

Prop

- Play either Loose or Tighthead.
- Strength and Physical presence, especially upper body for lift support and scrum.
- Power and speed (Explosive).
- Be able and understand how to manipulate scrum on our ball and theirs.
- Develop ability to play EITHER side of scrum.
- Understand other roles and requirements at lineout, e.g. sweeping, sheering opposition lifters off jumper. Mauling skills.
- Hands on opposition ball in mauls. Be a drive generator at maul and work hard in mauls.
- Understand role of “Post”, 1st and 2nd defender at static “rucks”.
- Be a key communicator at these defensive phases.
- “Shuffle in” when caught in backs at defensive situations.
- Get into key 2nd wave attack positions with depth and be a threat as ball carrier or decoy.
- Support jumpers at kick off.
- Be a threat with ball in hand.
- Think Scrum 1st and call early for direction. Get into support positions with urgency.
- Don’t be a waiter, be a doer.
- Make BONUS tackles.

SPECIALIST SKILLS

- UNDERSTAND HOW TO MANIPULATE OUR/THEIR SCRUM
- TECHNIQUE TO ASSIST AT LINEOUT for ALL REQUIREMENTS
- EFFECTIVE GRUNTER AT MAUL/DRIVES etc
- STRONG “PIC’N’GO”
- UNDERSTAND AND EXECUTE CORRECT 2 ND WAVE OPPORTUNITIES

MENTAL SKILLS

- STRONG/CONFIDENT IN ABILITY/STRENGTHS
- SELF HONESTY IN THE HIDEAWAY OPPORTUNITIES
- SELF DRIVEN TO GET TO PLAY—NOT A WAITER
- BE “KING”OF YOUR AREA—DOMINATE—LOOK FOR OPPORTUNITIES

