

FRONT ROW – COMPETENCY ASSESSMENT TEMPLATE (Reviewed April 2021)						
Player Name:					Assessme	ent Date:
EVEL OF EXPERIENC	CE:					
Number of years			Proposed pos	tion:	Loosehe	ad
having played in Fr	ront		(Circle)		Hooker	
Row:					Tight He	ad
KILL DEVELOPMEN	Т					
Prior to starting the	on-field c	ompetency testi	ng, ensure players	have gon	e through	the
nominated warm u		•	ing, cribure players	nave gon	c till ough	
Does the player der	•		he followina?			
The key STRONG, S				verse	YES	NO
page)		o poo. (o				
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	
	scraiii proc	edule)			ILS	INO
	serum proc	edurej			ILS	NO
	scram proc	edurej			ILS	NO
Notes:	·	·			ILS	NO
Notes:	MENT TEST	ING	e following?		ILS	NO
Notes: HYSICAL DEVELOPM Ooes the player dem	MENT TEST	TING Ompetence in the		nd hold)	YES	NO
Notes: HYSICAL DEVELOPM Ooes the player dem Standing Strong/saf	MENT TEST	TING ompetence in the ape prior to enga	agement. (20 secor			
Notes: HYSICAL DEVELOPM Ooes the player dem Standing Strong/saf	MENT TEST	TING ompetence in the ape prior to enga	agement. (20 secor			
Notes: Ones the player dem Standing Strong/sat Circle one Hands on ground. K	MENT TEST nonstrate confe body sha	TING competence in the ape prior to engaround, Strong/sa	agement. (20 secon		YES	NO
Notes: Open the player dem Standing Strong/sat Circle one Hands on ground. K seconds- assessor t	MENT TEST nonstrate confeed body sha feed body sha Knees off g	ompetence in the ape prior to enga round, Strong/sa essure-push/pull	agement. (20 secon		YES	NO
Notes: HYSICAL DEVELOPM Does the player dem Standing Strong/sat Circle one Hands on ground. K seconds- assessor t Prone Bridge. Plank	MENT TEST nonstrate confeed body sha feed body sha Knees off g	ompetence in the ape prior to enga round, Strong/sa essure-push/pull	agement. (20 secon		YES YES	NO NO
Notes: PHYSICAL DEVELOPM Poes the player dem Standing Strong/sat Circle one Hands on ground. K seconds- assessor t Prone Bridge. Plank SSESSING COACH	MENT TEST nonstrate conference of grant of the sound of t	ompetence in the ape prior to enga round, Strong/sa essure-push/pull	agement. (20 secon		YES YES	NO NO
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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