

Date: 17th January 2018

Lancashire RFU 17's Trial

Sunday 28th January 2018

10.30am: Coaches & selectors meet

11.30am Registration

12.00pm: Core skill and athletic assessments (1 hour). See separate sheet.

All players to undertake core skill and athletic assessments in addition to specialist

1. Prop: Scrum shape/position & Contact skills
2. Hooker & 2nd Row: Throwing & Jump. Contact skills
3. Flanker & NO 8: Contact skills. Running lines & link up play
4. SH & FH: Passing accuracy & range. Attack & decision making
5. Centre: Lines of running. Attack & decision making
6. Wing & Full back: Attacking running skills 1 v 1/ 2 v 2. Attack & decision making.

Focus (athletic): Agility, speed & repeated intervals

1.00 to 1.40pm: Lunch. Coach/selectors debrief

Please feel free to download and distribute to your members or print and display in your club.

NEWS ALERTS should be sent to:-

websitenews@lancashirerugby.com



NEWS ALERT

1.45 to 2.15pm: Team prep for assessment match (**Red Speed**). Player led. Coaches/selectors to observe.

2.30pm: Match play assessments

4.00pm: Players Depart

4.10pm: Coach & selectors debrief

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