



# GOLD MEDAL PROFILE EVALUATION TOOL

## TECHNICAL COMPONENTS (8)

GMP #	PERFORMANCE INDICATORS	SUBJECT DESCRIPTOR	RATING	COMMENTS
1	TURNOVER WINNING	Rarely turns the ball over in defense (ex: poach, counter-ruck, etc.)	1	
		Sometimes turns the ball over in defense (ex: poach, counter-ruck, etc.)	3	
		Always or consistently turns the ball over in defense (ex: poach, counter-ruck, etc.)	5	
2	DEFENSIVE PERFORMANCE	Rarely effective as an individual or team defender. Rarely manages time and space, rarely demonstrates in-depth knowledge of structured defensive system and in unstructured defensive situations.	1	
		Sometimes but inconsistently effective as an individual or team defender. Inconsistently manages time and space, sometimes demonstrates in-depth knowledge of structured defensive system and in unstructured defensive situations.	3	
		Always or consistently effective as an individual or team defender. Always manages time and space, Consistently demonstrates in-depth knowledge of structured defensive system and in unstructured defensive situations.	5	
3	TACKLE EFFECTIVENESS	Rarely completes effective tackles and or often concedes tackle penalties	1	
		Inconsistently completes effective one-on-one tackles	3	
		Consistent and highly effective in completing one-on-one tackles	5	
4	POSSESSION RETENTION	Ineffective and rarely retains possession in attack (ex: ball in contact, ball placement, receiving passes, ball protection, security in breakdown etc.)	1	
		Sometimes effective but inconsistently retains possession in attack (ex: ball in contact, ball placement, receiving passes, ball protection, security in breakdown etc.)	3	
		Highly effective and consistently retains possession in attack (ex: ball in contact, ball placement, receiving passes, ball protection, security in breakdown etc.)	5	
5	ATTACKING PERFORMANCE	Rarely scans and ineffectively communicates prior to receiving and catching the ball (Strategic). Sporadically demonstrates effective distribution and/or re-distribution, executing skills (Technical/Tactical).	1	
		Sometimes scans and communicates effectively prior to receiving and catching the ball (Strategic). Inconsistently demonstrates effective distribution and/or re-distribution, executing skills (Technical/Tactical).	3	
		Always or consistently scans and communicates effectively prior to receiving and catching the ball (Strategic). Always demonstrates effective distribution and/or re-distribution, executing skills (Technical/Tactical).	5	
6	LINE BREAK / DEFENDERS BEATEN	Rarely effective use of evasion, speed or power to beat defenders and rarely manufactures a line break.	1	
		Sometimes but inconsistently adequate use of evasion, speed or power to beat defenders and sometimes manufactures a line break.	3	
		Consistently and highly effective use of evasion, speed or power to beat defenders and consistently manufactures a line break.	5	
7	PASSING EFFECTIVENESS	Rarely makes a pass that reaches the intended receiver with good timing, accuracy, and decision making	1	
		Inconsistently but sometimes makes a pass that reaches the intended receiver with good timing, accuracy and decision making.	3	
		Highly effective and consistently makes a pass that reaches the intended receiver with good timing, accuracy, and decision making.	5	
8	RUGBY IQ	Rarely demonstrates rugby IQ in-game. Including but not exclusive of; displayed knowledge of situational outcomes, rarely has recognition of positional abilities of teammates, poor knowledge of self and others in team profile and mastery of the intricacies of laws of the game.	1	
		Sometimes but inconsistently demonstrates rugby IQ in-game. Including but not exclusive of; displayed knowledge of situational outcomes, sporadic recognition of positional abilities of teammates, sometimes displays knowledge of self and others in team profile and mastery of the intricacies of laws of the game.	3	
		Consistently demonstrates a high rugby IQ in-game. Including but not exclusive of; displayed knowledge of situational outcomes, keen recognition of positional abilities of teammates, knowledge of self and others in team profile and mastery of the intricacies of laws of the game.	5	

## PHYSICAL COMPONENTS (4)

GMP #	PERFORMANCE INDICATORS	SUBJECT DESCRIPTOR	RATING	COMMENTS
9	CONDITIONING	Unable to complete half a match at moderate intensity levels. Consistently poor ability to maintain workrate. Notable changes in technical skills and tactical decision making when fatigued in match.	1	
		Good ability to achieve high intensity levels but unable to maintain these levels late into games and over competition weekends. Able to maintain moderate to high workrate and for full games and weekends. Maintains good technical skills and tactical decisions when fatigued in match.	3	
		Elite conditioning. Able to sustain high levels of intensity throughout individual matches and also over competition weekends. Technical skills and tactical decision making does not vary no matter level of fatigue.	5	
10	SPEED	Lack of speed causes issues offensively with line breaks and creating space from opponents, and defensively in missed tackles and an inability to chase down opponents linebreaks. Even when proper decisions are made lack of speed limits on field effectiveness.	1	
		Adequate speed for positive gains when given offensive opportunities and can keep up with and catch some opponents defensively. Any drop off in speed when fatigued leaves the athlete exposed both offensively and defensively. Good acceleration and top end speed.	3	
		Elite speed, regularly breaks away from opponents and is never outrun in a chasdown. Has an exceptional ability to accelerate away from opponents even when space is limited leading to regular self produces offensive opportunities and tries.	5	
11	AGILITY	Unable to use changes of direction to create space and opportunity offensively, often gives up significant opportunities with simple cuts and changes of direction by opponents.	1	
		Has the ability to use footwork and change of direction to create space and opportunities against some defenders. Does not get beat by average footwork, but can be exposed when facing an elite footwork.	3	
		Consistently beats international level defenders with footwork and change of direction in competition. Rarely gets beat in challenging 1v1 situations due to elite footwork and change of direction. Shows and elite ability to use agility to create opportunities and rarely gets beat.	5	
12	POWER STRENGTH	Often loses collisions, rucks and misses tackles due to lack of power and strength. Inadequate strength and power to be effective.	1	
		Sometimes able to use power and strength to cause missed tackles, win rucks and does not lose collisions often.	3	
		Consistently uses strength to cause missed tackles, rarely loses rucking situations due to power or strength and rarely ever loses 1 on 1 collisions at an international level. At times can take on two opponents and win at the contact point with elite power.	5	

## MENTAL COMPONENTS (6)

GMP #	PERFORMANCE INDICATORS	SUBJECT DESCRIPTOR	RATING	COMMENTS
13	COMPETITIVENESS	Does not or rarely aspires to be a world class competitor through their efforts and attitude. Below average work rate on and off the ball. Inconsistent competitiveness on and off the pitch. Obvious lack of determination.	1	
		At times aspires to be a world class competitor through their efforts and attitude. Inconsistent levels of work rate on and off the pitch. Compete is inconsistent in matches & practices dropping off occasionally due to motivation, focus, fatigued or adversity. Inconsistent demonstration of competitive determination on and off the pitch, Competitive but inconsistent.	3	
		Consistently aspires to be world class competitor through their efforts and attitude. Relentless drive to succeed on and off the pitch. Consistent high level competitor in all preparation and competitive environments. Never quit attitude, especially when behind, or in challenging situations. Big match competitor who thrives on the opportunity to make an impact on the outcome.	5	
14	RESILIENCE	The athlete rarely responds positively to setbacks, errors, injuries, and other negative or undesirable experiences. Struggles with adversity - on or off the pitch. Rarely able to control and refocus their emotions and energy appropriately in adverse situations	1	
		The athlete occasionally responds positively to setbacks, errors, injuries, and other negative or undesirable experiences. Sometimes overcomes and manages adversity both on and off the pitch. Sometimes able to control and refocus their emotions and energy appropriately in difficult situations	3	
		The player always responds positively to setbacks, errors, injuries, and other negative or undesirable experiences. Always overcomes adversity on with unwavering determination and perseverance. Always able to control their emotions and energy appropriately in difficult situations.	5	
15	COMMUNICATION	Inability / ineffective communicator with staff and teammates on & off the pitch. Non verbal language easily dictated by mood or circumstance. Slow or unresponsive with staff and team mates.	1	
		Inconsistent communicator - able to pass detailed info. with staff and teammates but inconsistent. At times is receptive to feedback from staff and team-mates. Exudes positive body language when not experiencing pressure. Is selective when to engage in discussions on and off the pitch, listens to instructions well prior to responding.	3	
		Highly effective communicator - Individual & unit roles with teammates to ensure cohesion, during comp. - constant in game small-talk, detailed and even while fatigued, after comp. - unit reviews. well and always effectively listens to instructions; very good non-verbal communicator even when fatigued. (Good body language)	5	
16	COACHABILITY	Rarely humble and receptive of feedback given by staff and teammates. Unable to follow coach instruction, defensive when receiving feedback, limited source of positivity for team-mates, does not demonstrate commitment to the team by going away from the game plan. Rarely or slowly demonstrates learning or desired change in behaviour.	1	
		At times humble and receptive of feedback given by staff and teammates. Occasionally listens to coaches but sometimes doesn't provide meaningful feedback and takes an extended period to adapt their new learnings into their game play. Will ask for support and willing to work with team-mates to develop their game. Rarely positive or encouraging but can get frustrated when the situation or competition becomes challenging. Often demonstrates learning or desired change in behaviour.	3	
		Consistently humble and receptive of feedback given by staff and teammates. Actively listens to constructive work-ons from coaches and applies that feedback in practice and competitions. Also pro-actively seek feedback from staff. A source of positivity and encouragement for teammates. Demonstrates commitment to the team and the game-plan. Always or immediately demonstrates learning or desired change in behaviour.	5	
17	SELF REGULATION	The player can rarely effectively organise and manage themselves as a world class athlete in relation to their preparation and performance during competition. The athlete does not show the ability to control their emotions and behaviors to deliver their best performances. Never or rarely demonstrates world class habits in rest, recovery, nutrition, game preparation, etc. Requires significant attention and management from others.	1	
		At times the player can effectively organise and manage themselves as a world class athlete in relation to their preparation and performance during competition. Occasionally the athlete has the ability to control their emotions and behaviors to deliver their best performances. Sometimes demonstrates world class habits in rest, recovery, nutrition, game preparation, etc. Requires little attention and management from others.	3	
		The player can consistently effectively organise and manage themselves as a world class athlete in relation to their preparation and performance during competition. Has the ability to control their emotions and behaviors to deliver their best performances. Demonstrates world class habits in rest, recovery, nutrition, game preparation, etc. Never requires significant attention and management from others.	5	
18	POSITIVE TEAM DYNAMIC	The player rarely contributes positively to the team, providing support to the group and strategic direction. Rarely committed to the team success channelling their energies towards the common goals. Not a good role model on and off the pitch during positive and negative situations. Doesn't demonstrate respect for the needs or opinions of others.	1	
		The player occasionally contributes positively to the team, providing support to the group and strategic direction. At times is committed to the team success channelling their energies towards the common goals. At times can be a good role model on and off the pitch during positive and negative situations. Demonstrates respect for the needs or opinions of others	3	
		The player consistently contributes positively to the team, providing support to the group and strategic direction. Continually committed to the team success channelling their energies towards the common goals. Great role model on and off the pitch during positive and negative situations. Consistently demonstrates respect for the needs or opinions of others	5	

## SPECIALIZED COMPONENTS (6)

GMP #	PERFORMANCE INDICATORS	SUBJECT DESCRIPTOR	RATING	COMMENTS
19	KICKER	Rarely accurate	1	
		Sometimes but inconsistently accurate	3	
		Highly consistent and always accurate	5	
20	KICK OFF CLEAN UP	Rarely anticipates the path of the ball and reacts quickly when an opportunity presents itself.	1	
		Sometimes but inconsistently anticipates the path of the ball and reacts quickly when an opportunity presents itself.	3	
		Highly consistently or always anticipates the path of the ball and reacts quickly when an opportunity presents itself	5	

21	AERIALIST (SOLO OR DUO)	Rarely or never wins the ball in the air.	1
		Inconsistent but sometimes wins the ball in the air.	3
		Highly consistent or always winning the ball in the air.	5
22	LIFTER	Rarely effectively lifts and returns the jumper to the ground	1
		Inconsistent but sometimes lifts and returns the jumper to the ground	3
		Always & consistently effectively lifts and returns the jumper to the ground	5
23	SCRUM	Rarely or never technically effective in their functional roles (including feeder) in the scrum - Attack (provide solid platform) and defense scrums (disrupt & apply pressure).	1
		Sometimes but inconsistently technically effective in their functional roles (including feeder) In the scrum - attack (provide a solid platform and defense scrums (disrupt & apply pressure)	3
		Always & consistently technically highly effective in their functional roles (including feeder) In the scrum - attack (provide a solid platform) and defense scrums (disrupt & apply pressure)	5
24	LINE-OUT	Rarely or never technically effective in their functional roles in the lineout (including thrower) - Attack (provide quality possession) and defense lineouts (disrupt & apply pressure)	1
		Sometimes but inconsistently technically effective in their functional roles in the lineout (including thrower) - Attack (provide quality possession) and defense lineouts (disrupt & apply pressure)	3
		Always & consistently technically effective in their functional roles in the lineout (including thrower) - Attack (provide quality possession) and defense lineouts (disrupt & apply pressure)	5

**GMP EVALUATION CRITERIA – SCORING**

- 5 – World Class level on the International Stage.
- 4 – Consistently execute on the International Stage
- 3 – Elite execution at the National Stage / Average International execution
- 2 – Average execution at the National Stage.
- 1 – Developing skills, room to improve nationally