



## **Guidance for Nominations for Kent County Girls Development Days 2020/21.**

Below are a set of criteria which players will be assessed against during the development days. These are by no means exhaustive but set a good foundation. Before you nominate how do 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. Please ensure your nominated players are using the [RFU Injury Prevention Programme ACTIVATE](#) for their Age Group. **Club coaches please use the link to access.**

### **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