

Rugby

Skills required

passing (lateral, spin)

catching (from pass)

running with the ball (evasion – side step or swerve),

intercepting

tackling (front, side)

ball presentation

Use of skills in game situations

demonstrating communication and influence on team performance

contributing to strategy and tactics

applying the team strategy in open play and set play

decision making

ability to adapt to the environment

adhering to health and safety guidelines

Heart

Ability to influence the performance and motivation of self and others

Football

Skills required

passing (short passes - push pass, instep)

control

running with the ball (dribbling, feints, step overs)

turning with the ball

Use of skills in game situations

demonstrating communication and influence on team performance

contributing to strategy and tactics

applying the team strategy in open play and set play

decision making

Adhering to rules, health and safety guidelines

Heart

Ability to influence the performance and motivation of self and others