

FRONT ROW – COMPETENCY ASSESSMENT TEMPLATE (Reviewed April 2021)

Player Name:		Assessment Date:
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LEVEL OF EXPERIENCE:

Number of years having played in Front Row:		Proposed position: (Circle)	Loosehead Hooker Tight Head
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SKILL DEVELOPMENT

Prior to starting the on-field competency testing, ensure players have gone through the nominated warm up activities.

Does the player demonstrate competence in the following?

The key STRONG, SAFE BODY SHAPE points. (see key points on reverse page)	YES	NO
Front row binds	YES	NO
Engagement 1v1 – Static (30 second hold)	YES	NO
Engagement 2v1 - Dynamic	YES	NO
Engagement. 3v3 - Dynamic	YES	NO
Mayday (collapse scrum procedure)	YES	NO

Notes:

PHYSICAL DEVELOPMENT TESTING

Does the player demonstrate competence in the following?

Standing Strong/safe body shape prior to engagement. (20 second hold) Circle one	YES	NO
Hands on ground. Knees off ground, Strong/safe body shape hold. (20 seconds- assessor to apply pressure-push/pull.)	YES	NO
Prone Bridge. Plank test. (60 second hold)	YES	NO

ASSESSING COACH

Assessing Coach Name:				
Current Coaching Qualification/accreditation: <i>Please circle</i>	Rugby Smart	DRC (L2)- Performance Course (L 3)	Scrum Factory tutor	Other

ASSESSMENT DECISION

Has the player demonstrated safe scrum technique and competent in the physical development tests? Please circle

COMPETENT	NOT YET COMPETENT	Signed:	
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Key Strong safe body shape points:

- Feet shoulder width apart, toes pointing directly forward, weight on balls of feet
- Knees bent directly beneath the hips over the toes at 1 o'clock
- Head in neutral position.
- Core engaged, Chest out, shoulder blades pulled together.
- Flat back, pelvic tilt, shoulders above hips at all times
- Eyes focused on target

Scrum Collapse – What to do

Process still to be agreed.

Warm up Activities/Primers.

Assessors to select suitable primers from the examples provided in Scrum Factory Video. (Neck, shoulders, back, core, hips, legs, feet.)

Reference:

<https://www.rugbytoolbox.co.nz/resources-education/clinics-and-workshops/scrum-factory>