

Openside Flanker

- Support for ball carrier in all parts of field.
- Speed and lines to breakdowns (Shortest route to ball).
- Retain and improve CONTINUITY of attack.
- Attack the ball AND the Ball carrier.
- Secure ball on ground and present it.
- Intuitive more than re-active.
- Unison with 6, 8, 9 in “Defence” at scrum.
- Able to understand and work “Defensive” patterns.
- COMMAND tail of line out. Sharp and quick to re-act.
- Extreme aerobic capacity.
- Turn defence into attack through accurate field position, aggressive tackling and securing of ball, then back to feet and egg pick.
- Provide strong support for prop at scrum.

SPECIALIST SKILLS

- UPPER BODY STRENGTH FOR RIPPING/TACKLING EGG PICK
- STAY ON FEET AT TACKLE
- HANDLING/DISTRIBUTION SKILLS
- ACCLERATION and SUSTAINED SPEED
- UPRIGHT TACKLE STRENGTH and ABILITY TO “CUT DOWN” BALL CARRIER
- BACK TO FEET QUICKLY AND with BALANCE and STRENGTH

MENTAL SKILLS

- TOTAL HUNGER FOR BALL and INVOLVEMENT
- NON STOP “HUNTER”
- NEVER LOSE SIGHT OF BALL.

