



## CENTRAL BOP JUNIOR RUGBY SKILLS SCHEDULE

SKILL	Grip		Pass				Catch		Tackle								Evade		
	Carry	Flick/Push		Spiral		L	R	Front				Side		Rear		Sidestep	Fend	Spin	
		Passive	Aggressive		L			R	L	R	L	R							
Side		L	R	L		R	L						R	L	R	L	R	L	R
U6	✓	✓	✓			✓	✓					Rip	Rip	Rip	Rip	✓			
U7	✓	✓	✓			✓	✓					Rip	Rip	Rip	Rip	✓			
U8	✓	✓	✓			✓	✓	✓	✓			✓	✓	✓	✓	✓	✓		
U9	✓	✓	✓			✓	✓	✓	✓			✓	✓	✓	✓	✓	✓		
U10	✓	✓	✓			✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	
U11	✓	✓	✓			✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	
U12	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	
U13	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	
U14	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	
U15	✓	✓	✓	✓	✓	✓	✓	✓	✓			✓	✓	✓	✓	✓	✓	✓	

SKILL	Ball into contact		Ball presentation					Ruck			Loose ball					
	L	R	Long	Short	Pop	Roll	Protect	Clean	Pilfer	2 hand Pick up			Slide			
										L	R		L	R		
Side																
U6													✓	✓		
U7													✓	✓		
U8													✓	✓		
U9				✓									✓	✓		
U10	✓	✓		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓
U11	✓	✓		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓
U12	✓	✓		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓
U13	✓	✓		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓
U14	✓	✓		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓
U15	✓	✓		✓	✓	✓	✓	✓	✓				✓	✓	✓	✓

SKILL	Lineout		Scrum				Maul		Kicks							
	Hooker	Jumper	Hooker	Props	Locks	Loose	Long	Short	Grubber		Chip		Punt		Drop kick	
	Throw	Jump	Hook	Position	Position	Position			L	R	L	R	L	R	L	R
Side																
U6																
U7																
U8	✓	✓		✓	✓	✓	✓									
U9	✓	✓		✓	✓	✓	✓							✓		
U10	✓	✓		✓	✓	✓	✓							✓		
U11	✓	✓		✓	✓	✓	✓							✓		
U12	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
U13	✓	✓		✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
U14								✓	✓	✓	✓	✓	✓	✓	✓	✓
U15								✓	✓	✓	✓	✓	✓	✓	✓	✓

SKILL	Lineout										
	Hooker Throw			Lifters			Jumpers				
	Short	Middle	Long	Front	Back	Move	Feet	Load	Jump	Catch	Pass
Side											Off the top
U14	✓	✓		✓	✓		✓		✓	✓	✓
U15	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓

SKILL	Scrum												
	Hooker			Props			Locks			Loosies			Core Strength
	Setup	Binding	Strike	Setup	Binding	Engage	Setup	Binding	Engage	Binding	Feet setup	Push position	All
Side													
U14	✓	✓		✓	✓	✓	✓	✓	✓		✓	✓	✓
U15	✓	✓	✓	✓	✓	✓	✓	✓	✓		✓	✓	✓

SKILL	Back Attack													
	Insides			Outsides				Counter attack			Kick			
	Cuts	Miss	Behind	Line	Short	Overs	12 & 13	Wings & Fullbacks	Roles	Bomb	Wipers	Punt Pass	Chip	Grubber
Side														
U14	✓	✓			✓		✓		✓	✓			✓	✓
U15	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓