

Lincoln University Rugby Scholarship Coach Report



Applicant's Name:

Scholarship applied for: **Rugby**

This report is due by: **15 August**

Please provide a confidential reference on this form, for the above named student. This reference will only be used by the Scholarships Selection Committee in determining the applicant's eligibility for the applied scholarship.

Primary Position: Locks & Loose Forwards

Alternative Position:

Player's Abilities Rating:

1 Excellent **2** Good **3** Adequate **4** Needs Work

Technical Skill Set

Lock:

Lineout Jumping: Speed and explosiveness across the ground and into air, confidence in the air.

1 2 3 4

Scrum: Technical Understanding, mindset

1 2 3 4

Lifting (Lineouts / Kick-off's): Strength to lift, speed across ground to jumper, technical understanding

1 2 3 4

Clean Out: Technical Understanding, mindset

1 2 3 4

Tackling: Technical Understanding, mindset

1 2 3 4

Ball Carry: Explosiveness, agility and ability to read the game in support

1 2 3 4

Mauling: Technical understanding attack and defence, mindset

1 2 3 4

Catch & Pass: Both sides, strength, accuracy, ability to play in pod system with hook and tip passes and play edge attack

1 2 3 4

Loose Forward:

Lineout Jumping: Speed and explosiveness across the ground and into air, confidence in the air.

1 2 3 4

Lifting (Lineouts / Kick-off's): Strength to lift, speed across ground to jumper, technical understanding

1 2 3 4

Clean Out: Technical Understanding, mindset

1 2 3 4

Tackling: Technical Understanding, mindset

1 2 3 4

Ball Carry: Explosiveness, agility and ability to read the game in support

1 2 3 4

Mauling: Technical understanding attack and defence, mindset

1 2 3 4

Catch & Pass: Both sides, strength, accuracy, ability to play in pod system with hook and tip passes and play edge attack

1 2 3 4

Post Tackle: Technical Understanding, ability to read breakdown and make good decisions,, mindset

1 2 3 4

Comments on Technical Skill Set: Strength(s), Work-On's and player's 'point-of-difference'

Tactical Skill Set

Positional Role: Understanding of positional requirements and ability to apply

1 2 3 4

Game Plan: Understanding strategies to implement game plan

1 2 3 4

Decision Making: The ability to identify and apply when to make the best decision for the circumstance

1 2 3 4

Tactical Awareness: Understanding of game shapes, set moves and defensive systems etc

1 2 3 4

Tactical Leadership: The ability to communicate and lead on field tactics to suit game situations

1 2 3 4

Comments on Tactical Skill Set: Strength(s), Work-On's and player's 'point-of-difference'

Physical Attributes

Aerobic Fitness Yo Yo Level 1

Score

Single Leg Triple Jump (m)

Left Score

Right Score

Counter Movement Vertical Jump (cm)

Score

Speed (10m, 40m time)

Seconds (10m)

Seconds (40m)

Strength – Bench Press 1RM

kg

Strength – Back Squat 1RM

kg

Strength – Weighted Chin-up 1RM

kg

**Please note; if the athlete does not have a strength training background of 2-3 years it is not necessary for them to complete the 1RM testing with your S&C Coach, please provide a 6RM instead.*

General Physical Presence

1 2 3 4

On-Field Explosiveness-Speed-Agility

1 2 3 4

Physical 'potential' for their position if given the opportunity for further development

1 2 3 4

Comments on Physical Attributes: Strength(s), Work-On's and player's 'point-of-difference'

Performance Character

Performance Focus: The ability to remain focussed on game related tasks and to be able to perform at a consistently high level.

1 2 3 4

Performance Review/Growth Mindset: An attitude that is open and willing to learn. The ability to learn from games and take these learnings to the next training or game. Willingness to try something that could result in failing.

1 2 3 4

Resilience: The ability to “bounce back” and adapt and respond positively to negative events or difficult experiences.

1 2 3 4

Grit - Work Ethic: Is intrinsically motivated and passionate, and has the dedication, determination and discipline required, particularly to training, to reach their potential.

1 2 3 4

Sport – Life Balance / Personal Development: Spends appropriate amounts of time on non-sport interests such as family, friends, career, education, work, spirituality etc. Can switch off and relax away from sport as appropriate.

1 2 3 4

Comments on Performance Character: Strength(s), Work-On's and player's 'point-of-difference'

Moral Character

Self-Awareness: Is aware of personal strengths and work-ons and works to improve oneself.

1 2 3 4

Awareness of Others: Is aware of and understands others, their impact on others, and works to build effective relationships with other people.

1 2 3 4

Accountability – Self-Reliance: Can take responsibility for what they have control over, be self-empowered and reliable. Is organised, well prepared, punctual, can problem solve effectively and doesn't need to be constantly supervised.

1 2 3 4

Team Person: Contributes well to team cohesion and adheres to team values and protocols. Is highly respected by team mates.

1 2 3 4

Integrity: Honest and consistent of character, trustworthy.

1 2 3 4

Comments on Moral Character: Strength(s), Work-On's and player's 'point-of-difference'

Future Prediction

Based on the player's current abilities and potential for growth, what level do you believe they are capable of achieving?

Senior Club

U19 or other Regional Representation

NZ U20

National Provincial Championship

Super Rugby

International

Do you know of any limiting factors or injuries that may reduce their ability for potential growth, if so please comment below:

If you wish to do so, please add any further comments such as environmental factors here (e.g., sport culture, coaching-training, family support/pressure, peer group, life skills, other sports & interests):

Coach Name (please print)

Level **coached** at (please indicate): School Club Representative

Level **played** at (please indicate): School Club Representative

Contact Phone: Mobile:

E-mail address:

Signature: Date:

Please email this report to:
scholarships@lincoln.ac.nz