








BLUEPRINT

Change Our Game

GASPS - Player Identification and Development

The GASPS principles will be used to guide selection decisions within Scottish Rugby male and female pathway programmes. Players will also be developed in alignment with these principles through on and off field coaching.

G GAME SENSE 	game awareness, spatial awareness, problem solving, beat the game
A ATTITUDE 	competitiveness, curious, self-motivation, resilience
S SKILL SET 	ball movement, tackle, evade, positional skills - all under pressure
P PHYSICAL POTENTIAL 	speed/agility, power, endurance, stature
S SCOTS SKILLS 	selfless, creative, optimistic, tenacious, self-organised

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