



When All Is Equal- Skill Is King

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A really good ‘flair’ player is usually extremely proficient in the basic skills of the game because to get to a higher level is a ladder of skills building.

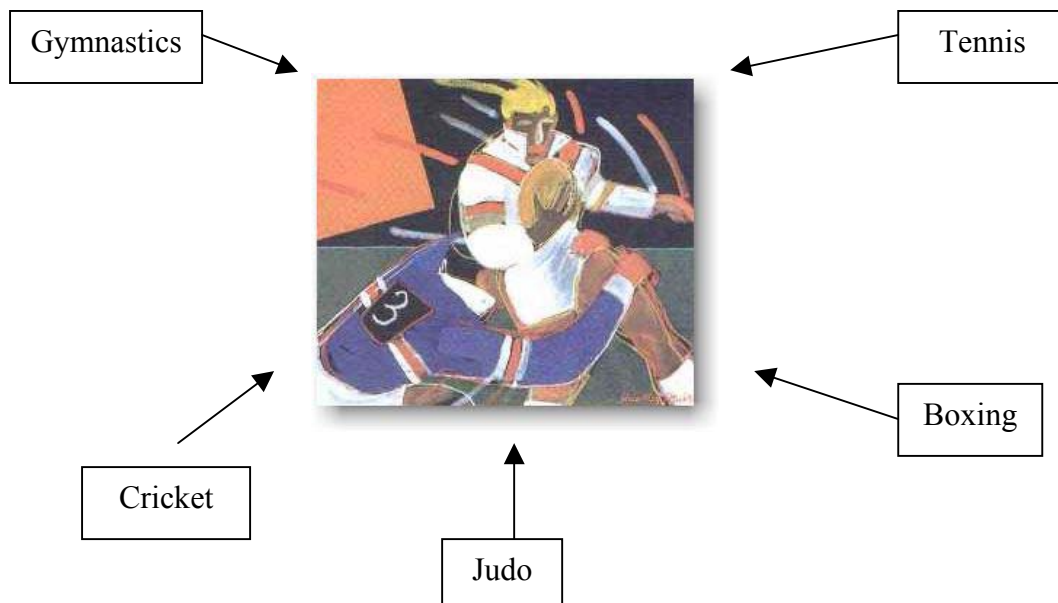
Do we spend too much time on coach organisation and not enough time on the basics of the game – the core skills?

You can have the best game plan in rugby but if your teams cannot pass from one side to the other, it is all going to fall apart.

In rugby League, the only difference between the games in their outlooks is based on what happens in the contact area.

WHAT SHOULD A MODERN RUGBY PLAYER LOOK LIKE?

Move away from the rugby game specific and you will find that a range of sports will help the player to develop an overall understanding of a range of skills. Other sports can teach them a range of skills that can be transferable to their own rugby game



Comparison Between Early Specialization and Multilateral Development

Early Specialization	Multilateral Program
<ul style="list-style-type: none"> • Quick performance improvement • Best performance achieved at 15-16 years because of quick adaptation • Inconsistency of performance in competitions • By age of 18 many athletes were burned out and quit the sport • Prone to injury because of forced adaptation • Doesn't take into account growth spurts 	<ul style="list-style-type: none"> • Slower performance improvements • Best performance at 18 and older, the age of physiological and psychological maturation • Consistency of performance in competitions • Longer athletic life • Fewer injuries

Source: Bompa, Tudor, Total Training for Young Athletes, Human Kinetics, 2000

Critical Times

Up to 12	Agility, balance, Co-Ordination, speed, hand-eye coordination
12 – 16	Aerobic conditioning – not looking at strength work – better flexibility
15 – 18	Strength training (once the athlete comes out of their growth spurts) weight-lifting techniques start to appear more natural

ABC of Skill Development

Able	the ability of each individual to execute a number of core skills
Between	Use the skills in the basic areas of the game – not scrum or lineout
Collectively	Each player understanding their role e.g. What do you see in this example

Points to ponder

Rinus Michels Creator of '**Total Football**' – all people could do competently everyone else's role. Is Rugby going that way??

The Williams Sisters 80 / 20 rule – matches only 20% of the time. Their father only used tournaments to judge progress of his daughters – not for any other reason.

80 / 20 - Isn't it insanity that it is done in any other way!!

- Be innovative
- LONG TERM Athlete development
- Training to train is the 12 – 16 age bracket – make or break their continued involvement in the game
- Athlete vs. Player – which is it? – is it a balance?

'IT'S THE SAME OLD, SAME OLD - BUT DONE DIFFERENTLY'

Damien McGrath