

Wing

- Play either left or right side.
- Ability to beat opponents off EITHER foot and stay up in tackle when required.
- Awareness of blindside options and entry from blindside as an attacking or decoy option
- Sustained and explosive speed. Good acceleration.
- Hunger for involvement in game.
- High work rate, show initiative OFF the ball to create opportunities and make play. Enthusiasm and “Have a go” eagerness.
- Chase and pressure opposition when ever possible.
- Support Fullback and others as counter attack and defence “team”.
- Must have finishing ability with determination and courage.
- Accurate one to one defending. Working also in tandem with others in back 3.
- Understand and execute tackle options e.g. Spot, Cover, Smother, etc
- Reliable hands at all times.
- Kick effectively especially with stronger “foot” Become an option to relieve pressure.

SPECIALIST SKILLS

- SWERVE and or SIDE STEP
- FULL UNDERSTANDING of C/ATTACK
- TOTAL COHESION WITH BACK 3
- CHIP/GRUBBER and RETRIEVE SKILLS
- VERY GOOD TURN AND CHASE/RETRIEVE SKILLS FOR IN BEHIND KICKS

MENTAL SKILLS

- WORK HUNGRY/BALL HUNGRY
- DESIRE TO GET BACK ON DEFENCE OR INTO ATTACK
- CONCENTRATION—DON'T DRIFT OUT OF GAME

