



Kent County Rugby Football Union

Guidance for Nominations for Kent County Girls trials.

Below is a set of criteria which players will be judged against during the trial process. These are by no means exhaustive but set a good foundation. Before you nominate consider how your nominees' grade against the criteria. At County level, fitness will be a key factor across all aspects of the trial process. The trials will have a carousel of Skill Zones to observe player abilities in all areas followed by a series of games.

Mental

Self-Belief
Confidence
Work Rate
Decision Making Under Pressure
Coachability

Fitness – suitable for playing position

Speed
Power
Agility

Technical and Tactical

Attack

Handling – passing and catching in motion
Footwork – ability to evade and avoid contact
Attacking threat and ability to go forward

Defence –

Technique and body height.
Effective tackles on both shoulders

Breakdown

Understands role and responsibilities at breakdown (clear, pick and go, clearing pass)
Effective body shape at breakdown retain possession or contest possession

Kicking and Aerial Skills

Kick accurately and effectively
Ability to catch high balls under pressure

Game Understanding

Ability to read different game situations and use appropriate tactics