

## Lock

- Aerial skills at lineout and restarts (Receipts and Chase).
- Key ball winner at lineout, in 2 or 3 positions.
- Threat to opposition ball at lineout.(Take their ball)
- Scrum power, accurate and consistent. Know how to “work” and manipulate the scrum. (Pride in scrums performance)
- Understand Defensive requirements at Scrum and Lineout.
- Sacking when required.
- Mobility to support phase ball and be an effective 2nd wave attacker/decoy.
- Apply pressure with ball in hand.
- Go to play and don't be a waiter.
- Command your area and be a threat with ball in hand and as a defender.
- Make BONUS tackles.

### SPECIALIST SKILLS

- VARIETY OF JUMPS IN ALL POSITIONS
- STRONG DESIRE and PUSH AT SCRUM
- STRONG DRIVER/PULLER/DRAgger at MAUL
- MOBILE with GOOD HANDLING SKILLS
- UPPER BODY STRENGTH for MAULING/RIPPING/TACKLE
- BONUS TACKLES IN GENERAL PLAY

### MENTAL SKILLS

- SELF DRIVEN IN PHASES WHERE COULD “HIDE”(MAUL/SCRUM)
- PRIDE IN COMMANDING/SECURING YOUR “AREA”
- DRIVE AND HUNGER TO “GET TO BALL” IN GENERAL PLAY
- Aerial skills at lineout and restarts (Receipts and Chase).
- Key ball winner at lineout, in 2 or 3 positions.
- Threat to opposition ball at lineout.(Take their ball)

