

Stage 3

Player: **Focus on his performance and starting to specialise on position**

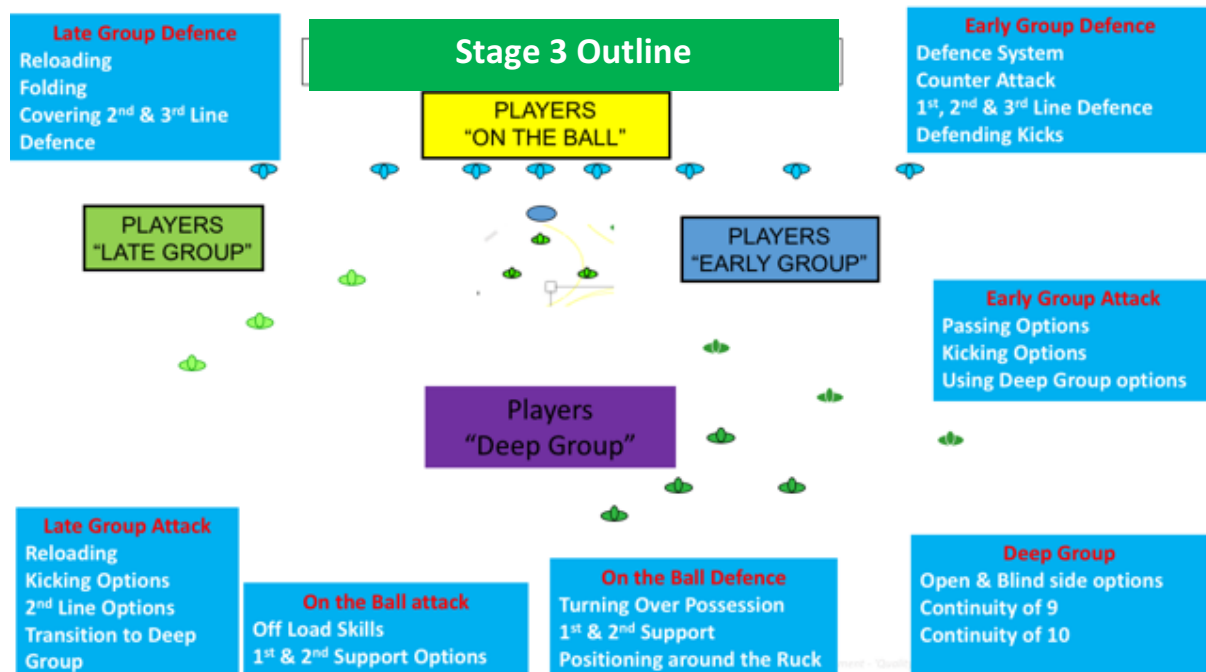
Coach: **Challenger 100%** (*Challenge the players at every aspect of the game*)

Principles: Gain Possession – Go Forward – Support – Continuity – Apply Pressure – Score Points Defence Contest Possession – Counter Attack

S&C: Starting full Gym programme with S&C plan part of the rugby plan

Game: Development of strategic decision making skills and game plan (*introduction of common cues*)

Units: Focus on tactical decision making and technical precision and performing the key tasks of Units and Sub-Units accurately



Emphasis: Performance (*Games*) and the transition between Attack & Defence. Performing effective action and establishing a link with 1st Phase play

Achieved Through: Challenging the players through collective-reduced-individual skill development and establishing a link with 1st phase activities. Functional Role development.