

Talent Skill Development Checklist						
Skill	Competency Statement	Not Observed	Below required standard	Working towards	Competent	Highly Competent
Movement Skills						
Running – Sprinting	Controlled, smooth, coordinated, balanced, arms used					
Agility - General	Controlled, smooth, coordinated, balanced, arms used					
Stepping a Defender	Engages defender, transfers weight					
Ball Skills						
Passing – Long ball	Correct grip, hand position, rotation of hands					
Passing Left	Swing, balance, direct to target					
Passing Right	Swing, balance, direct to target					
Half Pass - Short	Body shape, feet, hips and shoulders, ball release					
Half Pass - Long	Body shape, feet, hips and shoulders, ball release					
Dummy Pass	Runs into space, two hand ball grip, fake passing motion					
Draw and Pass	Runs into space, vision for defender and receiver, correct timing of release					
Rollball						
Dynamic Rollball	Initiate touch, correct balance, ball grip, controlled at speed					
Rollball Positioning left	Roll ball occurs to left side of defender					
Rollball Positioning right	Roll ball occurs to right side of defender					
Dump – Split	Correct hand for roll ball (furthest from defender), splits to side using cross over step					
Rucking						
First Receiver Positioning	Deep (3-4m) and wide (1-1.5m), building speed running toward the half, receive pass, run at offside defender					
Rucking at Pace	Depth first receiver, runs at speed to catch the half pass					
Wrapping from Half – receiver	As receiver runs in-line toward the half, and at space between defenders, delivers ball back to half					
Wrapping from Half	Wraps at speed, straightens upon receiving pass					
Attack Skills						
Scoring Touchdown – slide dive	Ball grip on rear tip, bend at knees and hips, launch forward, outstretched					
Switch	Runs correct line and angle, rotates body when passing					
Wrap	Runs correct line, accelerates and straightens through gap					
Scooping	Bends at waist and knees, foot close to ball, secures with one hand, accelerates from half.					
Decision making 2v1	Runs into space, sees both defender and receiver, correct timing of pass					
Attacking Space	Identifies nearest space, runs into correct space and draws defenders					
Defence Skills						
Ruck Defence	In front of attacker, inside foot between attacker's feet, bent elbows, touch on shoulders or chest.					
Wrap Defence	Positional responsibility, communicates, makes touch					
Switch Defence	Positional responsibility, communicates, makes touch					
Space Awareness	Communicates, makes touch early,, retreats to correct position in line.					
Compressed/Shut Down	Communicates, aligns to shoulder of ball carrier, retreats to short side.					
Game Concepts & Strategies						
Non-verbal Communication	Utilises gestures to communicate					
Rule Knowledge	Understands and applies rule knowledge under pressure					
Effective Substitution	Subs with correct players, in attack, regularly.					