

Lincoln University Rugby Scholarship Coach Report

1 2 3 4

Understanding of positional requirements and ability to apply

1 2 3 4

Understanding strategies to implement game plan

1 2 3 4

D The ability to identify and apply when to make the best decision for the circumstance

1 2 3 4

A Understanding of game shapes, set moves and defensive systems etc

1 2 3 4

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

1 2 3 4

C Strength(s), Work-On's and player's 'point-of-difference'

A

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

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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

C Strength(s), Work-On's and player's 'point-of-difference'

C

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

1 2 3 4

G: 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

H: The ability to "bounce back" and adapt and respond positively to negative events or difficult experiences.

1 2 3 4

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

1 2 3 4

B / **D**: Spends appropriate amounts of time on non-sport interests such as family, friends, career, education, work, spirituality etc. Can switch on and relax away from sport as appropriate.

1 2 3 4

C: Strength(s), Work-On's and player's 'point-of-difference'

C

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

1 2 3 4

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

1 2 3 4

A: 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

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

1 2 3 4

A: Honest and consistent of character, trustworthy.

1 2 3 4

C: Strength(s), Work-On's and player's 'point-of-difference'

F

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:

..... (e.g., sport culture, coaching-training, family support/pressure, peer group, life skills, other sports & interests):

Coach Name (please print)

Level at (please indicate): School Club Representative

Level