

No 8

- Flexible, agile with explosive speed.
- Ability to breach gain line from scrum and other phases and also go wide to support ball.
- Critical link at scrum, passing skills accurate and long off either hand.
- Understanding of moves, options and plans. Key player and communication link.
- Key support at breakdown and support to 7 at breakdown from set play.
- Work with flankers, 9 and others to create continuity.
- Attacking option off kick off receipts.
- Key in defensive work particularly at scrum, with flankers, 9 and blindside wing.
- Assess opposition attack options at set play and communicate.
- Line out option and effective lifter, jumper or driver.
- Attack the ball.
- Strong, aggressive and driving close quarter tackler. Instil fear round the fringes.

SPECIALIST SKILLS

- EXCELLENT BALL CONTROL/PICK UP and DISTRIBUTION/PASSING
- EYE ON BALL AT ALL TIMES
- ASSESS OPPOSITION ATTACK POSITIONING
- DEFENSIVE INVOLVEMENT/ORGANISATION and UNDERSTANDING

MENTAL SKILLS

- QUICK TO ASSESS
- STRONG HUNGER TO GET TO BALL /BALL CARRIER
- WORK HUNGRY
- HIGH WORK RATE
- NEVER TAKE BACKWARD STEP

