

Rugby League

<u>Marks</u>	<u>Band</u>	<u>Grade</u>	<u>Range of skills</u>	<u>Quality of skills</u>	<u>Physical Attributes</u>
18-20	D	7-8	<u>All core/nearly all advanced</u>	Core and advanced skills performed consistently with an <u>excellent</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>very effectively.</u>
13-17	C	5-6	<u>All core/many advanced</u>	Core and advanced skills performed consistently with a <u>very good</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>very effectively.</u>
8-12	B	3-4	<u>Most core/some advanced</u>	Core and advanced skills performed consistently with a <u>good</u> standard of accuracy, control and fluency	Appropriate levels of physical fitness to perform <u>effectively.</u>
4-7	A	1-2	<u>Many core/few advanced</u>	Core and advanced skills performed with a <u>limited consistency</u> and some accuracy, control and fluency	Appropriate levels of physical fitness to perform with <u>some effectiveness</u>

<u>Core Skills</u>		<u>Advanced Skills</u>	
<p>Handling and carrying skills:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Picking up a ball: <ul style="list-style-type: none"> o Stationary o Moving o Falling on the ball Passing: <ul style="list-style-type: none"> <input type="checkbox"/> Both hands in either direction <input type="checkbox"/> Off-loading <input type="checkbox"/> Kicking Receiving: <ul style="list-style-type: none"> <input type="checkbox"/> On the move Running with the ball, balanced running 	<p>Beating opponents:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Hand off <input type="checkbox"/> Side-step <input type="checkbox"/> Change of pace/direction <input type="checkbox"/> Kick ahead <p>Try Scoring:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Grounding the ball with downward pressure <input type="checkbox"/> When and when not to use one/two hands <p>Playing the ball in contact:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Retaining the ball <input type="checkbox"/> Play of the ball <p>Contact Skills:</p> <p>Tackling</p> <ul style="list-style-type: none"> <input type="checkbox"/> Basic technique from front and side <input type="checkbox"/> Close contact tackling 	<p>Passing:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Spin, both ways <p>Contact Skills:</p> <p>Beating opponents</p> <ul style="list-style-type: none"> <input type="checkbox"/> Feint <input type="checkbox"/> Swerve <input type="checkbox"/> Dummying <input type="checkbox"/> Switching <input type="checkbox"/> Other set plays <p>Contact Skills:</p> <p>Tackling:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Basic technique from rear <input type="checkbox"/> Smothering 	<p>Specialist skills: (applies to some positions, learners in positions that do not require these skills may still access the full range of marks and should not be penalised for not having to show these skills)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Scrum – individual positions and roles, ball distribution, support play once ball is out <input type="checkbox"/> Set scrummaging – binding, position of feet; <input type="checkbox"/> Kicking - high ball, grubber, box, place, positional, drop outs, place or drop kicking for conversions/penalties/drop goal

Decision Making

When to run/pass/kick

- Where to run/pass/kick
- Which pass to make
- Controlled phase possession
- Collective alignment
- Methods to cross the gain line
- Awareness of team strategies/tactics in both attacking and defending situations e.g. set piece plays
 - Attacking positioning on the field
 - Defensive positioning on the field
 - Defensive plays – man to man marking
- Awareness of strengths/weaknesses and actions of other players e.g. adopt a variety of roles in attack and defence in the game
- Awareness of the rules and regulations of the game and their application (including refereeing signals)

<u>Band</u>	<u>Grade</u>	<u>Decision Making Criteria</u>
C/D	5-8	Consistently selects correct choice of action. Consistently uses correct tactics to outwit opponents.
B	3-4	Selects correct choice most of the time. Uses correct tactics most of the time to outwit opponents.
A	1-2	Selects correct choice some of the time. Uses correct tactics some of the time to outwit opponents.