

Outside Centre

- Key decision maker, especially on defence and when attacking from broken play.
- Ability to “read” game with good tactical sense.
- Must have high work rate and key support player, snake at tackle. Following kicks and cover defence.
- Quick and accurate passer off EITHER hand, with ability with long, short, float and miss pass.
- 2 handed ball carriage, for continuity and distribution.
- Ability to commit defence with running lines and promote support players, inside and out.
- Good alignment and cohesion with inside player on all facets of attack and defence.
- Ability to stay up in tackle and be able to offload at or through tackle.
- Straight runner to keep attack alignment.
- Explosive speed and power and be able to step off both foot and beat defender on inside and/or outside.
- Good communicator, organizer and understanding of attack and defence.
- Kicking skills especially chip and grubber in behind opposition backs and long kicks out of defence.
- Aggressive tackler to create turnover opportunities and BREAK up attacks. (fear factor)

SPECIALIST SKILLS

- TAKE TACKLE and DISTRIBUTE BALL
- TAKE OUTSIDE GAP AND RELEASE SUPPORT PLAYERS
- CHIP/GRUBBER/KNUDGE KICK FOR SELF OR SUPPORT

MENTAL SKILLS

- COMMUNICATION
- HARD MIND TO STOP ATTACKERS IN THE ‘AREA’
- WORK RATE/BACK UP and SPEED TO REFORM
- QUICK TO ACT and REACT

