

Hooker

- Strong upper body.
- Control scrum with props.
- Pressure opponents in scrum.
- Accurate lineout throws. All types.
- Be a 4th loose forward in general play.
- Strong at mauls with ability to drive and rip ball from opposition.
- Mobility to support ball at phases.
- Explosiveness with ball in hand.
- Get into effective 2nd wave positions as attacker and decoy.
- Make BONUS tackles and be a mongrel on defence.
- Command the defence at front of lineout and when left on short side.

SPECIALIST SKILLS

- THROWING SKILLS
- LOOSEFORWARD ROLE AT MANY PHASES OF PLAY
- ABILITY TO DIRECT and EXERT PRESSURE IN FRONT ROW
- PIC'N'GO SKILLS
- EFFECTIVE TACKLES ESP WHEN COVERING SHORT SIDE

MENTAL SKILLS

- ABILITY TO CHANGE CALLS and THROW WHEN REQUIRED
- SELF DRIVEN—SIMILAR TO PROPS

