



Salisbury Rugby Football Club

DORSET & WILTSHIRE DEVELOPMENT PLAYER PROGRAMME (DPP): PLAYER PERFORMANCE JOURNAL

Name:

Age Group:

DPP Centre:

Purpose

This booklet is intended to assist you with your development as a rugby player. It has been designed so that you can examine and evaluate your performance and skill set through the application of Reflection – referred to as Critical Self-Analysis (CSA) - to raise your level of self-awareness and to support the identification of your personal performance improvement goals.

Effective CSA is based upon active engagement in continuous, purposeful reflective practice (learning from personal experience) in order to review your performance whilst on the DPP. It will be supported by feedback from the Coaching Staff/Assessors. The process of CSA follows a cyclical approach, as follows:



Action Plan

What will you do to achieve your goals?



Salisbury RFC Age Group Head Coach

Your age group coach's comments on your Goal Setting and Action Plan.

To be completed before you attend the DPP.



DPP SESSION JOURNAL

Please reflect on each DPP session separately. It is usually best to reflect on the session as soon as possible after the event while it is fresh in your mind.



Week 1:

What was the Aim of the session?

What were the Key Learning Outcomes?

What did you do well?

What areas could you improve?



Week 2:

What was the Aim of the session?

What were the Key Learning Outcomes?

What did you do well?

What areas could you improve?



Week 3:

What was the Aim of the session?

What were the Key Learning Outcomes?

What did you do well?

What areas could you improve?



Week 4:

What was the Aim of the session?

What were the Key Learning Outcomes?

What did you do well?

What areas could you improve?

DPP Age Group Coaches Comments



DPP Coach's comments:

Your CSA/Reflection (Post 4 DPP Sessions)



Week 1:

Did I achieve my goals?

What skills/ Knowledge do I still need to develop?

Salisbury RFC: Age Group Head Coach Comments.



Coaches Name:



Appendix A: Performance / Skills Definitions

- **Support Play** – *Do you position yourself to support the ball carrier and secure the ball in the contact area? Do you try to ensure that you keep the ball alive after contact to enable 'speed of ball / play' and to support an 'ambition to play'? Do you instinctively position yourself in support to receive a pass/offload? Do you identify and perform defence challenging running lines.*
- **Ball Handling** – *Do you 'shape your body' in order to ensure you have a positive body position to receive and catch a pass (eyes towards the ball carrier; hands up; reaching for the ball; upper body twisted towards the ball and hips square) – thereby 'attacking the ball in motion'? Do you apply 'Catch-Pivot-Pass'? Do you call for the ball when ready to receive? Do you carry the ball with two hands (central to upper body) to keep it under control and give you options to pass?*
- **Spatial Awareness** – *Do you apply a 'Scan-Act-Adapt' approach to your play and look for space and how to exploit it on the pitch? Do you understand the concepts of space, time and possession to exert pressure in both attack and defence? Can you identify a player in space? Do you use different skills to exploit space (kick, Pass, Penetrate the Tackle Line)?*
- **Attack Skills** – *Do you create 'speed of ball'? Can you 'engage and control' a defender using a range of skills including your agility, sidestep or a change of pace to make the defender 'make a decision' and plant their feet? Do you 'stay square' to the defender and attack their inside shoulder? Can you create doubt in the defence with lines of running?*
- **Catch and Pass** – *Do you execute 'catching and passing' accurately? Do you have the ability to pass with control and accuracy off both hands whilst moving forward in the direction of play? Can you complete passes under pressure? Can you vary the length and speed of your pass by using the inside arm as the 'power arm' to initiate power and the outside arm as the 'guidance arm' to squeeze the ball out and guide it towards the target?*
- **Attacking Contact Skills** - *Do you create 'speed of ball' and exert pressure in attack to score? Do you attack the defensive tackle line aggressively and get through it to maintain speed of play? Do you use Footwork to create space and Fend to keep space open? Are you able to offload the ball in contact? Do you Present the Ball correctly and use 'Movement After Contact (360 Roll)'?*
- **Defence Skills** – *Do you recognise threats and adjust the defensive spacing accordingly? Do you ensure that the defensive line 'stays together and is connected'? Do you understand your role and alignment within the defensive line? Do you 'set' your body ready for the contact/tackle by adopting an athletic state?*
- **Defensive Contact Skills** – *Do you apply 'Go-Slow-Go' and maintain an athletic state from the defensive line? Do you 'hit' with attitude to knock the ball carrier off his running line (shoulder on thigh)? Do you use your arms to clamp and control the ball carrier? Do you ensure your leading leg splits the centre line of the ball carrier enabling you to drive forward? Do you make effective decisions at the break down? Do you 'Bounce' to increase speed off the ground? Do you 'close off the space' (between chest and ball at the breakdown)?*
- **Verbal Communications** – *Do you communicate with your team mates effectively, accurately and at the appropriate time – helping to organise both defence and attack? Do you effectively support and encourage your team mates?*



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