponent</li> <li>• Always does this</li> <li>• High ability to receive and pass in &amp; out of contact – footwork needs developing to enable attacking spaces.</li> <li>• Stays out of rucks/ mauls far too often – usually behind 10 / 12</li> </ul>	<p><b>S</b> – Increase agility level  <b>M</b> – Decrease time required to complete one loop of the Illinois agility test.  <b>A</b> – SAQ drills should be completed as part of your warm up and they can also be added into your training drills at coaching.  <b>R</b> – Aim to reduce time by two seconds  <b>T</b> – Aim to do this within one month</p>
	Technical	<ul style="list-style-type: none"> <li>• Catch with soft hands and sympathetic when delivering the ball.</li> <li>• Support the front row in engagement and maintain forward pressure</li> <li>• Effective footwork over the ground and ability to get into the air quickly</li> </ul>	2 3 2	<ul style="list-style-type: none"> <li>• Often taps uncontrollably putting 9 under pressure. Off the top delivery requires greater control</li> <li>• Very strong in this area, sometimes loses focus on opposition ball in their 22m</li> <li>• Can beat opposition with a straight up and down jump but needs to work on pre-jump movement</li> </ul>	<p><b>S</b> – Ensure lineouts are controlled with a two handed take high in the air  <b>M</b> – At least 80% of the takes in a match should be controlled in the air with two hands  <b>A</b> – Practice under pressure at training with lifters and a defender  <b>R</b> – If it is too challenging take out defender until 80% is reached then reintroduce the defender  <b>T</b> – Practice at both training sessions and check progress at next game. 80% should be reached within two weeks  <i>N.B.</i> forwards coach to assist in monitoring progress during games via match stats</p>

	Mental	<ul style="list-style-type: none"> <li>• Relish the mental challenge of being part of a dominant scrum</li> <li>• Ability to cope with the pressure of calling the lineout</li> <li>• Ability to cope with the pressure of the correct details in attacking lineouts</li> </ul>	4 3	<ul style="list-style-type: none"> <li>• Excellent contribution to scrum</li> <li>• Can get flustered when put under pressure here</li> <li>• Directs others with confidence but can get caught in two minds</li> </ul>	<p><b>S</b> – Win lineout ball through effective decision making  <b>M</b> – 90% of lineout calls should be successful  <b>A</b> – Practice under pressure at training with defenders applying pressure via audio overload  <b>R</b> – Improve decision making by introducing scenario based tasks with no pressure (building to pressure eventually) to allow processing time  <b>T</b> – This should be an ongoing process with a goal of reaching 90% success by the 3<sup>rd</sup> game of the season</p>
	Physical	<ul style="list-style-type: none"> <li>• Explosive jumping power from a standing start</li> <li>• Be strong with use of arms and hands to claim the ball</li> <li>• Maintain a powerful driving position in the scrum</li> <li>• Physical fitness to have a high involvement in the game at breakdowns</li> </ul>	3 3 4 2	<ul style="list-style-type: none"> <li>• Physically strong, but not dynamic or agile enough</li> <li>• Strong upper body enables to compete in the air, with upper body</li> <li>• Physically strong in this area – may move sides to support 3 rather than 1</li> <li>• Improvement needed on aerobic fitness base</li> </ul>	<p><b>S</b> – Improve cardiovascular fitness  <b>M</b> – By at least one level on the bleep test  <b>A</b> – This will require you to complete endurance training at least twice a week in addition to training  <b>R</b> – If by the two week retest you are not at least half way to target, increase time by an extra two weeks  <b>T</b> – This should be completed within one month</p>

### Task 1b

Using the information, you have compiled, evaluate current levels of participant performance against the criteria, using a grading criteria as follows:

- 1 – Performs seldom or inappropriately
- 2 – Performs sometimes, or sometimes inappropriately
- 3 – Performs often or mainly appropriately
- 4 – Performs always and appropriately

You will also need to add a qualifying statement next to each grade / criteria. You may have 1,2 or 3 players in each position, but for this

exercise, concentrate upon your 1<sup>st</sup> choice XV. Bring all of this completed information to the course and submit to your tutor. You will be asked to present the positional criteria, grade and comment to your group and tutor.

Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Tight Head Prop</b>	<b>Tactical</b>				

	Technical				
	Mental				
	Physical				

Name: \_\_\_\_\_

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Loose Head Prop	Tactical				
	Technical				

	<b>Mental</b>				
	<b>Physical</b>				

Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Hooker</b>	<b>Tactical</b>				
	<b>Technical</b>				
	<b>Mental</b>				

	Physical				
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Name: \_\_\_\_\_

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Right Lock	Tactical				
	Technical				
	Mental				
	Physical				

Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Open Side Flanker</b>	<b>Tactical</b>				
	<b>Technical</b>				
	<b>Mental</b>				
	<b>Physical</b>				

Name: \_\_\_\_\_



<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Blind Side Flanker</b>	<b>Tactical</b>				
	<b>Technical</b>				
	<b>Mental</b>				
	<b>Physical</b>				

Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Number Eight</b>	<b>Tactical</b>				

	Technical				
	Mental				
	Physical				

Name: \_\_\_\_\_

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Scrum Half	Tactical				
	Technical				

	<b>Mental</b>				
	<b>Physical</b>				

Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Fly Half</b>	<b>Tactical</b>				
	<b>Technical</b>				
	<b>Mental</b>				

	<b>Physical</b>				
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Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Left Wing</b>	<b>Tactical</b>				
	<b>Technical</b>				
	<b>Mental</b>				
	<b>Physical</b>				

Name: \_\_\_\_\_

<b>POSITION</b>		<b>POSITIONAL CRITERIA</b>	<b>GRADE AGAINST CRITERIA</b>	<b>COMMENT</b>	<b>ACTION PLAN</b>
<b>Inside Centre</b>	<b>Tactical</b>				
	<b>Technical</b>				
	<b>Mental</b>				
	<b>Physical</b>				

Name: \_\_\_\_\_

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Outside Centre	Tactical				
	Technical				
	Mental				
	Physical				

Name: \_\_\_\_\_

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Right Wing	Tactical				

	Technical				
	Mental				
	Physical				

Name: \_\_\_\_\_

POSITION		POSITIONAL CRITERIA	GRADE AGAINST CRITERIA	COMMENT	ACTION PLAN
Full Back	Tactical				
	Technical				

	<b>Mental</b>				
	<b>Physical</b>				