

Everyone's GAME

Tackle Assessment

For 15-year-old into U18 &
17-year-old into Adult play-up
applications (Male & Female)

Updated June 2024



Instructions

- As part of the application process for 15 year old players seeking to play U18 rugby, and 17 year old players seeking to play Adult rugby, a tackle assessment must be completed (and recorded on video) and submitted as part of the application form.
- There are two activities to the Tackle Assessment
 - Activity 1 – 1v1 Tackle technique activity (at match speed)
 - Activity 2 – 1v1 Stop the try activity (at match speed)
- Both activities must be recorded at **match speed/intensity** where the tackler is placed under pressure to make an effective tackle.
- The purpose of the assessment is to judge if the player has the appropriate tackle technique and capability to 'play up'. The activities will place the player under pressure to make effective tackles whilst in an increasing level of fatigue.

Important Information

The player being assessed must undertake the tackle activities against players from the age group they are seeking permission to play.

For example, a 17-year-old seeking permission to play adult rugby needs to undertake the tackle activities against/with adults (18+).



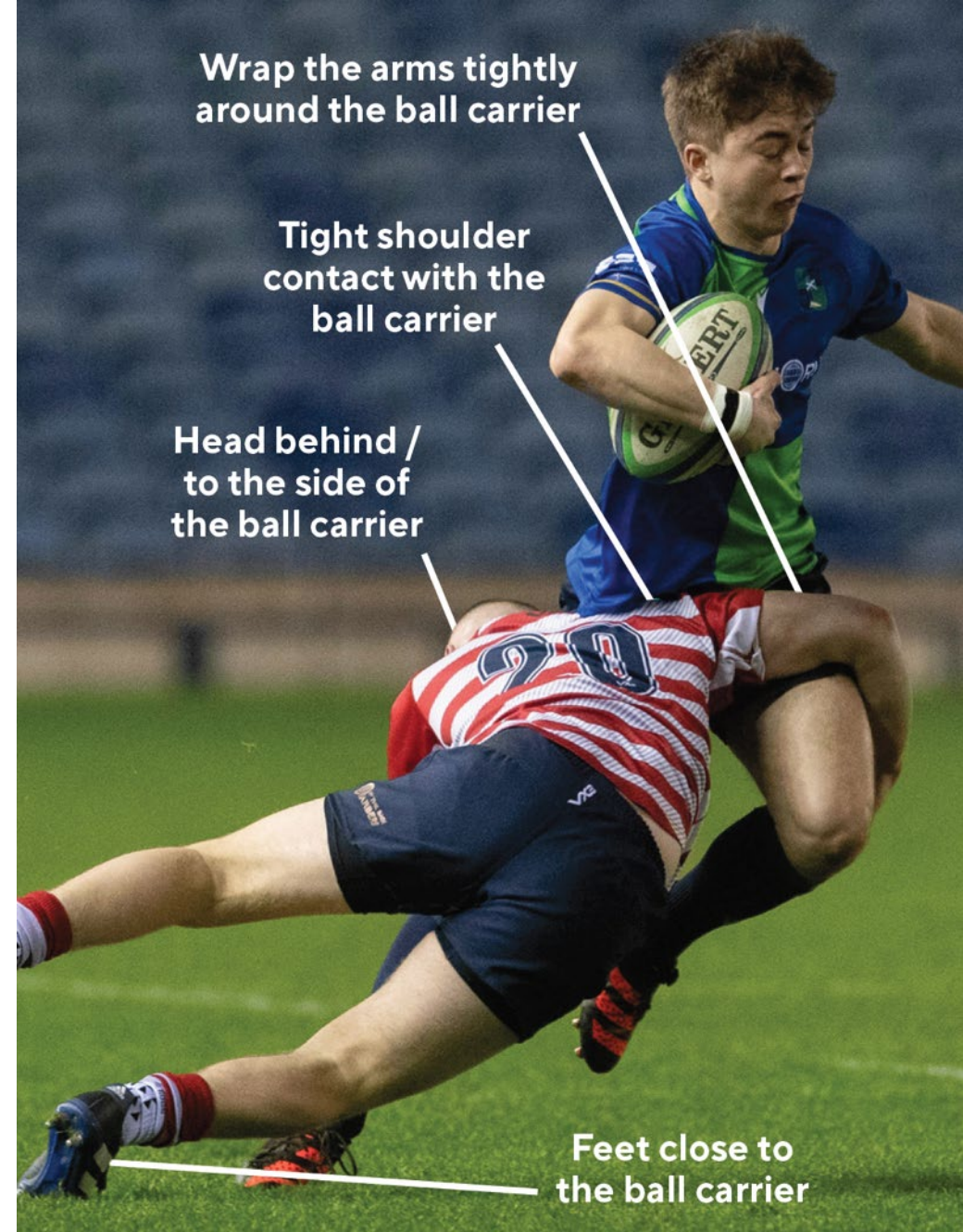
Video Quality

- Both activities should be recorded from a side on position to the activity.
- The tackler being assessed should wear a bib to clearly identify them from the others (this is particularly important for activity 2).
- The teammates must be players from the age group in which the player is seeking clearance.
- The tackler should take up a large proportion of the screen so that their whole actions can be observed clearly.



Tackle Assessment | Criteria

- Throughout both activities, players need to consistently demonstrate effective tackle technique.
- The four key points on the image (right) are key points which players should focus on.
- The ball carrier(s) must attempt to beat the tackler in both activities – this is essential to gauge an accurate picture of tackle technique.



Tackle Assessment Activity 1 | 1v1 Tackle Technique Activity

Description

- **Set-up**
 - Approx 5x5m area
 - 2 attackers holding shields
 - 1 tackler (player being assessed)
- **Instructions**
 - Tackler starts on the middle cone.
 - Tackler tackles player holding shield 1, then move around cones (to replicate realigning into a defensive line) before tackling player holding shield 2.
 - Left shoulder tackles (shield 1)
 - Right shoulder tackles (shield 2)
 - Players holding the shields hold them tight to their hip / lower torso area.
 - Tackler attempts to make 8 tackles in 1 minute or less
- **Recording** – film from a side-on position so that the whole activity is within shot. If filming on a phone, please record in landscape.

Set-up



Watch a video of the activity here or scan the QR code

<http://bit.ly/TackleAssessment1>



SCAN ME

Tackle Assessment Activity 1 | 1v1 Tackle Technique Activity

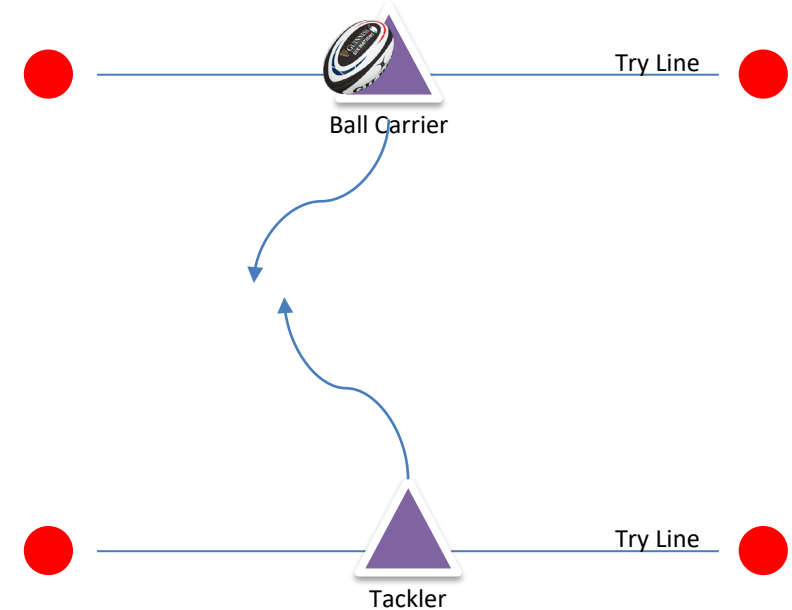


Tackle Assessment Activity 2 | 1v1 Stop the Try Activity

Description

- **Set-up**
 - Approx 5x5m area with a try line either end.
 - 1 attacker v 1 defender
- **Instructions**
 - The purpose of this activity is to observe the players pre-tackle footwork and decision-making skills.
 - The attacker starts at one try line with defender opposite.
 - The attacker attempts to score a try by evading the oncoming defender (full match pace / intensity)
 - Run the activity for 1minutes (min) so the tackler attempts to make a minimum of 4 tackles.
 - The activity must be undertaken at full pace to assess the players tackling ability.
 - The ball carrier must attempt to beat the defender to score a try, even if this means the defender misses a tackle.
- **Recording** – film from a side-on position so that the whole activity is within shot. If filming on a phone, please record in landscape.

Set-up



Watch a video of the activity here or scan the QR code

<http://bit.ly/TackleAssessment2>



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Tackle Assessment Activity 2 | 1v1 Stop the Try Activity

