

FRONT ROW – COMPETENCY ASSESSMENT TEMPLATE

(Produced Apr 2021 / Reviewed February 2023)

| | | | |
|---------------------|--|-------------------------|--|
| Player Name: | | Assessment Date: | |
|---------------------|--|-------------------------|--|

LEVEL OF EXPERIENCE:

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

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 (L3) | 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: | |
|-----------|-------------------|----------------|--|

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>