



Coaching diary
Krijn de Schutter
IRB level 3



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Acknowledgment

This course is a IRB level 3 coaching course. I want to start this assignment by thanking IRB and their educators involved for this opportunity, their professionalism and their support.



Introduction

My name is Krijn de Schutter, I work currently at the Dutch rugby union as technical Director. Within this job I am responsible for all elite teams, talent detection and development.

I have studied at the sport academy in The Hague to become a P.E. teacher. From 2000 till 2007 I worked as a PE teacher in Leidschendam. In 2010 I finished a master in social science at the Erasmus University in Rotterdam.

As a player I was captain of HRC 1, in this period we won 3 times the national championship. As a player I have played 18 times for the Netherlands 15 a side and 10 times for the Netherlands seven a side.

As a coach I have trained several youth teams including district teams and specialist training at national teams. Experience at senior level is relatively small. I have coached HRC 1 & 2.

Main contacts

Function	Name	Mail	Phone
The course			
Delegate	Krijn de Schutter	krijndeschutter@rugby.nl	+316 24 86 14 88
IRB trainer	David O'Mahoney		
IRB educator	Eric Voet	ericvoet@rugby.nl	+316 49 03 20 22

The Club

Haagsche Rugby Club
Theo Mann Bouwmeesterlaan 800
2597 HM Den Haag
T 070 324 49 55
F 070 328 25 73
info@haagscherugbyclub.com



Chairman	Tjeerd Huisman	voorzitter@haagscherugbyclub.com	
Secretariat	Obed Broersma	secretaris@haagscherugbyclub.com	
Technical Director	Maarten van Kolck	technischezaken@haagscherugbyclub.com	+316 24 60 44 46

The Staff

Coach	Robin Raphael		0027(83)9818115
Forward coach	Aeron Falloon	boris_slyma@hotmail.com	+316 13 09 82 25
Backs coach	Ronald Berrevoets	the.berries@planet.nl	+316 55 79 79 19
Manager 1	Robert Pieterse		+316 54 32 15 53
Manager 2	Marcel Sloomweg		+316 50 20 11 74
Physio 1	Wesley Koelh		+316 21 80 67 60
Captain	Geert van Mourick	gpyanmourik@hotmail.com	+316 47 08 06 66

Personal coach profile

personal coaching profile		
general	strength	weaknesses
	analyzing the game didactical skills people management eagerness to learn leadership responsibility open minded helicopter view	experience swift decision making bites off more than he can chew distance from situations/ players detailed knowledge on all aspects of the game administration
content of the game	strength	weaknesses
	knowledge of general movement fitness coach	knowledge of scrums knowledge of line outs knowledge of mental training
history	strength	weaknesses
	PE teacher background high level experience as player	no international experience as a coach
	opportunities	threats
	international contacts high performance environment at NRB	amateur status time

Personal development plan season 2010/2011

1. Clinics Nigel Horton:
Nigel Horton visits the Netherlands 2 times to give clinics within the Dutch level 4.
 - The first visit was January 2011. The subject of this visit was the scrum. By following this course my knowledge of the scrum improved. This is in line with my weakness in my profile.
 - The second visit is planned in February 2011. The main topic will be line outs. I will visit this clinic to improve my knowledge about the line out.
2. Jean Bidal:
 - By working together with Jean Bidal my knowledge of the game has improved. Jean is head of a academy in France and professional coach for many years. We will meet 12 times in 2010 & 2011 to work on several aspects of the game and improve the national team.
3. Specialist
 - Within my current job we hire several specialist to deal with challenges in Dutch rugby. I have worked this year with physiologist to tackle overtraining problems in the Dutch academy's. The national coach of Spain (volleyball) to work on implementing a Olympic program woman's sevens and Judo coaches to work on the technique of rucking.
4. IRB level 3 course:
 - In Marcoussis and Madrid I will follow the IRB level 3 coaching course.

Philosophy of the team

This matrix is the start of a philosophy. The reason why I like a short and visual philosophy is that it gives me and the team focus. It obliges the staff to choose within each segment priorities and maximum 5 area's. It is my believe that if we can improve/ execute these 5 area's per segment, the team will be successful. Each training the staff and myself will pick 1 to 3 subject. These are the subject that we will repeat during the training. These words will give us focus. These are the subjects that we will be superior in.

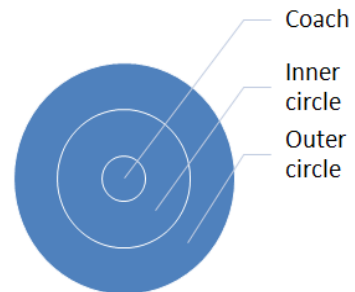
Technical Individual skill's No scrum = no win Accurate kicking Off load under pressure Passing under pressure	Team goal top 2	Tactical Freedom for players, Decision making under pressure Attack mismatch Reactive Converge to the ball
Attack Leadership Initiative Speed in recycling and realigning Off the ball positioning Composure	BE SUPERIOR IN	defense Leadership Discipline Speed in closing space, UP & out Tackle & post tackle Collective organization
Physical Leg strength Low injury % Endurance Power Transfer to the pitch	What can you do for the team FUN If we do the same as last year the result will be the same!	Mental 1 vs 1 = 100% score Dominant in combat concentrate 80 minutes "bubble" under pressure task orientation

Staff

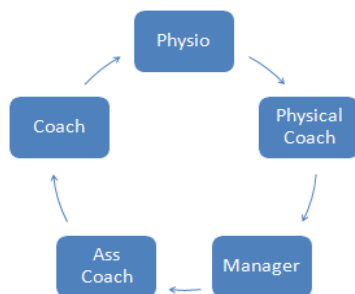
Player circle



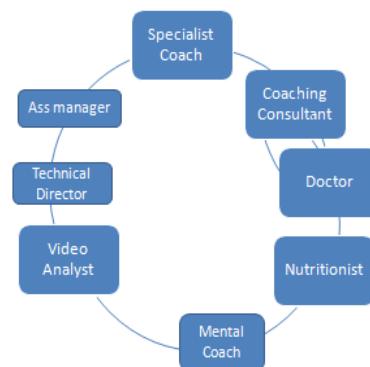
Staff inner and outer circles



Inner Circle



Outer Circle



Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Alex Barendregt	Height	182 cm
D.O.B:	16/01/88.	Weight	114 kg
Address	Herenstraat 12,Den Haag.	Position	Tight-head Prop
Tele. No	0681392328(mob).	Position (other)	Hooker/Loose-head Prop
E-Mail	alexanderB15@hotmail.com	Previous Team/Club	HRC 1 st ,Emma RC, Maties
Occupation	Student	remark	Injury prone (see medical file)

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Strong scrumager (anchor, good hit, maintaining pressure) Stability as a lifter	Ability to wheel Understanding dynamics
Going forward (by running, passing & kicking)	Strong carrier of the ball in close space Body position in contact	Insecure if space accurse
Providing support (role of the ball carrier & support players)	Handling skills for off-load	Tendency to go to ground early Decision making in contact Positioning in deep support
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Strong clean in ruck Stabile in maul	Overview when to use maul ore ruck
Applying pressure (the use of field position, possession and pace in combination)		Handling speed Running speed
Turnover	Strength in contest	Awareness of possibilities
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Applying pressure in scrum 1 vs. 1 contest	
Going forward (reducing space individual as well as collective)	Fitness	Leading a defensive unit
Applying pressure (tackle)	Strong block tackle Strong upper body	Defending in space Weak in low tackle
Preventing territory being gained (prevent off load, drive, delay of ball)	Strong in delay of ball, preventing off load.	
Providing support (complete tackle, slow down recycling)	Strong in delay of ball	Street wise
Regaining possession (turnover)	Strong in turn over, contest for the ball	Quickness to get on his feet after the tackle
Counter attack	Using space direct after turn over	Handling of the ball away from the crowded area

Skill:	+	Fulfill the team pattern, game plan:	+/-
Physical condition:	+	Development vs Achievement:	A
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Ashley Fredriksz	Height	174 cm
D.O.B:	15/04/88	Weight	82 kg
Address	Hoekweg 15,Voorburg	Position	Flanker
Tele. No	0653500592	Position (other)	Center
E-Mail	Ashley_Fredriksz@hotmail.com	Previous Team/Club	HRC 1 st ,HRC 2 nd
Occupation	Horeca	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Aggression as a jumper	Catching the high ball after restart Weight at scrum Height in line out
Going forward (by running, passing & kicking)	Speed	
Providing support (role of the ball carrier & support players)	Body position in contact Impact	Positioning in space in relation to the ball carrier
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Impact in ruck, presence in open play	Decision making
Applying pressure (the use of field position, possession and pace in combination)	Speed	Working in units
Turnover	Strong low to the ground	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		Rugby smart
Going forward (reducing space individual as well as collective)	Speed	Collective awareness
Applying pressure (tackle)	Strong hard tackle	Weight
Preventing territory being gained (prevent off load, drive, delay of ball)	Disruptive in contact	Penalty count
Providing support (complete tackle, slow down recycling)	Strong tackle, disruptive in contact	Weight facing heavier opponents
Regaining possession (turnover)	Maintaining position after initial arrival	Rugby smart
Counter attack	Forward movement	

Skill:	-	Fulfill the team pattern, game plan:	-
Physical condition:	+	Development vs Achievement:	D
Attitude:	+/-	In/out/unsure	IN

Profile HRC 2010-2011
Date assessment: August 2010

Name:	Bart Koornstra	Height	180 cm
D.O.B:	27/12/91	Weight	84 kg
Address	Dortherdijk 51,Eefde	Position	Center
Tele. No	0642993303	Position (other)	Wing
E-Mail	bartkoornstra@gmail.com	Previous Team/Club	u18/u20 ned, HRC 1 st
Occupation	Student	remark	National talent

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Strong runner/ ball carrier Can break a defensive line	Kicking, long pass
Providing support (role of the ball carrier & support players)	Speed	Doesn't converge towards the ball
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Strong clean in ruck	Using and understanding the rules
Applying pressure (the use of field position, possession and pace in combination)	Strong unit player, communication and playing in line with the game plan	Out of position play, example as 9 or 10
Turnover	Strong upper body in contact.	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed, split second decision making, unit skills, communication	
Applying pressure (tackle)	Very good tackle, high and low.	Protecting himself
Preventing territory being gained (prevent off load, drive, delay of ball)	Decision making in contact	Organizing a unit himself
Providing support (complete tackle, slow down recycling)		
Regaining possession (turnover)	Strong I contact as first or second arrival	
Counter attack		

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+/-	Development vs achievement:	D
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Pieter Benjamin Mast	Height	191 cm
D.O.B:	10/11/80	Weight	120 kg
Address	Krekelstraat 11 b, Rotterdam	Position	Second Row
Tele. No	0641492204	Position (other)	No 8
E-Mail	benjaminmast@hotmail.com	Previous Team/Club	National team, HRC 1 st , RRC
Occupation	Account Manager	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Impact in scrum at 4/5 Lifting, communication	Impact in scrum at 8 Leadership (respect)
Going forward (by running, passing & kicking)	Impact in contact, running, passing	
Providing support (role of the ball carrier & support players)	Lateral support, positioning in open play	Fitness , off-loading technique Depth
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Maul organization, communication	
Applying pressure (the use of field position, possession and pace in combination)	Unit skill	Speed in closing down the space
Turnover		Aggression
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Strong in defensive scrum at 4/5	
Going forward (reducing space individual as well as collective)	speed	
Applying pressure (tackle)		Weak tackle
Preventing territory being gained (prevent off load, drive, delay of ball)	Preventing drive	Preventing off load
Providing support (complete tackle, slow down recycling)		delay of ball after initial tackle
Regaining possession (turnover)		Aggression at the break down
Counter attack	Switching from D to A	

Skill:		Fulfill the team pattern, game plan:	
Physical condition:	-	Development vs achievement:	
Attitude:	+/-	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Bjorn Uitvlugt	Height	175 cm
D.O.B:	13/12/88	Weight	68 kg
Address	Randveen 5, Wateringen	Position	Scrum-half
Tele. No	0614148147	Position (other)	Wing
E-Mail	b.uitvlugt@Live.nl	Previous Team/Club	WRC Haaglanden 1 st
Occupation	Student	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Aggression in his runs,	Accuracy in pass, accuracy in kick
Providing support (role of the ball carrier & support players)	Fitness, elitism, work rate	Weight
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Presence	Decision making
Applying pressure (the use of field position, possession and pace in combination)	Speed, pressure	
Turnover	Aggression	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed	
Applying pressure (tackle)	Good tackle, good hit	Weight, impact
Preventing territory being gained (prevent off load, drive, delay of ball)	Aggression	Composure
Providing support (complete tackle, slow down recycling)	Intelligence in slowing down the ball.	Impact
Regaining possession (turnover)		
Counter attack	Speed	

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	++	Development vs achievement:	D
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Bjorn Vervoort	Height	187 cm
D.O.B:	20/05/77	Weight	100 kg
Address		Position	Center
Tele. No		Position (other)	Fly-half
E-Mail	Bjorn.vervoort@hotmail.com	Previous Team/Club	Oisterwijk Oysters
Occupation		remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Breaking the defensive line, Kick, Composure	Speed, execution of techniques that he masters under pressure
Providing support (role of the ball carrier & support players)	Understanding of the game	
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Impact in ruck	Aggression
Applying pressure (the use of field position, possession and pace in combination)	Decision making in absence of 10	
Turnover		
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)		Speed in open play, especially defending outside break 13/ 15
Applying pressure (tackle)	Tackle in dense contact	Tackle in space
Preventing territory being gained (prevent off load, drive, delay of ball)	Intelligence in contact	
Providing support (complete tackle, slow down recycling)		Aggression
Regaining possession (turnover)	Strength in break down	
Counter attack	Decision making in contact	

Skill:	+	Fulfill the team pattern, game plan:	+
Physical condition:	+/-	Development vs Achievement:	A
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Bob Van Raaij	Height	193 cm
D.O.B:	19/10/82	Weight	125 kg
Address	Lange Houtstraat 15 a,Den Haag	Position	Second Row
Tele. No	0612605163	Position (other)	No 8
E-Mail	BBVANRAAIJ@hotmail.com	Previous Team/Club	HRC 1 st ,Leiden Students
Occupation	Deurwaarder Assistant	remark	Needs more confidence

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Stability in 2de row, lifting	Leading in line out, decision making
Going forward (by running, passing & kicking)	Impact, breaking the line	
Providing support (role of the ball carrier & support players)		Understanding his role, positioning
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Impact in Ruck (2de/3de men) Strong in maul	Penalty count
Applying pressure (the use of field position, possession and pace in combination)		Decision making in recycling the ball
Turnover	Strong in contact	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Pressure opponent scrum	Reacting as a unit in line out.
Going forward (reducing space individual as well as collective)		Speed, part of a collective , choosing the Wright defensive option
Applying pressure (tackle)	Strength, impact, high tackle	Low tackle
Preventing territory being gained (prevent off load, drive, delay of ball)	High tackle, wrapping up opponent	Penalty count, knowledge of the rules
Providing support (complete tackle, slow down recycling)	2de tackler, impact	
Regaining possession (turnover)		
Counter attack		Speed

Skill:	+	Fulfill the team pattern, game plan:	+
Physical condition:	+/-	Development vs Achievement:	A
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Carlos Kuijten	Height	182 cm
D.O.B:	09/04/88	Weight	72 kg
Address	Zevensterveld 1, Den Haag	Position	Wing
Tele. No	0610102409	Position (other)	Scrum half
E-Mail	C.Kuijten@hotmail.com	Previous Team/Club	WRC Haaglanden 1 st
Occupation	Lasser	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		leadership
Going forward (by running, passing & kicking)	Speed, evasive skills Pass to the right	Impact, pass to the left, kicking
Providing support (role of the ball carrier & support players)	Aggression, presence	Positioning in open play
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Quick arrival a break down	impact
Applying pressure (the use of field position, possession and pace in combination)	Speed	
Turnover	Aggression in contact	Knowledge of the rules
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	speed	
Applying pressure (tackle)	Aggression, tackle, work rate	Impact
Preventing territory being gained (prevent off load, drive, delay of ball)		Penalty count, rugby smart
Providing support (complete tackle, slow down recycling)	Weight	Rugby Smart
Regaining possession (turnover)		
Counter attack	Speed, support play	Decision making, kicking

Skill:	-	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	D
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Diederik Van Imhoff	Height	190 cm
D.O.B:	25/10/83	Weight	87 kg
Address	AV Concordia 15A, Rotterdam	Position	Outside Center
Tele. No	0681010344	Position (other)	Flanker
E-Mail	dvanimhoff@gmail.com	Previous Team/Club	HRC 1 st , HRC 2 nd
Occupation	Student	remark	Great team player

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Work rate, aggression	Speed, kicking
Providing support (role of the ball carrier & support players)	Offloading techniques	Awareness of role
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Lateral support	Role in post tackle, off load, deep support
Applying pressure (the use of field position, possession and pace in combination)	Unit skill, composure	
Turnover	Upper body strength	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Unit skill	
Applying pressure (tackle)	Good stop tackle	Outside break defense
Preventing territory being gained (prevent off load, drive, delay of ball)	Length, upper body strength, smart in contact	
Providing support (complete tackle, slow down recycling)	Good second arrival.	
Regaining possession (turnover)		
Counter attack	Awareness, work rate	Decision making when in position off the ball

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	A
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Derk Roes	Height	178 cm
D.O.B:	10/11/81	Weight	98 kg
Address	Stationsweg 123 d, Den Haag	Position	Hooker
Tele. No	0643438175	Position (other)	Prop
E-Mail	DerkRoes@hotmail.com	Previous Team/Club	HRC 1 st , HRC 2 nd
Occupation	Gym Leraar	Remark	Neg. off the field example

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Strong scrumager	Throw in the line out, leadership
Going forward (by running, passing & kicking)	Strong running in contact, long pass	Max speed
Providing support (role of the ball carrier & support players)	Close support	Deep support, overrunning the ball carrier
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Strong ball carrier In maul, positioning in post tackle, off load	
Applying pressure (the use of field position, possession and pace in combination)		
Turnover	Strong in combat	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Applying pressure at D scrum.	
Going forward (reducing space individual as well as collective)		Speed, organizational skill.
Applying pressure (tackle)	Strong tackle	D in space
Preventing territory being gained (prevent off load, drive, delay of ball)	Strong in delay of game	
Providing support (complete tackle, slow down recycling)	Strong in 2de/3de rol	Weak in decision making
Regaining possession (turnover)		
Counter attack		Speed

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	A
Attitude:	+	In/out/unsure	unsure

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Derk Tazelaar	Height	181 cm
D.O.B:	02/02/84	Weight	96 kg
Address	Bezuidenhoutseweg 464, Den Haag	Position	Wing
Tele. No	0622461728	Position (other)	-
E-Mail	derktazelaar@gmail.com	Previous Team/Club	HRC 1 st
Occupation	Financial Analyst Trainee	remark	Injury prone

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Evasive running, breaking tackle, finishing, presence with ball.	Kicking, passing, presence without ball
Providing support (role of the ball carrier & support players)	Lateral support	Decision making, deep support
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Strength, experience as 7, polyvalence	Injury prone
Applying pressure (the use of field position, possession and pace in combination)	Speed	
Turnover		Decision making
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Individual skill	Unit skill
Applying pressure (tackle)	Tackle, strong hit	
Preventing territory being gained (prevent off load, drive, delay of ball)	Impact in initial hit	Rugby smart
Providing support (complete tackle, slow down recycling)	Strong in break down	
Regaining possession (turnover)		
Counter attack	Speed, evasive running	

Skill:	+/-	Fulfill the team pattern, game plan:	+/-
Physical condition:	++	Development vs Achievement:	A
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Dimitri Verheul	Height	180 cm
D.O.B:	23/05/92	Weight	80 kg
Address	Waldeck Piermontkade, Den Haag	Position	Wing
Tele. No	0613663302	Position (other)	Fullback
E-Mail	dimitri_joswa@hotmail.com	Previous Team/Club	U18 nat. side, HRC Colts
Occupation		remark	National talent

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Speed in closing space after kick start	
Going forward (by running, passing & kicking)	Speed, athletic capability,	Passing skill, kicking
Providing support (role of the ball carrier & support players)	Lateral support	Deep support
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Presenting the ball after tackle	Impact in ruck, contribution in maul
Applying pressure (the use of field position, possession and pace in combination)	Closing down space	
Turnover	Dangerous in space	Light in close space
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Collective as individual skill	Leg of experience at high level
Applying pressure (tackle)	solid	Weight, impact
Preventing territory being gained (prevent off load, drive, delay of ball)	Knowledge of the game	Upper body tackle to prevent off load
Providing support (complete tackle, slow down recycling)		impact
Regaining possession (turnover)		
Counter attack	If space occurs acceleration + max speed	

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	D
Attitude:	++	In/out/unsure	unsure

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	HLG(Dirk) Willems	Height	185 cm
D.O.B:	09/03/81	Weight	103 kg
Address	Schoolstraat 69,Moergestel	Position	Loose-head Prop/Hooker
Tele. No	0611452295	Position (other)	Tight-head Prop
E-Mail	willems-dirk@hotmail.com	Previous Team/Club	HRC 1 st , O. Oysters, RRC
Occupation	Mechanic	remark	Very committed

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Solid scrumager/ lifter	
Going forward (by running, passing & kicking)	Pass to the left	Passing to the right,
Providing support (role of the ball carrier & support players)	Good off-loading techniques, upper body strength	To ground as first reaction, deep support
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Maul, understanding of the game	Taking responsibility as a senior player. Swift decision making
Applying pressure (the use of field position, possession and pace in combination)	Strong in unit	
Turnover		Arrival at breakdown, choosing the situations in which he want to commit himself
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Strong in pressuring opponent in scrum,	
Going forward (reducing space individual as well as collective)		Top speed
Applying pressure (tackle)	High and low tackle	
Preventing territory being gained (prevent off load, drive, delay of ball)		Rugby smart
Providing support (complete tackle, slow down recycling)	Support player in the tackle	To obvious.
Regaining possession (turnover)	Strength	Handling speed
Counter attack	In contact	In space

Skill:	+	Fulfill the team pattern, game plan:	+
Physical condition:	++	Development vs Achievement:	A
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Fernely Simmonds	Height	181
D.O.B:	19/09/84	Weight	91 kg
Address		Position	Wing
Tele. No	0684649058	Position (other)	Full back
E-Mail	fernely.simmonds@yahoo.com	Previous Team/Club	Rugby Lions, Bedford Athletic
Occupation	Deliveryman	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Catching the restart	
Going forward (by running, passing & kicking)	Running, passing	Kicking
Providing support (role of the ball carrier & support players)	Strong with ball in hand, looks for work out of his position.	Patients
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Strong in deep as well as lateral support.	
Applying pressure (the use of field position, possession and pace in combination)	Speed, 1vs 1	
Turnover	Strong in contact	Unit skills in back three, polyvalence
Defense		
Contesting possession (at scrum, line-out, kick-re start)		Tactical kicking capabilities, leading the back three
Going forward (reducing space individual as well as collective)	Speed	
Applying pressure (tackle)	Very strong tackle	
Preventing territory being gained (prevent off load, drive, delay of ball)	Wrapping up players	
Providing support (complete tackle, slow down recycling)	Very strong in contact at 1ste or second arrival	
Regaining possession (turnover)		Swift decision making
Counter attack	Running	Kicking

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	++	Development vs Achievement:	A
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Floris Kieft	Height	190 cm
D.O.B:	28/04/89	Weight	120 kg
Address	Gheijnstraat 2, Den Haag	Position	Prop
Tele. No	0627827114	Position (other)	No 8
E-Mail	florkieft@hotmail.com	Previous Team/Club	HRC 1 st
Occupation	Student	remark	National team player

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Handling skills under high ball. Scrumaging, leadership in line-out	Technical skills in scrumage, wheeling capabilities.
Going forward (by running, passing & kicking)	Mobility, passing, impact, running	
Providing support (role of the ball carrier & support players)	Positioning in open play, carrying the ball	
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Positioning in open play	Deep support, patients
Applying pressure (the use of field position, possession and pace in combination)	Leadership in small units	
Turnover	Decision making	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Mobility in line out. Leadership.	1 vs 1 contest in scrum. Experience (played 10 years at 8)
Going forward (reducing space individual as well as collective)	Speed, communication in small units	
Applying pressure (tackle)	Low tackle	
Preventing territory being gained (prevent off load, drive, delay of ball)	Strong in contact	
Providing support (complete tackle, slow down recycling)		Body position after arrival in the ruck.
Regaining possession (turnover)		
Counter attack	Choosing position after turnover	

Skill:	+	Fulfill the team pattern, game plan:	++
Physical condition:	+	Development vs Achievement:	D
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Geert Van Mourik	Height	182 cm
D.O.B:	24/12/77	Weight	95 kg
Address	Bergselaan 263 c, Rotterdam	Position	Open-side Flanker
Tele. No	0647080666	Position (other)	Blind-side
E-Mail	gpvanmourik@hotmail.com	Previous Team/Club	HRC 1 st , R'dam St, RC Gouda
Occupation	Student	remark	Captain

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Jumper, out-maneuvering opponent. Leadership	Handling skill, soft hands in line out
Going forward (by running, passing & kicking)	Running	Passing skill
Providing support (role of the ball carrier & support players)	Lateral support, back line support in first phase	Deep support
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Presence, work rate.	Decision making
Applying pressure (the use of field position, possession and pace in combination)	speed	patience
Turnover	First arrival at breakdown	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Contesting as a jumper in the line out.	
Going forward (reducing space individual as well as collective)	Individual	
Applying pressure (tackle)	Tackle	
Preventing territory being gained (prevent off load, drive, delay of ball)	Disruptive in contact	Conceding penalty's
Providing support (complete tackle, slow down recycling)	Disruptive in D	
Regaining possession (turnover)	Turnover	
Counter attack	Work rate	

Skill:	+	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	D
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Jan-Willem de Muinck Keizer	Height	193 cm
D.O.B:	19/12/86	Weight	103 kg
Address	1e Jan vd Heijdenstraat 109-II, Amsterdam	Position	Second Row
Tele. No	0641667570	Position (other)	Blind side flanker
E-Mail	JW_DMK@hotmail.com	Previous Team/Club	HRC 1 st , HRC 2 nd
Occupation	Student	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Impact in scrum	Experience, commitment, fitness
Going forward (by running, passing & kicking)	Evasive runner	
Providing support (role of the ball carrier & support players)	Ball carrier	Fulfilling team patterns (due to absence at training). Weak as a support player.
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Clean in ruck, constructing the maul	
Applying pressure (the use of field position, possession and pace in combination)		
Turnover		
Defense		
Contesting possession (at scrum, line-out, kick-re start)		Technical scumager, tactical scrumager
Going forward (reducing space individual as well as collective)		
Applying pressure (tackle)		Weak in tackle if space occurs. Not an impact tackle
Preventing territory being gained (prevent off load, drive, delay of ball)	Preventing drive	
Providing support (complete tackle, slow down recycling)		Delay of the ball by competing in the defensive ruck.
Regaining possession (turnover)		Weak at the contest in the breakdown
Counter attack		Positioning after turn over.

Skill:	+/-	Fulfill the team pattern, game plan:	-
Physical condition:	+/-	Development vs Achievement:	D
Attitude:	-	In/out/unsure	unsure

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Johan Baas	Height	194 cm
D.O.B:	16/03/92	Weight	101.4 kg
Address	Walewinlaan 13,Geldrop	Position	Second Row
Tele. No	0620943863	Position (other)	No 8
E-Mail	johan01@hotmail.com	Previous Team/Club	U18 nat team, O. Oysters
Occupation	Student	remark	National talent

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Impact in scrum and line out.	Experience
Going forward (by running, passing & kicking)	Strong running, passing	
Providing support (role of the ball carrier & support players)	Strong in open play, mobility	Deep support, patience
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Leadership (great potential)	Impact in ruck
Applying pressure (the use of field position, possession and pace in combination)	Unit skill	
Turnover		Max. speed
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Impact in scrum, organization skill in line out.	
Going forward (reducing space individual as well as collective)	Collective skill can play in organization. Can organize.	Modesty
Applying pressure (tackle)	High & low tackle	Impact in tackle
Preventing territory being gained (prevent off load, drive, delay of ball)	Rugby smart	
Providing support (complete tackle, slow down recycling)	2de and 3de arrival, low mistake raid.	Timing
Regaining possession (turnover)	Strong at breakdown	
Counter attack	Open play support, organizational skill	

Skill:	+	Fulfill the team pattern, game plan:	+
Physical condition:	++	Development vs Achievement:	D
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Jonathan Raphael	Height	171 cm
D.O.B:	23/05/88	Weight	90 kg
Address	Herenstraat 12,Den Haag	Position	Hooker
Tele. No	0616630687	Position (other)	Scrum-half,Prop
E-Mail	cruncher2@live.co.uk.	Previous Team/Club	Villages Football Club
Occupation	Rugby Coach	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Leadership	Lineout Throwing, Confidence
Going forward (by running, passing & kicking)	Running	Passing
Providing support (role of the ball carrier & support players)		Deep support in open play,
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Presence in set pieces	Presence in open play
Applying pressure (the use of field position, possession and pace in combination)	Closing space, leading unit	
Turnover	Stealing balls, strong close to the ground	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Leading the opposite scrum	Experience, weight
Going forward (reducing space individual as well as collective)	Leading a small unit, individual speed and work rate in contact.	
Applying pressure (tackle)	Low tackle	Upper body strength when facing a heavier opponent.
Preventing territory being gained (prevent off load, drive, delay of ball)	Rugby smart in contact, delay of the opponent bal.	Weight in preventing drive gaining momentum.
Providing support (complete tackle, slow down recycling)	Slowing down recycling of opponent without a high penalty count.	
Regaining possession (turnover)	Initial turn over	
Counter attack		

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	A
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Jop Wolff	Height	183 cm.
D.O.B:	26/03/79	Weight	99 kg.
Address	Reguliesgracht 124,Amsterdam	Position	Inside Center
Tele. No	0655340246	Position (other)	Flanker/Hooker
E-Mail	JWolff@workrate.nl	Previous Team/Club	HRC 1 st ,Delft Students 1 st
Occupation	Entrepreneur	remark	Mentally Tough

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Running, flat pass	Decision making as a 10 (especially blind side attack), long pass
Providing support (role of the ball carrier & support players)	Strong Runner, availability of the ball in contact. Leadership, seniority, positive attribution	Patience under pressure.
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Flat running, flat passing	Communication with 9 and pack leaders(6,2).
Applying pressure (the use of field position, possession and pace in combination)	Speed, leading the midfield unit.	Serving the back three
Turnover	Strong in contact, ripping.	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed, leadership, communication, positive coaching	
Applying pressure (tackle)	High and low tackle	Choosing the wright defensive system. Repairing system mistakes.
Preventing territory being gained (prevent off load, drive, delay of ball)	Strength	
Providing support (complete tackle, slow down recycling)	Strength	
Regaining possession (turnover)		
Counter attack	Evasive running	

Skill:	+	Fulfill the team pattern, game plan:	++
Physical condition:	+	Development vs Achievement:	A
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Koen Buseman	Height	199 cm
D.O.B:	21/05/84	Weight	103 kg
Address	Oudedijk 1c, Rotterdam	Position	Second Row
Tele. No	0617393100	Position (other)	No 8
E-Mail	koenraad_buseman@hotmail.com	Previous Team/Club	HRC 1 st , Pickwick Players
Occupation	Tekenaar/Calculeur	remark	National team player

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Leading by example, handling in line out. Collecting the re-start	Experience at the highest level.
Going forward (by running, passing & kicking)	Running, passing	
Providing support (role of the ball carrier & support players)		Deep support, choosing his role in open play.
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Positive communication, work rate	Impact, aggression
Applying pressure (the use of field position, possession and pace in combination)	Speed, unit skill	Communication
Turnover		Low by the ground
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Solid	
Going forward (reducing space individual as well as collective)	Speed, knowledge	
Applying pressure (tackle)	Solid tackle	Aggression in 1 vs 1
Preventing territory being gained (prevent off load, drive, delay of ball)	Upper body strength.	Close to the ground
Providing support (complete tackle, slow down recycling)		Rugby smart in contact
Regaining possession (turnover)		
Counter attack	Speed, work rate in open play, presence	

Skill:	+	Fulfill the team pattern, game plan:	+
Physical condition:	++	Development vs Achievement:	A
Attitude:	++	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Luco Batenburg	Height	190 cm
D.O.B:	11/02/91	Weight	110 kg.
Address	Oude Haagweg 721,Den Haag	Position	Prop
Tele. No	0655190948	Position (other)	Second Row
E-Mail	luco-nr.1@hotmail.com	Previous Team/Club	Nat team u18, HRC Colts
Occupation		remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Impact in scrum.	Experience, commitment to training irt. Work and study.
Going forward (by running, passing & kicking)	Running, passing in contact.	Passing in space
Providing support (role of the ball carrier & support players)	Positioning in open play, strong ball carrier.	
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Knowledge about continuity and positioning required.	Progress in his capacity to adjust to the high level. Fundament is good.
Applying pressure (the use of field position, possession and pace in combination)		
Turnover	Upper body strength.	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Pressure at opponent prop	Reaction time in line out, especially unit.
Going forward (reducing space individual as well as collective)	Speed,	Unit skill.
Applying pressure (tackle)	Tackle,	
Preventing territory being gained (prevent off load, drive, delay of ball)	Counter ruck, preventing drive.	
Providing support (complete tackle, slow down recycling)	Impact in tackle	Rugby smart
Regaining possession (turnover)		Low by the ground
Counter attack		

Skill:		Fulfill the team pattern, game plan:	
Physical condition:	+/-	Development vs achievement:	
Attitude:		In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Maarten Jol	Height	182 cm
D.O.B:	15/05/91	Weight	78 kg
Address	Frankenslag 31, Den Haag	Position	Fly-half
Tele. No	0652070556	Position (other)	Fullback, Outside Center
E-Mail	MC.Jol@hotmail.com	Previous Team/Club	Nat team u18, HRC Colts
Occupation	Student	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Distance in restart	
Going forward (by running, passing & kicking)	Distance in kick, goal kicking, evasive running. Handling skill.	Nerves, decision making and execution under pressure
Providing support (role of the ball carrier & support players)	Strong with ball in hand, strong in space	Timing in open play, over eager.
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Strong in ruck,	Instable in maul.
Applying pressure (the use of field position, possession and pace in combination)	Speed,	
Turnover	Strength	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed, unit skill	
Applying pressure (tackle)	Strong tackle	Reckless, injury prone.
Preventing territory being gained (prevent off load, drive, delay of ball)		
Providing support (complete tackle, slow down recycling)	Smart in contact	Dealing with frustration.
Regaining possession (turnover)		
Counter attack		Organizational skill in unit, leading the back three. Experience

Skill:	+	Fulfill the team pattern, game plan:	+/-
Physical condition:	++	Development vs Achievement:	D
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Marc Levinson	Height	190 cm.
D.O.B:	23/06/91	Weight	90 kg
Address	Beeklaan 504,Den Haag	Position	Back Row
Tele. No	070 8880868	Position (other)	Second Row
E-Mail	marc2line@hotmail.com	Previous Team/Club	HRC Colts
Occupation		remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Movability in line out	Impact at scum
Going forward (by running, passing & kicking)	Passing to the wright, running speed	Passing to the Left
Providing support (role of the ball carrier & support players)	Average ball carrier	Deep support, understanding of the dynamics in open play.
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	First arrival at the breakdown	Understanding the game
Applying pressure (the use of field position, possession and pace in combination)		Acceleration, unit skill
Turnover	Upper body strength in post tackle, off load situation.	
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Strong in the defensive line out, because of mobility	
Going forward (reducing space individual as well as collective)		Acceleration, motor skills
Applying pressure (tackle)	Solid tackle high and low.	Closing space that the 1se and 2de tackles
Preventing territory being gained (prevent off load, drive, delay of ball)	Strong low at the ground	Positioning in open play
Providing support (complete tackle, slow down recycling)	Slows down recycling	
Regaining possession (turnover)		Rugby smart
Counter attack		Converge at half break

Skill:	+/-	Fulfill the team pattern, game plan:	+/-
Physical condition:	+	Development vs Achievement:	A
Attitude:	+	In/out/unsure	unsure

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Mats Nietzman	Height	186 cm
D.O.B:	21/08/91	Weight	95 kg
Address	Jongeneelstraat 13, Den Haag	Position	Outside Center
Tele. No	0642540147	Position (other)	Fullback
E-Mail	Mats_Nietzman@hotmail.com	Previous Team/Club	HRC Colts
Occupation	Student	remark	Not fitt

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Angle run, decision making, passing	Kicking
Providing support (role of the ball carrier & support players)	Communication,	Presence, initiative
Maintaining continuity (phase play- ruck, maul, post tackle, off load)		Impact in ruck
Applying pressure (the use of field position, possession and pace in combination)		Work rate in loos play, ruck and maul
Turnover		Work rate
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Unit skill	Speed and knowledge of positioning
Applying pressure (tackle)	Not eager to tackle, tackle is solid.	Lack of initiative, impact in contact.
Preventing territory being gained (prevent off load, drive, delay of ball)	Street wise	Work rate, x-action
Providing support (complete tackle, slow down recycling)	Strength in actions,	
Regaining possession (turnover)		
Counter attack	Vision, decision making	

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	-	Development vs Achievement:	D
Attitude:	+	In/out/unsure	unsure

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Matthieu Van der Assem	Height	185 cm
D.O.B:	22/02/85	Weight	91 kg
Address	Maaswijkstraat 45,Scheveningen	Position	Center
Tele. No	0654686938	Position (other)	Wing/Fullback
E-Mail	party@miljonairs.tv	Previous Team/Club	HRC 1 st ,HRC 2 nd
Occupation	Ondernemer	remark	Attitude +/-

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Passing, inside break.	Kicking, tendency to always try to break inside.
Providing support (role of the ball carrier & support players)		Positioning,
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Stability in maul	Decision making, impact in ruck
Applying pressure (the use of field position, possession and pace in combination)	Speed	
Turnover		Aggression
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed, communication	Knowledge about structure
Applying pressure (tackle)		Tackle high and low
Preventing territory being gained (prevent off load, drive, delay of ball)		Aggression in contact, doesn't make things happen
Providing support (complete tackle, slow down recycling)		
Regaining possession (turnover)		
Counter attack	In space	

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+/-	Development vs Achievement:	A
Attitude:	+/-	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Niels Hirdes	Height	188 cm
D.O.B:	15/06/87	Weight	96 kg
Address	Oostzeedijk Beneden 77b, Rotterdam	Position	Center
Tele. No	0653791038	Position (other)	Flanker/wing
E-Mail	Niels_Hirdes@hotmail.com	Previous Team/Club	HRC 1 st
Occupation	Student	remark	Injured since 24-08-2010 (knee)

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)		
Going forward (by running, passing & kicking)	Running	Agility, passing
Providing support (role of the ball carrier & support players)	Close support, lateral support	Deep support
Maintaining continuity (phase play- ruck, maul, post tackle, off load)		Overruns the ball
Applying pressure (the use of field position, possession and pace in combination)	Speed of running	
Turnover	Strength in 1 vs 1	
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed and collective unit work	
Applying pressure (tackle)	Solid tackle	
Preventing territory being gained (prevent off load, drive, delay of ball)	Strong upper body tackle	Street wise,
Providing support (complete tackle, slow down recycling)	Impact	Doesn't choose the right tools/ options
Regaining possession (turnover)		
Counter attack	Strength in space 1 vs 1	

Skill:		Fulfill the team pattern, game plan:	
Physical condition:		Development vs achievement:	
Attitude:		In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Peter Niewenweg	Height	187 cm
D.O.B:	11/08/82	Weight	88 kg
Address	Jeruzalemstraat 36, Rotterdam	Position	Flanker
Tele. No	0651336645	Position (other)	HRC 1 st /2 nd , Rotterdam Students
E-Mail	peterniewenweg@gmail.com	Previous Team/Club	
Occupation	Sales Manager	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Line out jump	Experience, competed at a lower level
Going forward (by running, passing & kicking)	Running with ball in hand	Passing skill
Providing support (role of the ball carrier & support players)	Good ball carrier, strong in support close by and lateral.	Weak in support in depth
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Impact in ruck	
Applying pressure (the use of field position, possession and pace in combination)	Skills in loose play	Rugby smart
Turnover		Understanding the options, communication.
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Jumping, scrum	
Going forward (reducing space individual as well as collective)	Speed, closing down space	Awareness of positioning of support players/ communication.
Applying pressure (tackle)	Solid	
Preventing territory being gained (prevent off load, drive, delay of ball)	Solid	
Providing support (complete tackle, slow down recycling)	Solid	
Regaining possession (turnover)		
Counter attack		Weak in space

Skill:	-	Fulfill the team pattern, game plan:	+
Physical condition:	++	Development vs Achievement:	D
Attitude:	++	In/out/unsure	unsure

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Ryan Berrevoets	Height	186 cm
D.O.B:	03/04/92	Weight	82 kg
Address	Zijlberg 44,Zoetermeer	Position	Flanker
Tele. No	0651962315	Position (other)	
E-Mail	ceremo@live.nl	Previous Team/Club	Nat u18 team,HRC 1 ^{ste}
Occupation	Horeca	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Line out jump	Impact in scrum
Going forward (by running, passing & kicking)	Running, passing skill.	
Providing support (role of the ball carrier & support players)	Understanding the roles.	To eager, weight in close contact
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Street wise, rugby smart	Impact in ruck
Applying pressure (the use of field position, possession and pace in combination)	communication	
Turnover		
Defense		
Contesting possession (at scrum, line-out, kick-re start)		
Going forward (reducing space individual as well as collective)	Speed, organizational skill	
Applying pressure (tackle)	Low tackle	
Preventing territory being gained (prevent off load, drive, delay of ball)	Very disruptive (annoying to play against)	Impact (weight) Composure
Providing support (complete tackle, slow down recycling)	Good as 2de or 3de player to arrive at break down	
Regaining possession (turnover)		
Counter attack	Polyvalence	

Skill:	++	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	D
Attitude:	+	In/out/unsure	IN

Player Profile HRC 2010-2011

Date assessment: August 2010

Name:	Wouter Bakker	Height	171 cm.
D.O.B:	19/03/88	Weight	78 kg.
Address	Gaslaan 50, Den Haag	Position	Hooker.
Tele. No	0627858709	Position (other)	Flanker.
E-Mail	woutermaster@hotmail.com	Previous Team/Club	HRC 2 nd .
Occupation	Student Fysiotherapie	remark	

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	leading the set scrum	Handling his Nerves, experience
Going forward (by running, passing & kicking)		Passing
Providing support (role of the ball carrier & support players)		Too Light
Maintaining continuity (phase play- ruck, maul, post tackle, off load)	Work rate, mobile, eager	Impact
Applying pressure (the use of field position, possession and pace in combination)	Aggressive	
Turnover		1 vs 1 against heavier opponent
Defense		
Contesting possession (at scrum, line-out, kick-re start)		Weight
Going forward (reducing space individual as well as collective)	Speed, commitment	
Applying pressure (tackle)	Solid tackle, low better than high	
Preventing territory being gained (prevent off load, drive, delay of ball)		Impact, experience, has to adjust to a higher level
Providing support (complete tackle, slow down recycling)		
Regaining possession (turnover)		
Counter attack		

Skill:	+/-	Fulfill the team pattern, game plan:	+
Physical condition:	+	Development vs Achievement:	D
Attitude:	+	In/out/unsure	IN

Selecting the team

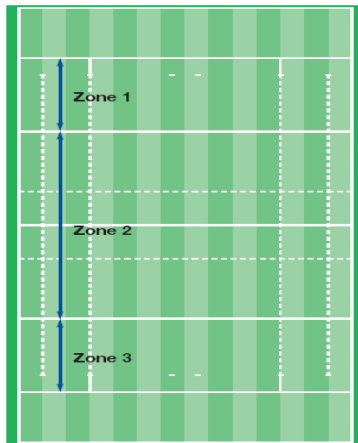
Player position	Prioritized positional requirements	Players in rank order
1	<ol style="list-style-type: none"> 1. Stabilize the scrum 2. Drive the maul forward in A&D 3. Decide on the best role in open play 	<ol style="list-style-type: none"> 1. Dirk Willems 2. Alexander Barendregt 3. Floris Kieft
2	<ol style="list-style-type: none"> 1. Throw accurately in line out 2. Tackling in open play 3. Open play 	<ol style="list-style-type: none"> 1. Jonathan Rafael 2. Derk Roes 3. Wouter Bakker
3	<ol style="list-style-type: none"> 1. Leadership 2. Ball carrier 3. Pressure on the opposite tight head in D. scrum 	<ol style="list-style-type: none"> 1. Floris Kieft 2. Luco Batenburg 3. Derk Roes
4	<ol style="list-style-type: none"> 1. Leadership in Line-out 2. Decision making 3. Composure 	<ol style="list-style-type: none"> 1. Johan Baas 2. JW de Muinck Keizer 3. Marc Levinson
5	<ol style="list-style-type: none"> 1. Clearing the ruck 2. Impact in contact 3. Tackle 	<ol style="list-style-type: none"> 1. Bob van Raaij 2. Benjamin Mast
6	<ol style="list-style-type: none"> 1. Tackle 2. Disruptive in contact 3. Decide on the best role in open play 	<ol style="list-style-type: none"> 1. Geert van Mourik 2. Bob van Raaij 3. Sander Van der Eijk
7	<ol style="list-style-type: none"> 1. Support in open play 2. Pressure on 10/12 from set play 3. Catching the ball in line out 	<ol style="list-style-type: none"> 1. Ryan Berrevoets 2. Ashley Fredriksz 3. Peter Niewenweg
8	<ol style="list-style-type: none"> 1. Evasive running 2. Decision making 3. Handling skills 	<ol style="list-style-type: none"> 1. Koen Busseman 2. Floris Kieft 3. Benjamin Mast
9	<ol style="list-style-type: none"> 1. Handling skills/ service 2. Decision making 3. Kicking 	<ol style="list-style-type: none"> 1. Bjorn Uitvlucht 2. Thomas
10	<ol style="list-style-type: none"> 1. Decision making tactical 2. Goal kicking 3. Pass 	<ol style="list-style-type: none"> 1. Job Wolf 2. Maarten Joll 3. Bjorn Vervoort
11	<ol style="list-style-type: none"> 1. Speed 2. Kicking 3. Decide on the best role in open play 	<ol style="list-style-type: none"> 1. Derk Tazelaar 2. Carlos Kuiten 3. Niels Hirdes
12	<ol style="list-style-type: none"> 1. Ability to maintain continuity 2. Line running 3. Tackle 	<ol style="list-style-type: none"> 1. Bart Koornstra 2. Job Wolf 3. Mats Nietzman
13	<ol style="list-style-type: none"> 1. Handling 2. Speed for an outside break 3. Kick 	<ol style="list-style-type: none"> 1. Bjorn Vervoort 2. Diederick Imhoff 3. Bart Koornstra
14	<ol style="list-style-type: none"> 1. Speed 2. Finishing 3. Positioning in support play 	<ol style="list-style-type: none"> 1. Fernely Simmonds 2. Niels Hirdes 3. Carlos Uitvlucht
15	<ol style="list-style-type: none"> 1. Kicking 2. Evasive running 3. Safety 	<ol style="list-style-type: none"> 1. Maarten Joll 2. Fernely Simmonds 3. Mats Nietzman

Team profile

Attack		
Principles of play	Strength	Weaknesses
Gaining possession (scrum/lineout/kick-re start)	Scrum: stabile scrum and mostly dominant. Lineout: good unit skills and multiple options at 4,6,7,8 Kick start /restart: good length from 10, good chase led by 11 and 7	Scrum: Technical ability to wheel. Concentration Line out: Throwing accuracy Kick start /restart: accuracy in the short/high ball. Weak In depth (kicking)
Going forward (by running, passing & kicking)	-Physical ball carriers 3,5,11,12,14 -Evasive runners at 4,7,11,15 -Ability to breach the attack line in midfield after set play. -ability to attack the gain line by 10	-Kicking game of 11,14 -Recognition of space -Pass of 9 -Decision of 10
Providing support (role of the ball carrier & support players)	-Good support play of 6,7,14 after initial break -Unit 6,7,8	-Offloading technique of 12 and 13 -Go to ground to soon -Unit 11,14,15 -Lack of depth in the diamond -Converge in the half break
Maintaining continuity (phase play- ruck, maul, post tackle)	-Strong maul as attacking weapon -Strong clean at ruck -Good organization and understanding of the dynamic roles in ruck and post tackle situation.	-Penalty count of 5,6 -Numbers in the ruck
Applying pressure (the use of field position, possession and pace in combination)	-Recycling speed.	-Decision making under time pressure
Turnover	-6,7,10,12 strong at the breakdown	-collective organization after break down.

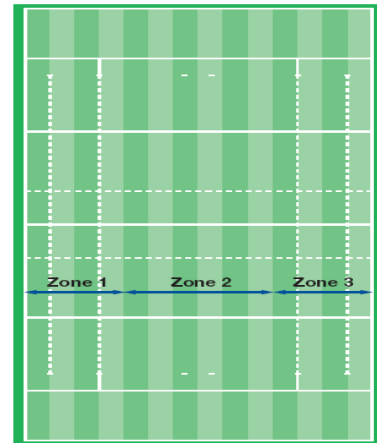
Defense		
Principles of play	Strength	Weaknesses
Contesting possession (at scrum, line-out, kick-re start)	Scrum: disrupting opposition, strong bench at 1,2,3,4 Lineout: aggression, organization Kick start /restart: two catching units	Scrum: tactical capability (wheel, referee) Line out: adjusting speed of units in line out. Kick start /restart:
Going forward (reducing space individual as well as collective)	-high density at source -fast 6,7 -strong unit 6,7,10	- <u>U</u> P and out -Reducing space in open play
Applying pressure (tackle)	-high over all tackle count -strong in contact	-organization of blind side defense
Preventing territory being gained (prevent off load, drive, delay of ball)	-system inside out, -strong 6,7,10,12 defense.	-weight of 7 -speed of 13 in open play
Providing support (complete tackle, slow down recycling)	1ste low, 2de high,3de cover space.	-weak second line defense
Regaining possession (turnover)	-6,7,10,12 strong at the breakdown	
Counter attack	-speed and threat of back three in their running game	-polyvalence 11, 14

Game profile



lateral game profile

- 1. GREEN ZONE : 22-metre line to goal line
- 2. ORANGE ZONE : 22-metre line to 22-metre line
- 3. RED ZONE : goal line to 22-metre line



linear game profile

- 1. LEFT: Left touch to 20 meters in field
- 2. MIDDLE: Middle of the field
- 3. RIGHT: 20 meters in field to right touch

Game Profile (proactive)

Principles of play		Left	Middle	Right
Attack				
Gaining possession (scrum/lineout/ kick-restart)	EXIT ZONE	Line out/Scrum: Stable, solid set piece. Safe delivery to the half back. Drop out: Deep kick, close to the side line. If there is space kick in space.	Idem	Idem
	BUILDING ZONE	Line -out: Short line out as a first option. Full line out: Quick ball of the top, preferably back of the line out. Catch and peel of the back as an option. Scrum: promote the side of the scrum from which the play will be launched. Backs as a first option. After set play: create 2 sides with strong backs as runners, from which to attack Kick start: deep kick as a first option, high kick in the middle as a variety.	Scrum: use 9 and back row to attack right side	Scrum: if dominant, back row move. If wheeled away from side line, backs ball
	STRIKING ZONE	Line -out: Use a variety of catching options. Scrum: wheel away from side line, 1st option to play open. Create platform in midfield.	Scrum: Promote the side of the scrum from which the play will be launched	Line -out: Within 5 meters, catch and drive. Outside 5 meters, quick ball of the top using a variety of catching options.
Going forward (by running, passing & kicking)	EXIT ZONE	-Kicking from 10 in field to blind side, kicking from 13 to open side. -Only play if there is a clear change (max 3 phases to avoid penalty's) If the ball is untidy, tidy up by using carrying and phase play options before kick.	Idem	Idem
	BUILDING ZONE	Attack midfield to create two sides to attack. Line out: short, attack midfield. Scrum: attack midfield if 9 covers blind Kick: not as a first option.	Scrum: use third row and 9 to attack near the set piece or launch the back three blind side.	Line out: short, attack midfield. Scrum: use third row and 9/12/14 to attack near the set piece.
	STRIKING ZONE	Line out: Within 5 meters, catch and drive. Outside 5 meters: quick ball of the top using a variety of catching options. Scrum: using options near the scrum to score or draw in defense. Kick: only if there is a >50% opportunity.	Idem	Idem

Providing support (role of the ball carrier & support players)	EXIT ZONE	-Solid chase & 2the line for chip and third line for return kick.	Idem	Idem
	BUILDING ZONE	-play if there is time and space, attach the gap if there is a option. - support converge into the gap, linear and lateral using off loads as a fist option in contact and the pass before contact.	Idem	Idem
	STRIKING ZONE	-play if there is time and space, attach the gap if there is a option. - support converge into the gap, linear and lateral using off loads as a fist option in contact and the pass before contact.	Idem	Idem
Maintaining continuity (phase play-ruck, maul, post tackle)	EXIT ZONE	-if the ball is played, close support for quick recovery		
	BUILDING ZONE	-After the gain (half break) line ruck preferred -Before or behind the gain line maul preferred.	The aim is to create two sides after the first fase in the middle of the field.	Idem
	STRIKING ZONE	-After the gain (half break) line ruck preferred -Before or behind the gain line maul preferred.	Idem	Idem
Applying pressure (the use of field position, possession and pace in combination)	EXIT ZONE	Kick: Reduce time after the kick using a organized defense line	Idem	Idem
	BUILDING ZONE	-repeat phase play in with to create the greatest range of options -speed in recycling so that the defense gets disorganized. - use space created through kicks.	Idem	Idem
	STRIKING ZONE	-repeat phase play in with to create the greatest range of options -speed in recycling so that the defense gets disorganized. Kick: Compete after a kick for the ball.	Idem	Idem
Turnover	EXIT ZONE	-Use the space in front as a fist option. -Secure ball possession	Idem	Idem
	BUILDING ZONE	-Use the space in front as a fist option. -With as a second option.	Idem	Idem
	STRIKING ZONE	-Use the space in front as a fist option. -With as a second option.	Idem	Idem

Principles of play	Defensive game profile common to all field positions
Defense	
Contesting possession (at scrum, line-out, kick-re start)	Scrum: pressure opposite scrum Line out: pressure opposite line out Note: 5-10 meters from own goal extra awareness for the rolling maul as a priority above contesting the jump. Kick start/ Drop out: 3 players up, 8 in second line , 4 third line.
Going forward (reducing space individual as well as collective)	Organize the defense line using the key factors of defense: <ul style="list-style-type: none"> - High density close to the source. - Defense inside out - Retain alignment, close the space as quickly as possible.
Applying pressure (tackle)	<ul style="list-style-type: none"> - 1ste tackler makes a tackle that limits the attacking options and suites the situation. - 2de tackler assist nr 1. - 3de in space that is left by nr 2.
Preventing territory being gained (prevent off load, drive, delay of ball)	<ul style="list-style-type: none"> - First aim is to prevent territory by using the appropriate tackle for the situation, if possible the off load should be prevented.
Providing support (complete tackle, slow down recycling)	<ul style="list-style-type: none"> - The second tackler has to: <ul style="list-style-type: none"> o Complete tackle o Prevent off load o Slow down recycling - Third to arrive from the inside has to: <ul style="list-style-type: none"> o Coffer space o Counter ruck if there is an opportunity o Organize defense
Regaining possession (turnover)	<ul style="list-style-type: none"> - Force turnover - Choose the right technique to ensure maximum change of turnover - No penalty
Counter attack	<u>Pressure</u> <ul style="list-style-type: none"> - Secure the bal. <u>No pressure</u> <ul style="list-style-type: none"> - First option is to go forward - Fix defense and play in the space (open ore blind) - Kick

Patterns of Play

Principles of attack

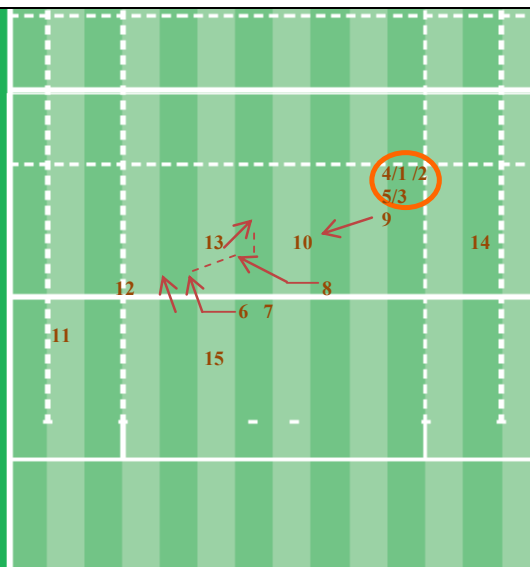
Kick-off and restart

Set Up Kick-off receiving	
<ul style="list-style-type: none"> -2 sets of jumper/catcher and lifter/support. -Support player in between the 2 sets. -2 deep players – Catcher/Passer/Runner. -Support player defending the middle of the field. -Blindside winger should stand on the line to call where ball is coming. -Winger should also be an attacking option. 	

Pressurized	
<ul style="list-style-type: none"> -Catch ball and set maul preferred over ruck) -Jumpers, Lifters and Support Player should be in this maul (4 players minimum). -Deep players should be choosing attacking positions (set up phase). -Scrumhalf needs to be quick to the maul/ruck. -When mauling get the go forward first. -Midfield support player needs to drop back. 	

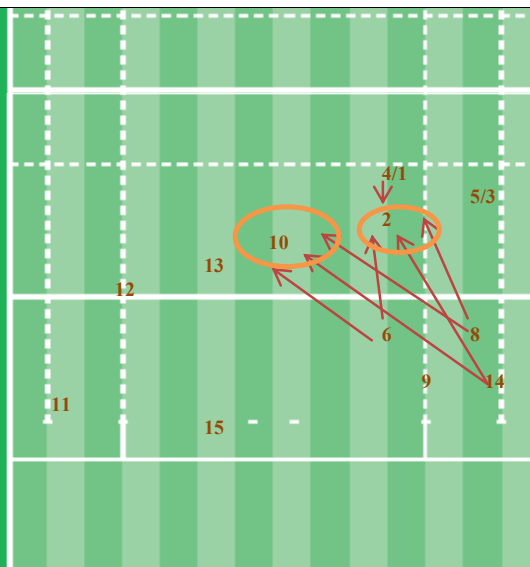
Cape town

- Pod of Runners make a scissor with inside center.
- Scrumhalf passes to fly half.
- Fly half passes early to inside center.
- Inside Centre runs first straight then inside angle and play scissor with 1 of the 2 Forward runners.
- Runners begin on the inside of the fly half.
- Must be a pass between the 2 forwards.

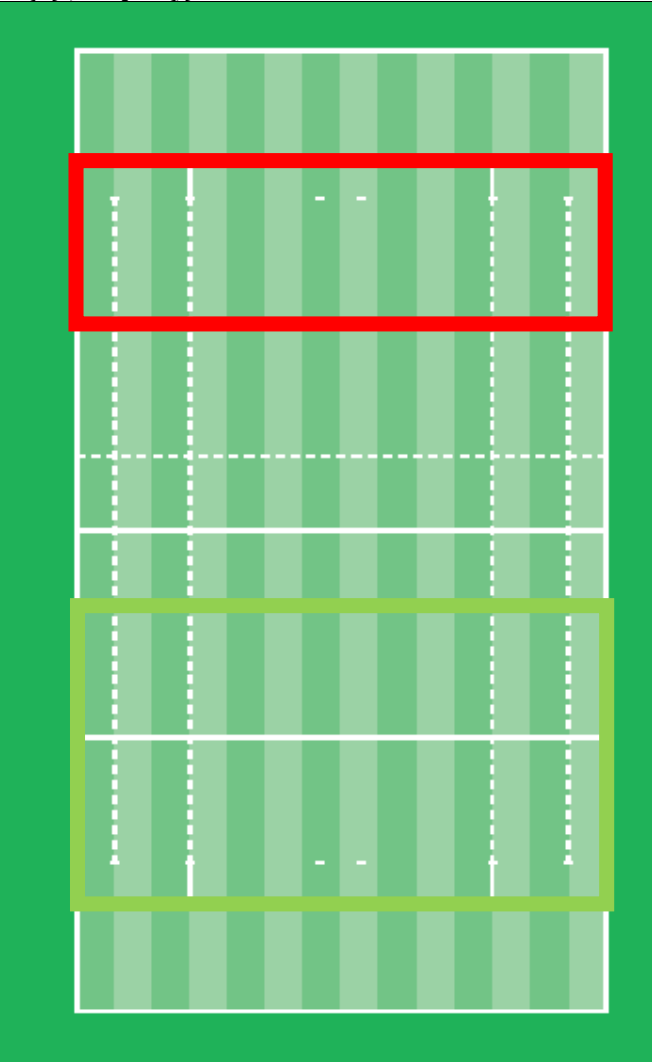


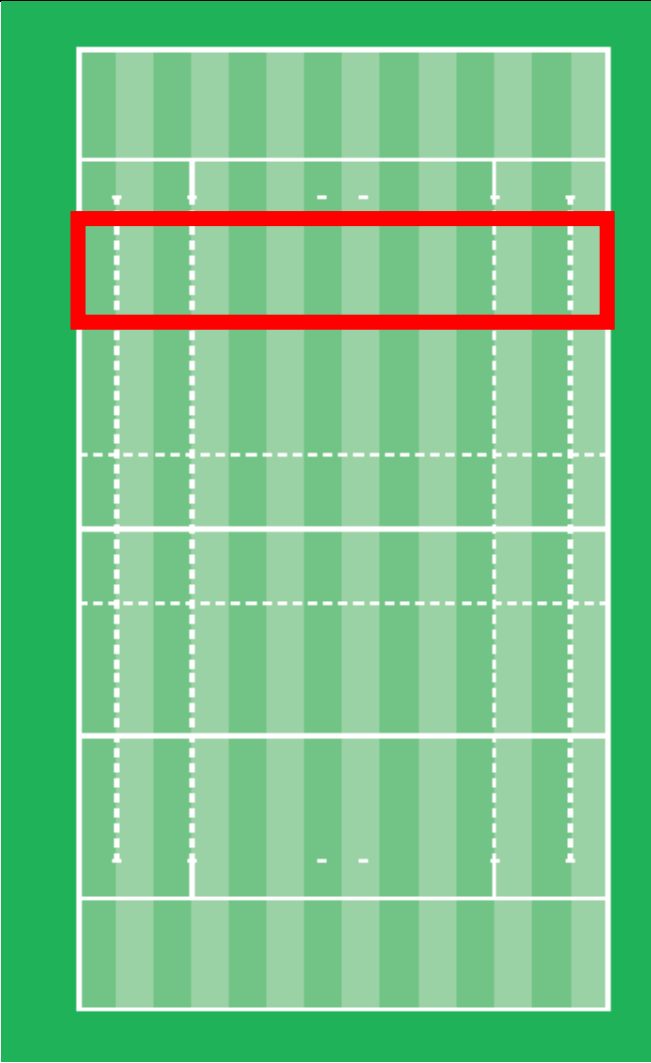
Unpressurized

- Catch ball and pass to link man.
- Link man should pass to supporting deep runners.
- Can also run a move of the fly half if time allows.
- Blindsided winger is part of the deep runners.
- Three-quarter should be prepared to be part of the ruck after running forwards have ball.
- 2nd phase Taxi/Bus
- Must be a pass between deep runners.
- Target Midfield



Line out patterns

Line out GREEN/RED ZONE Lifter(L),Jumper(J)	
<p>-Full: C,R,U,S,A,D,E,R</p> <p>1st 2e 3e</p> <p>Set Up – L-J-L-J-L-J-L</p> <p>C: Fast Ball, Quick Set, Quick Throw. Hooker must be early on mark. Lifters must react quickly. Beat opposite jumper with speed. Jumper should leap forward.</p> <p>R: Dummy Jump, Count to 3,Quick Throw. Really sell the dummy jump(use arms). Concentrate on timing with lifters. Hooker must hold throw(timing).</p> <p>U: Lob Ball, 2/3 Steps Backwards, Hold Lift. Jumper can move or lifter. Lifters Step Towards Each Other. Hooker must hold throw(timing).</p> <p>S: Fast Ball, Quick Set, Quick Throw. Hooker must be early on mark. Jumper should start 2 steps away from lifter. Back lifter has to stay close on jumper. Front lifter stays.</p> <p>A: Fast Ball, 2 Steps Backwards, Hold lift. Hooker must be early on mark. Jumper should start directly in line with opposition. Back lifter needs to leave space for jumper. Front lifter moves with jumper.</p> <p>D: Dummy Lift in Middle,10 m Throw. Hooker needs to hold throw. Jumper should start on the 10 m line. Front Lifter must dummy lifter in the middle first. Back Lifter should stay on Jumper.</p> <p>E: Fast Ball,Quick Set,10 m Jump. Hooker must be early on mark. Jumper should go straight up. Lifters must step together & hold lift.</p> <p>R: Fast Ball,Quick Set,15 m Jump. Same mechanics as an E ball. Option to use runners around the back. Need somebody to cover overthrow.</p>	 <p>When opposition are not set.</p> <p>Shotgun Front Jumper Option – Assigned Option (7) – Jumper has freedom to enter anywhere along the lineout. -Always a drive (fairway). -Shotgun call over-rides all other calls.</p> <p>Fairway: Catch & Drive Cappie: Pass To Scrumhalf off the top. Sokkies: Pass To Scrumhalf from the ground.</p>

Line out strike move RED ZONE Lifter(L),Jumper(J)	
<p>Magic Term (i.e Hocus Pocus, Abracadabra)</p> <p>Set Up – Same as any full lineout.</p> <ul style="list-style-type: none"> -Dummy jump at the front. -2nd Lifter moves back to 2nd Jumper who receives ball from a lob throw. -Once the ball is secure transfer it over to back jumper. -Set driving maul. -1st Jumper takes ball over from ball catcher and is rolled open by 1st lifter. -Hooker receives pass from 1st jumper on a wide looping run. -Target is opposition fly half. -12 runs short passing option off hooker. <p>Pit stop</p> <p>Set Up – Same as a full lineout.</p> <ul style="list-style-type: none"> - C or R ball called to front jumper - Option 5m line (attacking). - Jumper passes ball from the ground(sokkies) to scrumhalf. -Back 3 players in the lineout drop back to receive flat pass from scrumhalf. -Quick ruck is formed targeting opposition forwards. -Long ball presentation. -Front jumper needs to join in with the 1st ruck. -Front lifters, middle jumper and hooker take the next phase with a taxi ball from scrumhalf going the open side. - Target opposition fly half. -Support players on the taxi call must stay close and try to hit as one. 	
	<p>Black Jack (4 man)</p> <p>Set Up – L-J-L-J (Scrumhalf=Forward)</p> <ul style="list-style-type: none"> -Front lifter moves down the back to dummy lift -2nd lifter dummies to lift back jumper then turns around and lifts front jumper by himself close to the 5 m line. -Front jumper passes ball to hooker who gives long pass to 1 of 3 forward runners -3 Forward runners must stay close and hit defense line as one (Arrow).
<p>Tri-Nations (3 Man)</p> <p>Set Up: L-J-L (Scrumhalf=Forward)</p> <ul style="list-style-type: none"> -Hooker must be early on the mark. -Lifters and Jumper walk in late together. -Quick Ball or Lob depending how the opposition line up. -Catch & Drive. -Option 5m line (attacking). 	

Line out ORANGE ZONE Lifter(L),Jumper(J)	
<p>Oxbow (5 man) Set Up: L-J-J/L-L,L -Front Jumper dummies first then moves in to space between back two lifters. -Middle Lifter chooses whether to lift at front or back. -Hooker must be prepared to throw short or long.</p> <p>Beach (5 man) Set Up: L-L-J/L-J-L -Back Jumper dummies first then moves in to space between front two lifters. -Middle Lifter chooses whether to lift at front or back. -Hooker must be prepared to throw short or long.</p> <p>21 (4 man) Set Up: L-J-L-J(Scrumhalf=Forward) Same movement as in Black Jack. * Hooker receives ball from front jumper and scissors with front lifter (who is now situated at the back of lineout) . * Front lifter gives flat pass to scrumhalf on the blindside. * Scrumhalf should be a forward</p>	

Line out ORANGE ZONE Lifter(L),Jumper(J)	
<p>Full Alternatives.</p> <p>Set Up – Same as a full lineout.</p> <p>-Back Jumper : N – Dummy, Movement, Quick Throw.</p> <p>-Front jumper gives the start by dummying.</p> <p>-2nd lifter dummies backwards with 2nd jumper.</p> <p>-3rd Jumper(target man) goes straight up on 15m line.</p> <p>-Back lifters set early.</p> <p>Front Jumper: Z-Movement, Distraction, Quick Throw.</p> <p>-3rd Jumper gives the start by dummying forward with back lifter.</p> <p>-2nd Jumper dummies backwards with 3rd lifter.</p> <p>- Front jumper(target man) looks backwards to watch dummies then turns to take quick throw.</p> <p>-Front lifters stay set,</p> <p>When Lineout set (Oxbow or Beach) and opposition is not set.</p> <p>Shotgun</p> <p>Early Call.</p> <p>Hooker must be set early.</p> <p>Lifters have to stay alert.</p> <p>Always a drive(fairway)</p> <p>Shotgun call over-rides all other calls.</p>	

Scrum patterns

Scrum ORANGE ZONE	
<p>Set Up Moves</p> <p>Scrum has to assert dominance first.</p> <p>Biertje Kiwi (Three quater Crash)</p> <ul style="list-style-type: none"> - No 8 picks the ball up from the base and dummy passes to the scrumhalf and pop passes to big threequarter. -Scrumhalf starts the move by pushing off and dummy runs down the blindside. -Big threequarter starts on the blindside and takes contact. -No 8 needs to support ball carrier on the outside. -Option of the offload from three quarter to No 8 on the outside. -Blindside flanker supports ball carrier on the inside. -Blindside winger has to go with the move in case of the offload. 	

Scrum RED ZONE

Biertje Scotland (Blindside Rush)

Scrum has to assert dominance first.

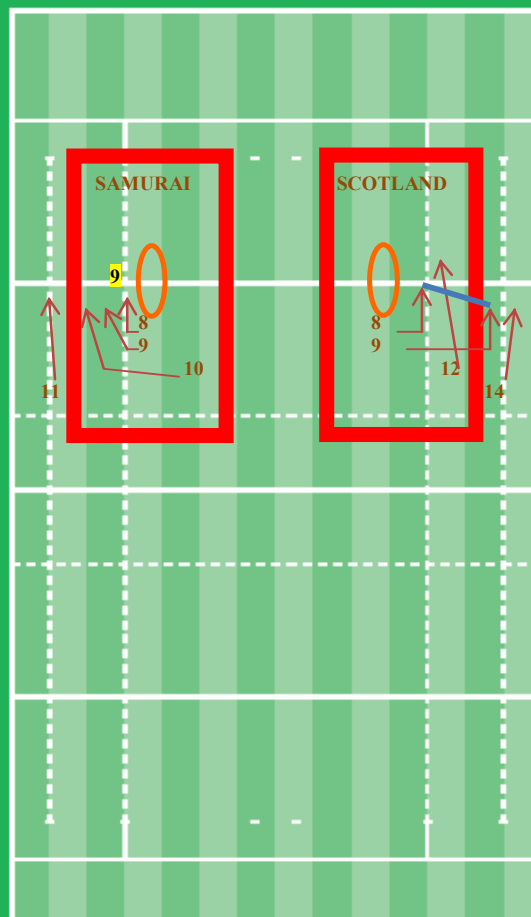
- No 8 picks up the ball from the base and dummy passes to scrumhalf behind crashing three quarter.
- Scrumhalf starts the move by pushing off and running behind three quarter down the blindside.
- Once receiving pass from No 8, scrumhalf should straighten up then draw and pass to winger.
- Blindside winger has to be careful not to be run out of space. If so then needs to cut back on the angle or scissor with the scrumhalf.

Scrum has to assert dominance first.

Samurai (Blindside Switch)

Left side of the field between 15-20 m from sideline.

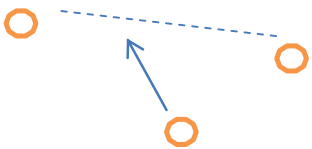
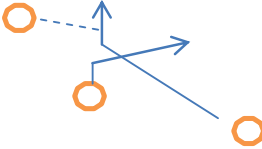
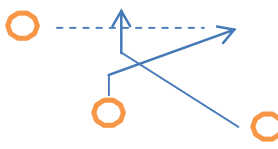
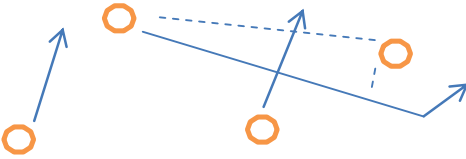
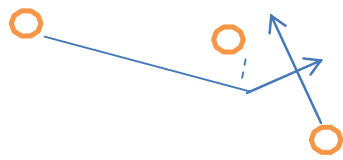
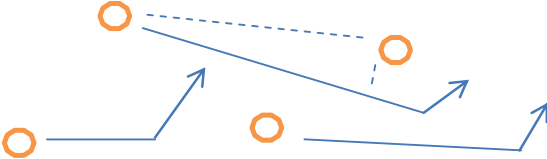
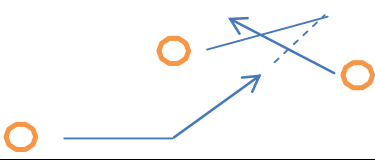
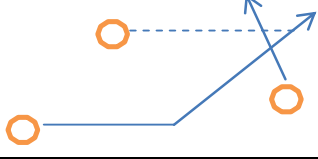
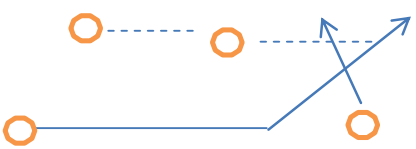
- No 8 picks the ball up from the base of the scrum and turns body into opposition scrumhalf.
- Fly half should start his run as soon as ball is at the back of scrum.
- Scrumhalf starts the move by pushing No 8 and moving down the blindside for the pop pass.
- Blindside winger has to time his run with that of the fly half.
- Fly half should straighten then draw and pass.
- Blindside flanker has to get in support of flyhalf and blindside winger.



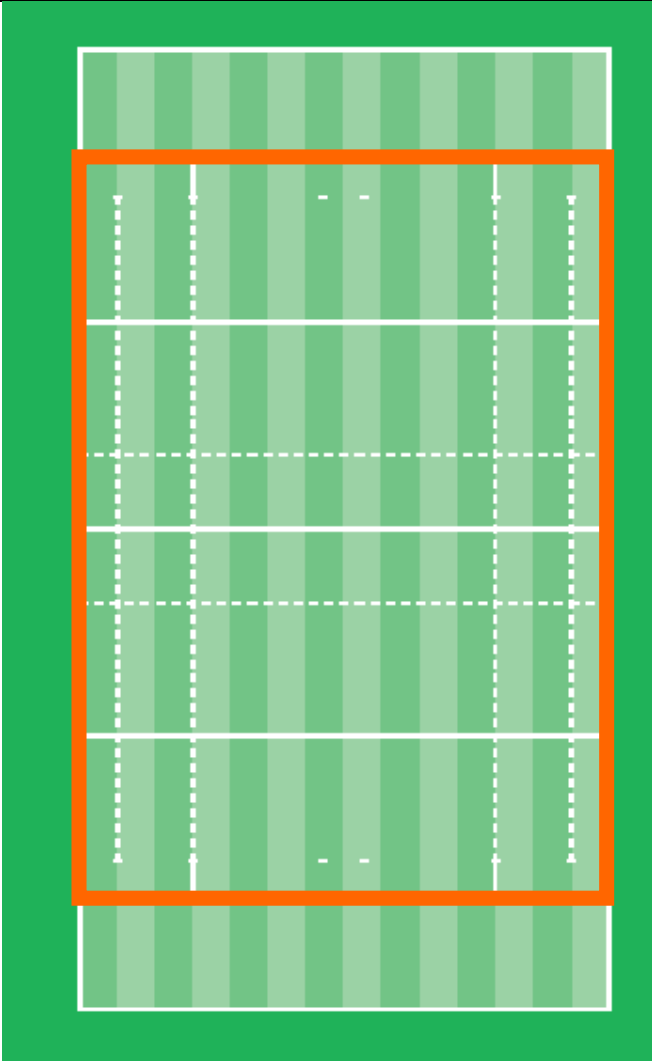
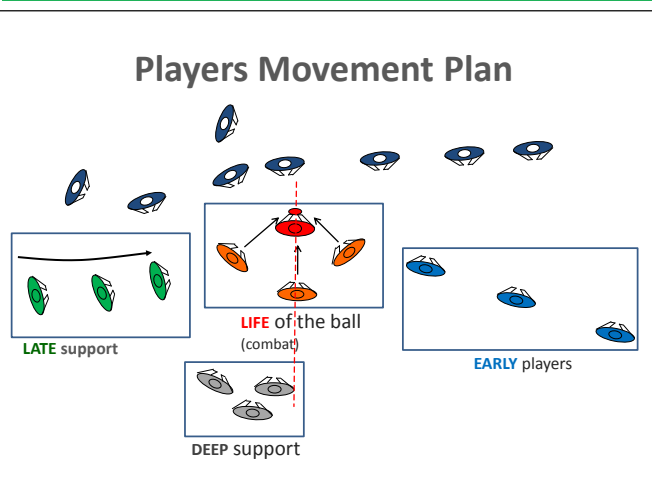
Strike move backs

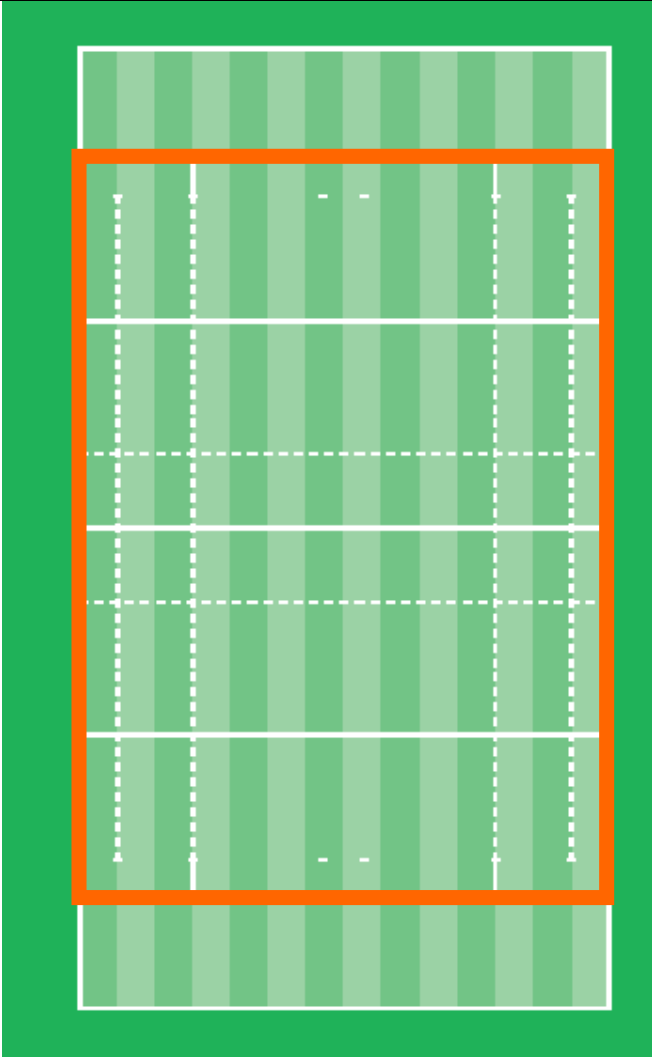
In the red zone a strike with the backs is an option on the call of the 10.

Moves in the backs

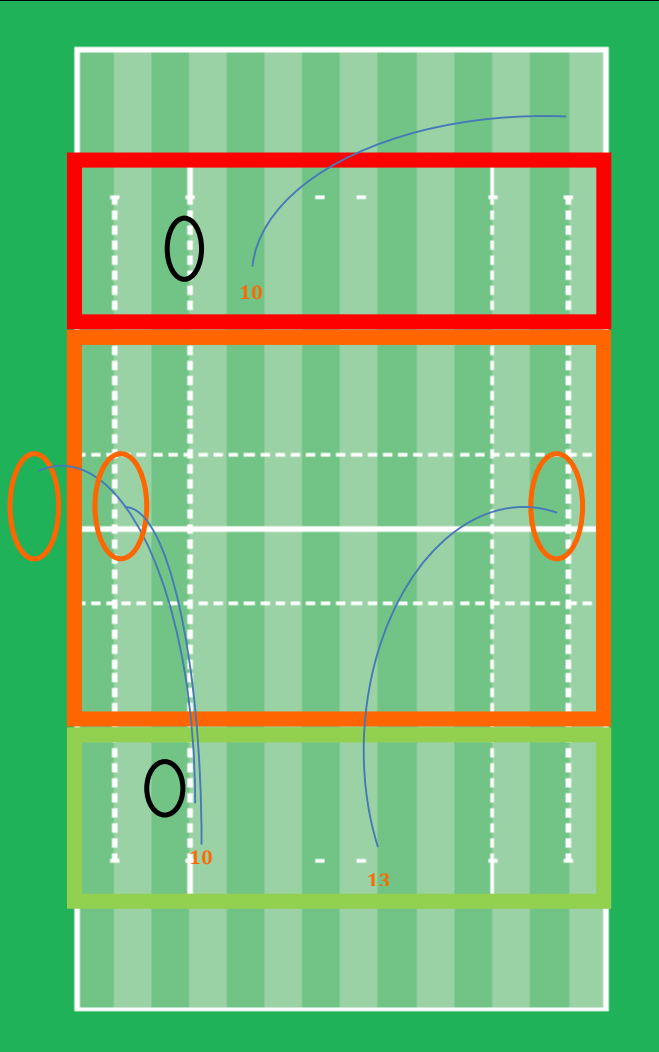
General	
<p>Mis 1: If there is space after first face we can shift the ball to the outside. Be aware of drifting defense. Preserve space in a overlap.</p>	
<p>H 1: Cut without ball. Short pass. After scrum Orange zone Red zone</p>	
<p>H 2: Cut without ball. Long pass. After scrum Orange zone Red zone</p>	
<p>Zulu 13: Fix defending midfield and play the back three. Three on three pattern Orange zone</p>	
<p>Zulu 12: Outside loop Three on three pattern Orange zone</p>	
<p>Mappi: Double loop Three on three pattern Orange zone</p>	
<p>Joker: dummy cut pass. From scrum Orange zone Option 2: dummy miss</p>	
<p>Bleus 10: Three on three pattern Orange zone</p>	
<p>Bleus 12: Three on three pattern Orange zone</p>	

Support play

General	
<p>4 family system</p> <p><u>Family 1</u> Passer: I must keep playing, I accelerate to follow my ball and to support the player who will receive the ball (supporting his/her shoulder). If the ball carrier attack the defensive line we (passer and 1st receiver) are converging towards the ball. If the defender tackles or stops the ball carrier we are ensuring the possession of the ball (combat). If the player I've passed to makes a pass, I move from my inside shoulder supporting position to a « Deep » support position and role of this player.</p> <p><u>Family 2</u> I'm an early player in relation to the ball movement (the ball is moving towards me). I want to take up all the remaining space, to stretch the defense, to get free of my defender and to beat him/her before receiving the ball by being steep (depth and being able to gain speed) and at passing distance (as long as my closest teammate hasn't received the ball I will keep taking up space however as soon he/she receives the ball I must start running straight); I must count how many defenders we have in front of us (ratio attack v defense)</p> <p><u>Family 3</u> I'm a player who's very late in relation to the movement of the ball. I'm repositioning myself some kind of steep in order to be efficient when we will switch the direction of the ball and I'm moving closer to the ball leisurely.</p> <p><u>Family 4</u> I'm a player in « deep » support in relation to the movement of the ball. I follow the ball and I'm making sure to not overrun it by staying inside of the vertical axis and being steep. I provide support in the vertical axis to the «Life of the ball» player (ball carrier) by trying not overrun his/her inside shoulder (cue) if I want to be efficient when he/she wants me to help to penetrate or continue to penetrate, if he/she needs help to retain ball possession.</p>	 <p>Players Movement Plan</p> 

General	
<p>- Taxi (Quick Ball) Pod of runners receiving ball directly from scrumhalf. If scrum half runs, choose angel and converge to scrumhalf.</p> <p>- Bus (Quick Ball) Pod of runners (4 players minimum) receiving ball from fly half.</p> <p>- Capetown (Quick Ball) See kick off.</p> <p>- Puma 2 (Slow Ball) Pod of hitters (4 players minimum) set up another ruck or maul attacking the same direction. Formation. -Passer/Inside Support -Pusher/Ball Receiver -Outside Support -Ball Security Key Points: -Pusher starts the movement by pushing off the passer sideways and receiving a 3/5 meter pass -Passer must follow the ball to get into support position on the inside. -Outside Support must give quick support to ball carrier on the outside -Ball Security has to ensure we win the ruck by bridging ball. -Players have to realize that this is a set up move. (This phase is to give us time to organize the next phase)</p> <p>-Penndel Switch direction of play from open side to blind side.</p>	
	<p>- Cougar (Slow Ball) -Pusher starts the movement by pushing off the passer sideways. - Scrumhalf passes to ball receiver and loops around and gives pass to angled runner. - Ball receiver can choose whether to make contact or pass before contact (Hit with everybody or nobody). - Outside support must be quick on ball carrier to offer shield for loop around. -Angled Runner has to start wide then come back on an inside running line. - Option also to use angled runner as a dummy and pass behind him to blindside winger to run backline move.</p>

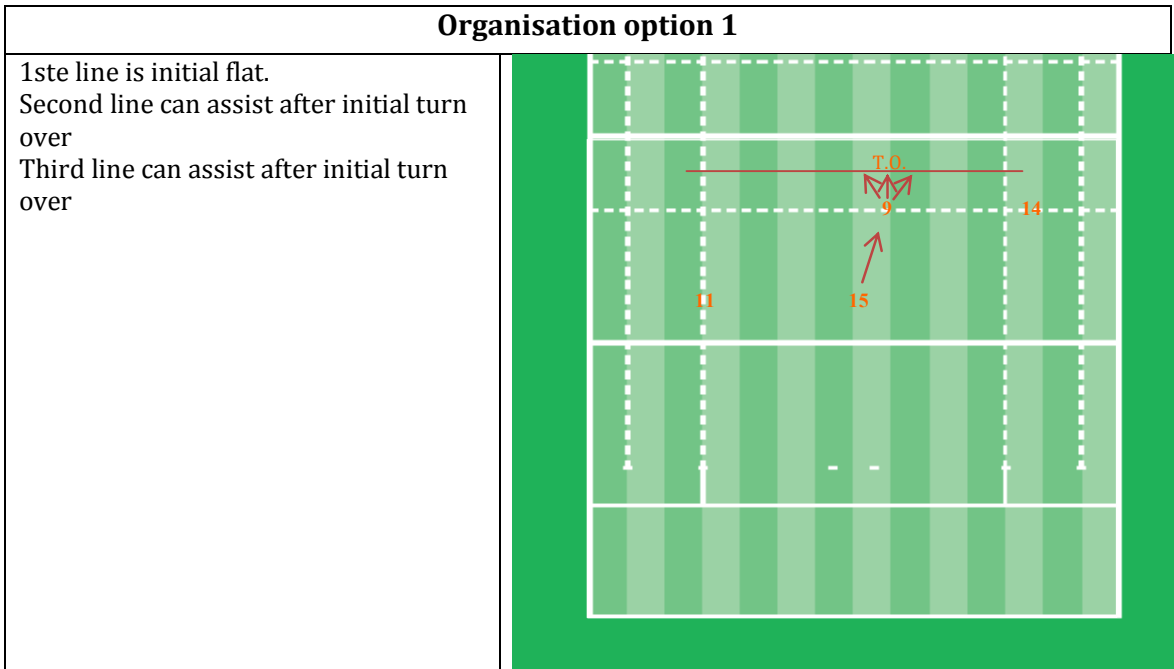
Kicking game

Set Up Kick-off attacking	
<p>Red zone Not as a first option. -Kick high to the wing as variety. -Chip or grubber if there is a >50 chance of scoring.</p> <p>Orange zone Kick, not as a first option. -Up and under as variety. -Chip or grubber if there is space in second line of the defending team.</p> <p>Green zone line out, scum <u>Pressure:</u> -10 kicks the ball out of play <u>No pressure:</u> -10 kicks the ball to the blind in play, close to the sideline -13 kicks the ball open in play close to the side line</p>	

Counter

General remark: speed in all actions

1. After tackle
 - First option is in front of the player, if the defenders are besides the attacker the gap is in front. This can happen because defenders were previous attackers often line up lateral.
 - Defense will be in place after the initial fight.
2. After kick with pressure
 - Secure the ball, stop the pressure by “fighting”
 - Support help the ball carrier (grubber: first fall on the ball).
 - Defense will be in place after the initial fight.
3. After kick with no pressure (deep)
 - First option: Fix the side that the ball came from (most defenders) and switch to the other side.
 - Second option: Fix and attack blind
 - Third option: Fix and kick (deep/high)
 - Fourth option: Defense is spread, attack the middle.



Defensive pattern off play

Kick off.

Set Up Kick-off Defending	
<ul style="list-style-type: none"> -1ste line/ chaser: 6,7,11 -2de line: 1,2,3,4,5,12,13,14 -3de line: 8,9,10,15 <u>High in the middle ,rampage.</u> -Forwards start in the middle of the field close to the kicker. -Kick needs to be high and targeting between the 15-25 m area. -Chasers need to contest for the ball or past the ball in case of a tap back from opposition. -Rest of the forwards need to keep one line in defense. -Three quarters also need to split up to defend both sides of the field in case of counter attack. <u>Deep, close to the side line.</u> Organized chase in three lines 	

22m drop out

Set Up 22m drop out defending	
<ul style="list-style-type: none"> -1ste line/ chaser: 6,7,11 -2de line: 1,2,3,4,5,12,13,14 -3de line: 8,9,10,15 <u>Deep to gain territory</u> -Organized chase in three lines <u>Deep, close to the side line.</u> -Organized chase in three lines 	

Defensive pattern open play	
<p>Red zone Set play: man out (see orange)</p> <p>Orange zone -Close space -Set play man out Ruck: - up & out - always a line of 3 counting from the inside - 1 tackle/ 2 support/ 3 coffers space that 1 & 2 create. - 4th the man can coffer behind. - contest if it is on - stay out if ball is lost - 2 guards (focus around the fences) - 2 bodyguards - 1 base man (9) who sets up second line in defense. - rest pointers - If numbers even up or exceed attack 1 shooter outside 10 to attack opposite 10</p> <p>Green zone Line out: stop drive/maul as a priority over contesting the jump. Backs: man on defense</p>	

General:

- close defense near the ball, more space in between further from the ball
- speed in closing space

Game plans vs. RC Eemland

First I will make a team profile of RC Eemland. Based on this game profile I will make a game plan, using the strength and weaknesses of Eemland.

Eemland has the ambition to reach the play-offs. They see HRC and DIOK as the teams to beat to reach the 4th place. Their coach is familiar at HRC. He is very directive and likes to structure phases up to 3 phases after set play. I will summarize our knowledge of his coaching method in the team profile.

Team Profile **RC Eemland**

Principles of play	Strength	Weaknesses
Attack		
Gaining possession (scrum/lineout/kick-re start)	Scrum: average Lineout: solid 1st jumper Kick start /restart: strong first tackle from back row.	Scrum: tactical options to wheel, loose head. Line out: minimum options in the back of the line out, because of poor throwing skills of 2 Kick start /restart: average kicking technique
Going forward (by running, passing & kicking)	Strong back three with ball in hand, good speed and running skills.	Weak tactical unit, back three. Average kicking skills Ability to move the ball passed 13.
Providing support (role of the ball carrier & support players)	Strong in lateral support and first strike	Weak in off load and continuity in general Weak in deep support
Maintaining continuity (phase play- ruck, maul, post tackle)	Strong flankers clearing the ruck. Strong first phase strike in midfield. Strong upper body in post tackle by 6,7,8	Predictable Dominant coach so they play proactive instead of reactive. Poor use of blind side No composure
Applying pressure (the use of field position, possession and pace in combination)	UP by a few individuals	Collective pressure
Turnover	A few strong and disruptive players	Organization after turnover.
Defense		
Contesting possession (at scrum, line-out, kick-re start)	Scrum: average Lineout: movability and reaction time Kick start /restart:	Scrum: concentration/ endurance for the full game Kick start /restart: weak if 6,7,8 are out maneuvered
Going forward (reducing space individual as well as collective)	Speed	Disorganized after several phases.
Applying pressure (tackle)	Strong tackle in first phase	
Preventing territory being gained (prevent off load, drive, delay of ball)	Strong support from 6,7,8 after initial tackle Weak in second line of defense	Poor defense of the blind side Ball watching by forwards Poor organization in open play, especially the blind side.
Providing support (complete tackle, slow down recycling)	A few strong disruptive players	
Regaining possession (turnover)		
Counter attack	Speed, running skills	Kicking game

Game plan

Weather:

- no rain
- light wind
- +8 degrees

Ground conditions:

- Home ground
- Solid ground
- A bit soft due to rain the previous day, but solid enough to play a fast game

Referee:

- Albert Roling
 - o Fast, Fit
 - o A bit insecure, especially around the break down
 - o Our players can get frustrated!! They have to concentrate and let the captain do the talking.

Changes to our patterns of play

Red Zone:

Eemland is looking to reach the play offs by defeating HRC. If we can score points by kicking at goal we will do that. We can mentally harm them if we score 2 or 3 kicks in the first 20 minutes. Their first line defense is solid. If we set up an attack we have to make sure that we recover possession. So players should not let themselves be isolated. In the first phase the inside support has to work to recover ball possession. After this first phase Eemland gets weaker. Especially blind side. Their main tacklers will realign open. We will be looking for a mismatch blind. The second option is to kick the high ball for our wingers. Their back three is strong in space but weak under pressure.

If we have position in the red zone we have to play composed. Their kicking skills are average. Do not take chances but keep the pressure and field position. They can tackle but they have the tendency to make mistakes when under pressure.

In set play we are dominant. Ask for scrum in their 22 and pressurize their loose head. Their substitute at loose head is not impressive.

Orange zone

In set play we focus on the first and second pair. Their hooker is not great with his long ball. In the scrum we either lock or we attack. This must be communicated by our 6.

Again we are looking at fixing the midfield and attacking the blind. If their first defensive line is down they are weak. We must focus on quick recycling. If we can produce 3 or more phases with speed we will force a half break. Especially our forwards have to work off the ball to realign.

Our kicking game has the extra option to kick in behind the first line of defense. They are weak in their second line. We have to be careful that we do not over kick. Their back three is strong with ball in hand.

Green Zone:

When kicking we must be aware that we do not kick in hand of the back three. Our defensive line has to be organized.

Pressurize their scrum, and defense around the fringes.

They like to attack three phases in the same direction with strong runners at 6,7,8.

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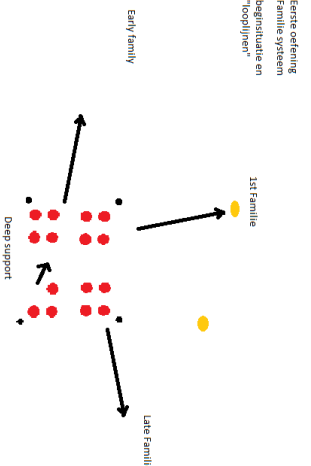
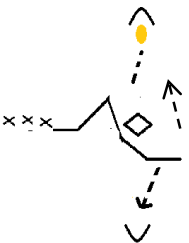
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visit Efic/IB educator					1		2			
meeting technische staf HRC				IB:3:0		IB:3:0	IB:3:0			
meeting technisch directeur	1							2		
meeting players individual=1		C	I	I	I		C	I	I	I

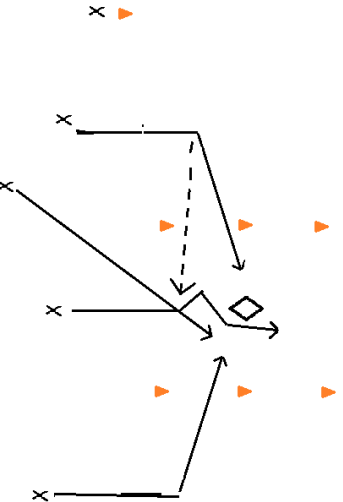
recovery	live recovery			live recovery		active recovery
running based	endurance/stamina	high intensity focus	speed/quick	high intensity focus	endurance/stamina	high intensity
core	core			core		core
strength power	strength/stability	power/dynamics	plyometrics	power/dynamics	strength/stability	strength/stability
testing		1		2	3	

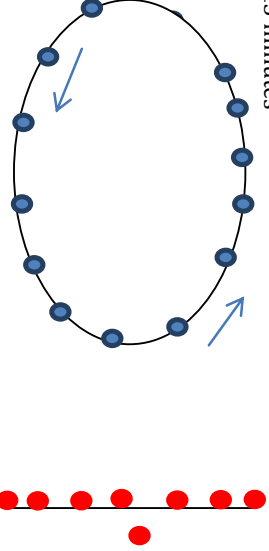
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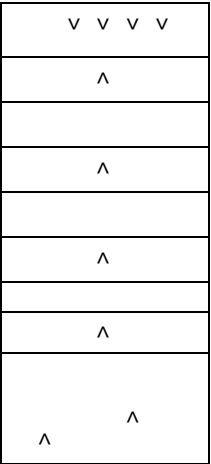
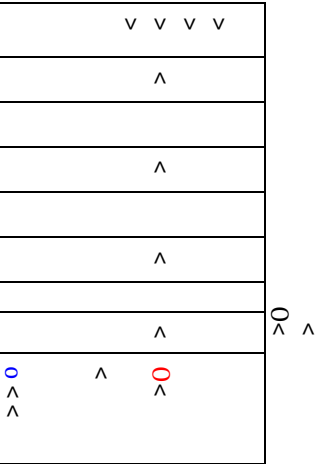
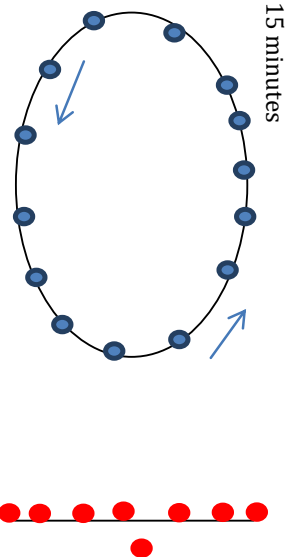
Training HRC		
Aim of the session: collective positioning in space, decision making in open play		
content	organization	remarks
Warming up Lead by captain	10 minutes	
Exercise 1: This exercise is a <u>progressive</u> containing 5 steps.	-Touch 12 vs. 12 -minimal 50 meters by 60 meters -80 minutes in total	"controlled" defense that cannot touch the ball, only the attacking players.
Step 1 -Play were it is easy to play. -Speed in al actions	-1 touch ball over -5 minute's	-This form is very unsuccessful. -It is very difficult to score/ to create space -Defense is well organized
Step 2 -judge the space between attack and defense.	-Touch 12 vs. 12 -10 minutes -just before contact the attack places the ball on the ground. Without mistake and if there is speed in the actions the attack can play unlimited faces.	-Space: pass or attack the gap -No space: just before contact place the ball to the ground.
Step 3 Use the term " <u>contact</u> " to communicate that there is no space. 2 players will help and form a mini maul of 3 players in total. -player 1: the ball carrier takes the ball in contact -player 2: player who gave the last pass. -player 3: the firts player outside of the ball carrier. - player 4: the scrumhalf (for last passer) Defense: 3 players have to fully commit to control the attacking maul. -player 1: tackler -player 2: standing left of the tackler -player 3: standing right of the tackler	-Touch 12 vs 12 -15 minuten	Space will open up just right and left of the mini-maul. Players have the tendency to attack out wide.
Step 4 -Push 3 seconds after the maul is formed. -Defense keeps the maul stable. -Players without the ball must cover the width of the pitch.	-Touch 12 vs 12 -15 minutes	Because the attack covers the complete with space will open up close to the maul if Defense mirror the attack or out wide if defense if they do not mirror the attack.
Step 5	-Touch 12 vs 12	

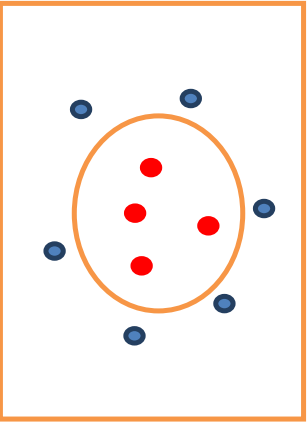
-Space: players will attack space and attack a gap and call. To communicate they will call "duel". Support left and right will converge in the gap + 1 deep support. - No space: "contact"	-15 minutes	
Step 6 -Introduction of the kick	-Touch 12 vs 12 -20 minutes	Progression: instead of calling duel and contact the players must react on the body language of the player with the ball. 2 hands = duel Ball in left hand = off load to the right Ball in right hand = off load to the left
Cooling down Led by captain	10 minutes	

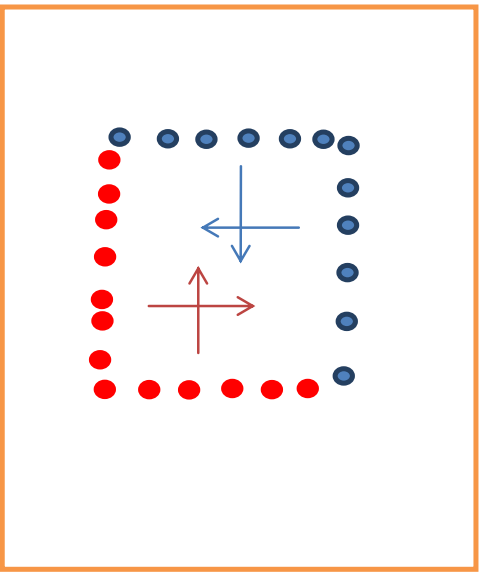
Training HRC		
Collective organisation + Organisation in the half break + technique of the off load		
content	organization	remarks
Presentation: family system	inside	Power point see attachment
Warming up Lead by captain	10 minutes	
Exercise 1: collective organization The ball can be places in different positions so that the role and responsibility changes of the different players.	10 minutes 	Question 1: Where Am I in relation to the movement of the ball? In which group do I belong? Question 2: What should I do (role and responsibility)
Exercise 2: Technique of load -left and right in contact -left and right to pass defender	15 minutes 	-protect the body before off-load -use free hand to turn the defense Defense tackles low: graph the back and turn the defender. Defense tackles high: strong hand off and turn the defender

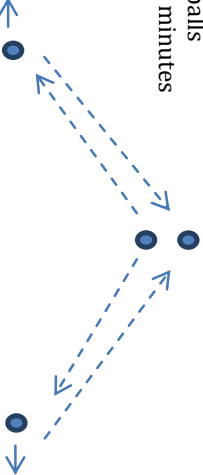
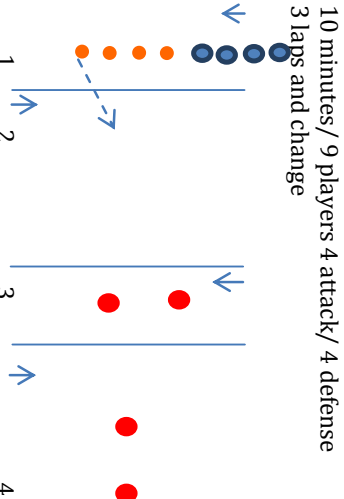
Exercise 3: converge in the gap and off load	15 minutes		<p>-"DUEL"</p> <p>-converge in the gap</p> <p>-create the diamond</p> <p>-off load after tackle</p>
Exercise 4: Repeat step 6, training 1	12 vs 12 30 minutes		Focus on the shape of the players in the half
Cooling down Led by captain	10 minutes		break

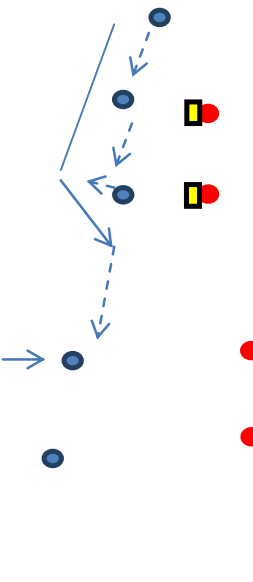
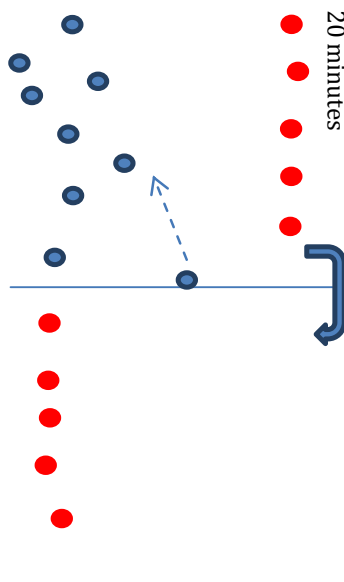
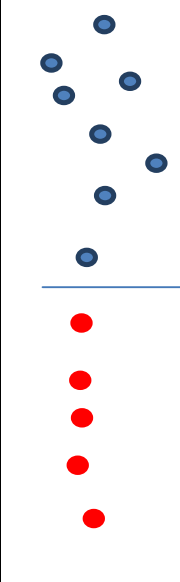
Training HRC		
Positioning of deep support + late support		
content	organization	remarks
Video Analysis Analysis of the game against Eemland: -late support is badly organized -no use of the blind side attack	CLIP 1: half break Initial half break is made. No organization after the half break. No deep support only lateral. CLIP 2: positioning in third phase. Players look at the ball, they do not look to the opponent en the blind side space. CLIP 3: positioning in third phase. Players look at the ball, they do not look to the opponent en the blind side space. CLIP 4: nice break, well positioned & nice score.	-don't look at the ball. -positioning to attack blind side -overrunning position
Warning up Lead by captain Exercise 1: -4 families -15 vs 10 -Players run in a circle so that roles change. -aim is to disorganize the team so they have to find there organization as soon as possible	15 minutes 	-emphasis on the deep and late support

<p>3c. 4 against 1-1-1-1 + 2</p>		<p>Attack: -keep in shape -do not overrun</p> <p>Defense: -</p>
<p>3d. 4 tegen 1-1-1-1 + 2</p> <p>The last to can be the red/ blue or green defenders. The coach will call the color</p>		<p>Attack: -Keep all options open, do defeat the last two</p>
<p>Repeat exercise 1:</p> <ul style="list-style-type: none"> -4 families -15 vs 10 -Players run in a circle so that roles change. -aim is to disorganize the team so they have to find there organization as soon as possible 	<p>15 minutes</p> 	<p>-emphasis on the deep and late support</p>
<p>Cooling down</p> <p>Led by captain</p>	<p>10 minutes</p>	

Training HRC		
Organization of the first family		
content	organization	remarks
Warming up Lead by captain	10 minutes	
Contact warming up -Judo -1 vs 1 wrestling	10 minutes	
Exercise 1: Create the organization in the first family 4 attack, the aim is to score outside the outer grid. All directions can be attacked 6 defense cannot enter the inner grid	20 minutes  Outer grid 15m by 15 m Inner grid 8 by 8	Attack: -choose the wright gap to attach -communication is key -speed is the key to success Defense -organize quickly after initial break, then the attack will be outnumbered.

<p>Exercise 2:</p> <ul style="list-style-type: none"> -12 vs 12 -4 directions of play -attack chooses the direction of play based on the position of the own support and the defense 	<p>20 minutes</p> 	<p>Attack</p> <ul style="list-style-type: none"> -preserve initial space by fixing defenders <p>Defense</p> <ul style="list-style-type: none"> -get the organization in order as soon as possible
<p>Cooling down</p> <p>Led by captain</p>	<p>10 minutes</p>	

Training HRC		
Aim of the session: improve passing skills improve support in the half break		
introduction	content	organization
Warming up Lead by captain	10 minutes	
Exercise 1: Handling drill -repetition 20 passes p.p. (80 passes each after this drill)	4 players 2 balls 15 minutes 	-Accuracy -start close move out wide (support players)
Exercise 2: drill circuit -lane 1: pick up the ball and place the ball at the next coin. -lane 2: pass and follow -lane 3: of load right & left -lane 4: beat the defense by passing before contact or attack the gap, support converge towards the ball carrier and pass using an off load.	10 minutes/ 9 players 4 attack/ 4 defense 3 laps and change 	-tempo -skills

<p>Exercise 3: converge towards ball carrier</p> <p>-after the pas the work is not don, support has to be provided towards the ball carrier.</p>	<p>15 minutes</p> 	<p>-fix first two defenders</p> <p>-2 vs 2 on the out-side</p> <p>-support from inside determine the success.</p>
<p>Exercise 4: 10 vs. 5 vs. 5.</p> <p>2 x 5 minutes team 1</p> <p>2 x 5 minutes team 2</p>	<p>20 minutes</p> 	<p>-use all techniques trained during this session</p> <p>-pass</p> <p>-converge</p> <p>-off load</p>
<p>Cooling down</p> <p>Led by captain</p>	<p>10 minutes</p> 	

Competition, results and fixtures

Ereklasse

#	Team	GW	W	G	V	Pnt	GV	GT	+/-
1	Rugby Club Hilversum 1	10	8	0	2	39	419	56	363
2	RC the Dukes 1	10	9	0	1	39	380	115	265
3	Rugby Club 't Gooi 1	10	7	0	3	33	337	136	201
4	Haagse RC 1	11	7	0	4	31	254	167	87
5	LRC DIOK 1	11	7	0	4	31	232	166	66
6	RC Eemland 1	10	5	0	5	24	210	150	60
7	Castricumse RC 1	10	3	0	7	16	172	166	6
8	Utrechtse RC 1	10	3	0	7	15	175	255	-80
9	REL	10	2	0	8	9	158	273	-115
10	AAC Rugby 1	10	0	0	10	0	10	863	-853

Ereklasse

zaterdag 4 september 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
04-09-2010	16:00	Berenstein	Rugby Club Hilversum 1	AAC Rugby 1	99 - 0
04-09-2010	16:00	Bouwmeesterlaan	Haagse RC 1	Utrechtse RC 1	27 - 20
04-09-2010	16:00	Naarden	Rugby Club 't Gooi 1	RC the Dukes 1	13 - 18
04-09-2010	16:00	Lange Brugstraat	REL	Castricumse RC 1	25 - 14
04-09-2010	16:00	de Bokkeduinen	RC Eemland 1	LRC DIOK 1	7 - 25
zaterdag 11 september 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
11-09-2010	16:00	Wouterland	Castricumse RC 1	RC Eemland 1	5 - 13
11-09-2010	16:00	Smaragdlaan	LRC DIOK 1	Rugby Club Hilversum 1	16 - 10
11-09-2010	16:00	De Eendracht	AAC Rugby 1	Haagse RC 1	0 - 76
11-09-2010	16:00	Sportp. Terweide	Utrechtse RC 1	Rugby Club 't Gooi 1	22 - 32
zaterdag 18 september 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
18-09-2010	16:00	Berenstein	Rugby Club Hilversum 1	Castricumse RC 1	9 - 14
18-09-2010	16:00	Bouwmeesterlaan	Haagse RC 1	LRC DIOK 1	23 - 26
18-09-2010	16:00	Naarden	Rugby Club 't Gooi 1	AAC Rugby 1	135 - 0
18-09-2010	16:00	Lange Brugstraat	REL	Utrechtse RC 1	17 - 26
18-09-2010	16:00	de Bokkeduinen	RC Eemland 1	RC the Dukes 1	15 - 16

zaterdag 25 september 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
25-09-2010	16:00	Sportp. Terweide	Utrechtse RC 1	Rugby Club Hilversum 1	0 - 60
25-09-2010	16:00	Limietlaan	RC the Dukes 1	Haagse RC 1	24 - 8
25-09-2010	16:00	Wouterland	Castricumse RC 1	Rugby Club 't Gooi 1	8 - 18
25-09-2010	16:00	Smaragdlaan	LRC DIOK 1	REL	24 - 16
25-09-2010	16:00	De Eendracht	AAC Rugby 1	RC Eemland 1	0 - 72
zaterdag 2 oktober 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
02-10-2010	16:00	Berenstein	Rugby Club Hilversum 1	RC Eemland 1	20 - 5
02-10-2010	16:00	Bouwmeesterlaan	Haagse RC 1	REL	29 - 10
02-10-2010	16:00	Naarden	Rugby Club 't Gooi 1	LRC DIOK 1	32 - 10
02-10-2010	16:00	Sportp. Terweide	Utrechtse RC 1	RC the Dukes 1	16 - 20
02-10-2010	16:00	De Eendracht	AAC Rugby 1	Castricumse RC 1	5 - 58
zaterdag 9 oktober 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
09-10-2010	16:00	Lange Brugstraat	REL	Rugby Club Hilversum 1	3 - 56
09-10-2010	16:00	Wouterland	Castricumse RC 1	Haagse RC 1	10 - 28
09-10-2010	16:00	de Bokkeduinen	RC Eemland 1	Rugby Club 't Gooi 1	8 - 41
09-10-2010	16:00	Limietlaan	RC the Dukes 1	AAC Rugby 1	185 - 0
09-10-2010	16:00	Smaragdlaan	LRC DIOK 1	Utrechtse RC 1	33 - 6
dinsdag 12 oktober 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
12-10-2010	20:30	Limietlaan	RC the Dukes 1	REL	39 - 5
zaterdag 16 oktober 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
16-10-2010	16:00	Berenstein	Rugby Club Hilversum 1	Rugby Club 't Gooi 1	23 - 11
16-10-2010	16:00	Bouwmeesterlaan	Haagse RC 1	RC Eemland 1	20 - 3
16-10-2010	16:00	Lange Brugstraat	REL	AAC Rugby 1	62 - 5
16-10-2010	16:00	Smaragdlaan	LRC DIOK 1	RC the Dukes 1	10 - 14
16-10-2010	16:00	Sportp. Terweide	Utrechtse RC 1	Castricumse RC 1	18 - 15
zaterdag 23 oktober 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
23-10-2010	16:00	Berenstein	Rugby Club Hilversum 1	RC the Dukes 1	26 - 7
23-10-2010	16:00	Naarden	Rugby Club 't Gooi 1	Haagse RC 1	15 - 7
23-10-2010	16:00	Lange Brugstraat	REL	RC Eemland 1	0 - 21
23-10-2010	16:00	Wouterland	Castricumse RC 1	LRC DIOK 1	7 - 13
23-10-2010	16:00	De Eendracht	AAC Rugby 1	Utrechtse RC 1	0 - 50

zaterdag 30 oktober 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
30-10-2010	16:00	Bouwmeesterlaan	Haagse RC 1	Rugby Club Hilversum 1	0 - 47
30-10-2010	16:00	Lange Brugstraat	REL	Rugby Club 't Gooi 1	7 - 23
30-10-2010	16:00	de Bokkeduinen	RC Eemland 1	Utrechtse RC 1	36 - 8
30-10-2010	16:00	Limietlaan	RC the Dukes 1	Castricumse RC 1	24 - 5
30-10-2010	16:00	Smaragdlaan	LRC DIOK 1	AAC Rugby 1	57 - 0
zaterdag 6 november 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
06-11-2010	16:00	De Eendracht	AAC Rugby 1	Rugby Club Hilversum 1	0 - 69
06-11-2010	16:00	Sportp. Terweide	Utrechtse RC 1	Haagse RC 1	9 - 15
06-11-2010	16:00	Limietlaan	RC the Dukes 1	Rugby Club 't Gooi 1	33 - 17
06-11-2010	16:00	Wouterland	Castricumse RC 1	REL	36 - 13
06-11-2010	16:00	Smaragdlaan	LRC DIOK 1	RC Eemland 1	15 - 30
zaterdag 11 december 2010					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
11-12-2010	16:00	Smaragdlaan	LRC DIOK 1	Haagse RC 1	3 - 21
zaterdag 8 januari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
08-01-2011	15:00	Lange Brugstraat	REL	RC the Dukes 1	-
08-01-2011	16:00	Berenstein	Rugby Club Hilversum 1	LRC DIOK 1	-
08-01-2011	16:00	Bouwmeesterlaan	Haagse RC 1	AAC Rugby 1	-
08-01-2011	16:00	Naarden	Rugby Club 't Gooi 1	Utrechtse RC 1	-
08-01-2011	16:00	de Bokkeduinen	RC Eemland 1	Castricumse RC 1	-
zaterdag 15 januari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
15-01-2011	00:00	Naarden	Rugby Club 't Gooi 1	Castricumse RC 1	-
15-01-2011	15:00	Lange Brugstraat	REL	LRC DIOK 1	-
15-01-2011	16:00	Berenstein	Rugby Club Hilversum 1	Utrechtse RC 1	-
15-01-2011	16:00	Bouwmeesterlaan	Haagse RC 1	RC the Dukes 1	-
15-01-2011	16:00	de Bokkeduinen	RC Eemland 1	AAC Rugby 1	-
zaterdag 22 januari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
22-01-2011	15:00	Lange Brugstraat	REL	Haagse RC 1	-
22-01-2011	16:00	de Bokkeduinen	RC Eemland 1	Rugby Club Hilversum 1	-
22-01-2011	16:00	Smaragdlaan	LRC DIOK 1	Rugby Club 't Gooi 1	-
22-01-2011	16:00	Limietlaan	RC the Dukes 1	Utrechtse RC 1	-
22-01-2011	16:00	Wouterland	Castricumse RC 1	AAC Rugby 1	-

zaterdag 29 januari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
29-01-2011	00:00	Naarden	Rugby Club 't Gooi 1	RC Eemland 1	-
29-01-2011	16:00	Berenstein	Rugby Club Hilversum 1	REL	-
29-01-2011	16:00	Bouwmeesterlaan	Haagse RC 1	Castricumse RC 1	-
29-01-2011	16:00	De Eendracht	AAC Rugby 1	RC the Dukes 1	-
29-01-2011	16:00	Sportp. Terweide	Utrechtse RC 1	LRC DIOK 1	-
zaterdag 5 februari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
05-02-2011	15:00	Sportp. Terweide	Utrechtse RC 1	REL	-
05-02-2011	16:00	Wouterland	Castricumse RC 1	Rugby Club Hilversum 1	-
05-02-2011	16:00	De Eendracht	AAC Rugby 1	Rugby Club 't Gooi 1	-
05-02-2011	16:00	Limietlaan	RC the Dukes 1	RC Eemland 1	-
zaterdag 12 februari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
12-02-2011	00:00	Naarden	Rugby Club 't Gooi 1	Rugby Club Hilversum 1	-
12-02-2011	16:00	de Bokkeduinen	RC Eemland 1	Haagse RC 1	-
12-02-2011	16:00	De Eendracht	AAC Rugby 1	REL	-
12-02-2011	16:00	Limietlaan	RC the Dukes 1	LRC DIOK 1	-
12-02-2011	16:00	Wouterland	Castricumse RC 1	Utrechtse RC 1	-
zaterdag 19 februari 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
19-02-2011	16:00	Limietlaan	RC the Dukes 1	Rugby Club Hilversum 1	-
19-02-2011	16:00	Bouwmeesterlaan	Haagse RC 1	Rugby Club 't Gooi 1	-
19-02-2011	16:00	de Bokkeduinen	RC Eemland 1	REL	-
19-02-2011	16:00	Smaragdlaan	LRC DIOK 1	Castricumse RC 1	-
19-02-2011	16:00	Sportp. Terweide	Utrechtse RC 1	AAC Rugby 1	-
zaterdag 5 maart 2011					
Datum	Tijd	Sportpark	Thuis	Gasten	Uitslag
05-03-2011	00:00	Naarden	Rugby Club 't Gooi 1	REL	-
05-03-2011	16:00	Berenstein	Rugby Club Hilversum 1	Haagse RC 1	-
05-03-2011	16:00	Sportp. Terweide	Utrechtse RC 1	RC Eemland 1	-
05-03-2011	16:00	Wouterland	Castricumse RC 1	RC the Dukes 1	-
05-03-2011	16:00	De Eendracht	AAC Rugby 1	LRC DIOK 1	-

Season Summary -Winter Stop-

Opposition	Home or Away	Score	Tries For	Tries Against	Referee
Utrechtse RC	Home	27-20	3	2	John Lane
A.A.C	Away	76-0	12	0	Joop Zandvliet
D.I.O.K	Home	23-26	3	2	Mike Hoyer
RC the Dukes	Away	8-24	1	2	Mike Hoyer
REL	Home	29-10	5	1	Joop Zandvliet
Castricum	Away	28-10	3	1	Thomas Muldoon
RC Eemland	Home	20-3	2	0	Albert Roling
RC t'Gooi	Away	7-15	1	2	Marinus Buist
RC Hilversum	Home	0-47	0	8	Joop Zandvliet
Utrechtse RC	Away	15-9	2	0	Thomas Muldoon
D.I.O.K	Away	21-3	2	0	Piet Veldhuizen
Total points for		254	Total points against		167
Try For		34	Try Against		18
Con For		21	Con Against		10
Pen For		1	Pen Against		16

Position off the players till the winter stop

Player	U	A	Di	Du	R	C	E	t'G	H	U	Di
D Willems	1	1	2	1	1	1	1	1	1	1	2
J Raphael	2	2		17	2	2	2	2	2	2	17
A Barendregt	3				17	3	3	3			1
B Van Raaij	4	18	4	4	4	17*	4	19	4	4**	18
B Mast	5	5	5	5		18	18*	5	8	8	5
S V/D Eijk	6*	7									
G Van Mourik	7		7	7	6	6	6	6			6*
K Buseman	8	8		18	8	4	5	4	5	6	8
F Kieft	16	3	3	3	3	8	8	8	3	3	3
P Niewenweg	17	6	6	6	19		19	17	18	7	19
J Baas	18	17	8	8	5	5	17	18	6	5	4
W Bakker	19										
JW deMKeizer	20	4	18		18*	19					
D Roes		16	16	2	16*	16	16				
A Falloon			1	16							
L Batenburg			17						17	16	16
M Levinson			19	20					7	18	
R Berrevoets					7*	7	7	7		17	7
B Uitvlugt	9	21	9				21	21	9	22	9
J Wolff	10			10	10	10	12	12			10
C Kuijten	11*	11	21	21	11	21	11	14	19	21	14
M Nietzman	12	15	15							12	22
F Simmonds	13	13	14	11	15	14	15	15			
N Hirdes	14	14	11	14	22			22	11	11	
J Vondeling	15	22							15		
T Mooy	21	9	20	9	9	9	20	20	14		
B Vervoort	22	20	12	12	21	20				15	12
M Jol		10	10	15		15	10	10		10	15
B Koornstra		12	13	13	12	12	14	13	12		13
I V/D Werf		19									
M V/D Assem			22			11			21	14	
D Van Imhoff				19	13	13	13		13	13	21
D Tazelaar				22	14		22	11			11
J Garden					20		9*	9		9	
S V/D Loos									10		
J Grant									20	20	20
D Butters										19	

Key:

U= Utrechtse RC

R = REL

H = RC Hilversum

* = Sin Bin

A = AAC

C = Castricum

Di = DIOK

E = RC Eemland

Du = RC the Dukes

t'G =RC t'Gooi

SWOT august 2010

	strength (internal)	weaknesses (internal)	opportunities (external)	threats (external)
rugby	first phase play	leadership	young talents in second team	alignment club philosophy
	structured play	total defense	open minded players	long term vision youth coaches
	individual defense	total awareness	involvement retired players	weak transition talents
	line out	adaptive ability as a team		amount high level coaches
	running skills	kicking game		
	balance between youth & experience	handling speed		
	can play with ball in hand	running lines		
		overall positioning		
physical		performance under pressure		
	agility	weight		
conditions	speed	power nr 4/5/8		
	strength			
	accommodation	training time	external experts	amateur status
	medical staff	mental coach		other priorities
	weight trainer			
	management			
	club support			
	depth in players			
finance	stable financial resources	small budget	long term sponsor relation brought network	Minimum exposure Goodwill of sponsor

Half year team evaluation

Overall

Positive	Need to improve
On track for play-offs	40 point & 20 point loss against rank 1 & 2
Patterns of play are well understood	Leadership
Youth is developing, they have leadership qualifications	Referee Management.
Preseason and winter stop were well overcome including good practice games.	Training Quality

Technical

Positive	Need to improve
Tackle	Personal skills need to improve
Evasive running	We concede way to many penalties (Mainly ruck time).
Set play	Kicking hasn't improved enough for back three
Kicking of 10	Choosing the wright technique in half break

Tactical

Positive	Need to improve
First phase strike play	We are not composed enough to Kill teams off.
Impact to break gain line	Running away from support players
Improvement in awareness	Team/Player awareness is missing
Improvement in overall positional play (adaptive ability)	Converge towards the ball "attack alone"

Physical

Positive	Need to improve
Strength	Finishing games tired, injured and defending
Speed	Too much strength training and not enough aerobic training
We can match all teams physically	Core muscle groups not strong enough. -Back -Abdominals -Hip Flexors -Hamstrings -Quadriceps.

Mental

Positive	Need to improve
Concentration: we can switch on and pressurize opponents for a period of 20 minutes	Concentration, the team hasn't played a solid 80 minutes
Fighting spirit	Concentration at the start of the training
Camaraderie	Impatient in the red zone
Balance of characters in the team	Pressure on yourselves to become better rugby players.

Players: code of conduct

- Play for enjoyment and become part of the rugby family.
- Respect the "Game of Rugby" and play within the laws of the Game.
- Accept the referee's decision and let your captain or coach ask any relevant questions.
- Play with control. Do not lose your temper.
- Always do your best and be committed to the game, your team and your club.
- Be a "good sport". Applaud all good play whether by your team or the opposition.
- Respect your opponent. Treat all players as you would like to be treated. Do not "bully" or take advantage of any player.
- Rugby is a team sport and make sure you co-operate with your coach; team mates and members of your club.
- Remember that the goals of the game are to have fun, improve your skills and feel good.
- At the end of the match thank your opponents and the referee for the match.
- Always remember that you owe a duty of care to your opponents. Tackle hard but fairly, do not intend to hurt your opponent.
- Winning and losing is part of sport: Win with humility - lose with dignity.
- As part of the team it is important that you attend training regularly and listen to your coach and help your team.
- As a team sport it is important to understand that all members are important to the team!
- Remember you are representing your team, club, family and the Game of Rugby.

Reflection

Looking back at how this coaching diary evolved, I have learned a lot by following the structure presented by the IRB. The course flow helped me to organize and capture my thought. It helped me to expose HRC to its weaknesses and strengths on the pitch as well as within the organization. By writing it down it became clear and more precise.

The product you see in front of you needs to be constantly reviewed and renewed. I will address aspects where I think this diary is strong. I will also point out the areas where I as a coach and HRC as a club need to improve.

Strength:

- Clear structure
- Clear build up
- Visual demonstrable and well documented
- Clear profiles and patterns off play
- Good player coach relation

Weaknesses

- Game stats (video)
- Opponent profile
- Game analysis
- SMART goals (season plan)
- Specific vision

My aim for the visit in Madrid is to improve on these matters and bring them into practice the rest of the season. I will ask HRC to solve the problem about match stats and video recordings. Matches had been filmed only distribution and use in trainings has been poor.

If I can manage to improve on these aspects I will become a more complete coach. The base is there, so there is no reason not to use this document as the base of my planning and coaching coming seasons.

January 2011
Krijn de Schutter