



HOW SKILLS:



HOW DO YOU GET THE BEST OUT OF YOUR PLAYERS ?

THE BEST WAYS TO INFLUENCE PLAYERS



HOW SKILLS:



KNOW WHAT YOU WHATS THE



“beat the game”

**self educating, self aware, thoughtful,
adaptable, robust rugby players**



**1ST COMES
ENVIRONMENT**

THE LEARNING ENVIRONMENT

NO FEAR
FREEDOM

DECISION MAKING

CHALLENGE
AMBITIOUS

SAFE

CREATIVITY
MISTAKES

PLAYER LEAD
EMPOWERMENT

ENJOYABLE
ENGAGEMENT



TRAINING SESSIONS



HOW SKILLS:



SKILL



COACHING STYLES...



PRINCIPLES or PATTERNS ?

GAMES or DRILLS ?

CHAOS or STRUCTURE ?

QUESTIONS or ANSWERS ?

LEARNING or PERFORMANCE ?

INDIVIDUAL or TEAM ?



COACHING CONTINUUM



TELL

QUESTI



HOW SKILLS:



KNOW YOUR

CA

<div><div></div><div>MISSIE</div><div>LE FALCONS</div><div>LE BOURG</div></div>	TOTAL GAME MINUTES		OVERVIEW			PLAYING OPPORTUNITIES					DEVELOPMENT	
	128											
	GAME TIME AIM	GAME TIME ACTUAL	RUGBY FOCUS	S&C FOCUS	EDUCATION	A League	Academy U18	SEDBERGH	England U18			
18/6/18											RUGBY	Staying square in attack - being a threat every time. Developing himself as a 12 as well. Continue to develop tactical kicking game.
25/6/18												
2/7/18												
9/7/18												
16/7/18												
23/7/18												
30/7/18												
6/8/18		20	France SA10				Barnard Castle H8		France SA10			
13/8/18		73	WALES SA14 SAFRICA SA18				North Fylde H15		WALES SA14 SAFRICA SA18			
20/8/18	35	35	Yorkshire H22			Doncaster A25	Yorkshire H22					
27/8/18	50		Gosforth H1					Gosforth H1				
3/9/18	50		Whitgift A8			Worcester A3		Whitgift A8				
10/9/18	60		RGS A15			Wasps A10		RGS A15				
17/9/18	60		Wilms H19 Bedford A22					Wilms H19 Bedford A22				
24/9/18	70		Denstone A29			Leicester H24		Denstone A29				
1/10/18	0		Durham H6			Northampton H1		Durham H6				
8/10/18	70		St Peters H13					St Peters H13				
15/10/18	70		Kirkham H17 Berkham H20					Kirkham H17 Berkham H20				
22/10/18												
29/10/18												
5/11/18	70		RGS Lan A10					RGS Lan A10				
12/11/18	70		Warwick H17					Warwick H17				
19/11/18	35		Wood Grove A24					Wood Grove A24				
26/11/18	70		Wellington A28					Wellington A28				
3/12/18	35		Millfield H5					Millfield H5				
10/12/18	70		Leicester H15				Leicester H15					
17/12/18						Sale A17 Wasps H23						
24/12/18												
31/12/18	70		Yorkshire H5			Leicester A31	Yorkshire H5					
7/1/19	70		Northampton A12				Northampton A12					
14/1/19	70		Worcester H19				Worcester H19					
21/1/19												
28/1/19	70		Sale A2				Sale A2					
4/2/19	70		Wasps A9				Wasps A9					
11/2/19												
18/2/19												
25/2/19												
4/3/19												
11/3/19												
18/3/19												
25/3/19												
1/4/19						Sale H1						
8/4/19						Northampton A8						
15/4/19												



Name: INNES HILL

On The Ball

How have you developed your On Ball skills this year?

How could you make them even better?

Prestige 1

This year has been mainly rehab for me with more of a return to play focus, compared to development. In saying that over the few games I did play, i feel that my performance improved over each one. My personal on ball focus was to have better, more effective carries and to make better decisions under pressure. Again i feel that these improved as the games went by as i found it really helped developing them in a game environment. To improve my carries i think i could improve my acceleration over 10m, something i am currently working on during the off season, and also my endurance to make sure that the carries don't lose impact throughout the game. To improve my decision making under pressure, taking into consideration how i found they developed in game situations, so I’m starting to play touch rugby and also 7s over the summer.

Keep going with this Inness, Keep making sure your avoiding collisions on the ball to make you difficult to tackle. 7’s shall help with this.

Off The Ball

How well did you Support?

How could it have been even better?

Prestige 1

I think that i felt slightly out of place on the field sometimes, feeling that i wasn't able to make the impact that i thought i maybe could have and wanted to. I know that this is just getting used to the support structures again and finding what works best for me. I think that i could improve my off ball placement again by playing more rugby, but also watching more rugby to improve my understanding. I also think that i could use useful communication more to try and help and communicate what i'm seeing on the field to the team.

As we have spoken about and you mention below that fitness will be key to getting into good supporting positions to give you that impact your looking for.

Without The Ball

How well did you Assess Threats?





INFLUENCE



work who out
are natural
the leaders



INFLUENCE



a week of
learning for
the A Team

TEAM TRAINING DIARY - WEEK COMMENCING 29TH APRIL 2019														
Date	Monday 29 April		Tuesday 30 April		Wednesday 01 May		Thursday 02 May		Friday 03 May		Saturday 04 May		Sunday 05 May	
TIME	ALL	STAFF	ALL	STAFF	ALL	STAFF	ALL	STAFF	ALL	STAFF	ALL	STAFF	ALL	STAFF
ALL DAY	INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME		INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME		INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME		INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME		INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME		INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME		INJURED + REHAB - IN AS REQUIRED SEE RHYS FOR PROGRAMME	
07.00 - 07.30														
07.30 - 08.00														
08.00 - 08.30	ALL Wellness to be completed by 09.00		ALL Wellness to be completed by 09.00				ALL Wellness to be completed by 09.00		ALL Wellness to be completed by 09.00					
08.30 - 09.00			09.00 - MATCH SQUAD LEADERS - Meeting				09.00 - 09.30 MATCH SQUAD Units meetings		09.15 - 09.30 - Physical prep (KP)					
09.00 - 09.30			09.45 - 10.15 BACKS Units meetings				09.30 - 10.00 MATCH SQUAD Unit walkthroughs		09.35 - MATCH SQUAD - Meeting (KP)					
09.30 - 10.00			09.30 - 10.30 FWDS Weights				09.30 - 10.00 NON-SQUAD Unit walkthroughs		09.45 - 10.45 MATCH SQUAD Captains run (KP)		09.45 - 10.45 NON-SQUAD Weights (KP)			
10.00 - 10.30	10.00 - 11.30 ALL Review meetings Crusoes Café Tynemouth (NE30 4HH)		10.30 - 11.30 BACKS Weights				10.00 - 10.30 MATCH SQUAD Weights		10.45 - 11.15 MATCH SQUAD Refuel (Concourse)		10.45 - 11.30 NON-SQUAD Rugby (KP)		10.00 - 11.00 A-TEAM Rugby (KP)	
10.30 - 11.00			10.45 - 11.15 FWDS Units meetings				10.30 - 11.30 ALL Rugby							
11.00 - 11.30							11.30 - 12.30 ALL Refuel (South Stand)		11.30 - 12.30 NON SQUAD Refuel (Concourse)					
11.30 - 12.00			12.00 - 12.00 ALL Refuel (South Stand)											
12.00 - 12.30	12.00 - 13.00 ALL Refuel (South Stand)		12.00 - 12.45 ALL Positional skills											
12.30 - 13.00			12.45 - 13.15 - ALL - Meeting											
13.00 - 13.30	13.00 - 14.00 ALL Review meeting debrief		13.15 - ALL - Warm up											
13.30 - 14.00			13.30 - ALL - Jog thrus											
14.00 - 14.30			13.45 - 14.45 ALL Rugby						11.15 MATCH SQUAD Bus to Gloucester					
14.30 - 15.00			14.45 - 15.15 ALL - Recovery											
15.00 - 15.30			14.45 - 15.45 ALL Refuel (South Stand)											
15.30 - 16.00														
16.00 - 16.30														
16.30 - 17.00														
17.00 +														
KEY	RUGBY BASED SESSIONS		GYM BASED SESSIONS		RECOVERY SESSIONS		MEETINGS		FOOD		TRAVEL		MATCHES	

SARACENS STORM OVERVIEW

ATTACK (SAME WAY)

Direct Attack / Beat the Fold / Fwd > Fwd > Backs

Cobra > Viper > Viper (Bite) Yank
Cobra > 2 man Tiger (Bite) > YankJock / Stab PAB

C+W tight stabs / sneaky pick / 8 scrum delivery

TZ = Viper (latch) / Pigs / YankJock (deep)

DEFENCE (BALL WATCH)

Up & In / line speed v 1 line / 2-man tackle / contest bdwn

B = poor reset / W in passing lanes / leave last for 15
F = keep width / A filled by reset D / bite on shape

LO = 9 channel / 2 inside 10
SCR = 9 in boot / MF backs passive

2 man backfield - 9 swap into front line

TOVER / COUNTER

TO won = shift kick behind / link up with 15
TO conc = front line focus

LB won = back to back to space
LB conc = contest bdwn / shut off wide options

CA = take space (8 carry / B run around F / Bomb)
KC = compete in air / vulnerable on Close

KICKING / RESTARTS

K = D or E+ / C+BR+W chase / 10+15 back
R = 3 pods of 2 / W flat / 2+13 on B+D / 8+12 deep
Shift if opposition overload short side

25 kicks per game - aggressive chase
MZ = Bru + Irn / Cross Bomb off 10 > 3 man chase
Juice on adv / Bomb for self / TZ = kick behind W

LF = Wigglesworth / Spencer / Gallagher

SARACENS STORM SET PIECE

SCRUMS

MACKEM

LHS 1-5: Hatch > Irn / Yank off 8 to 10, hands
RHS 4-2: Hatch (6) > Stab > Irn

KP

LHS 1-5: Otago 9, Jock, Juice (blocking lines)
MFS 2-2-2: 9 to 12, Paddy to 10, Ghost to 15 (6)
RHS 5-1: 10 sweeps to 6, Express @ 9 (4)
RHS 5-1: 9 sweeps to 6, 8 to 10 Otago (4)

TOON

5 / 10 LHS 1-5: Hatch > Viper
20 / 15 LHS 1-5: Exp Otago Juice (BSW Aus off 12)
15 / 20 RHS 4-2: 8-9-15 (6) > Stab
10 / 15 RHS 5-1: Express Otago Bridge to W

LINEOUTS

MACKEM

5+1 Mini > Bru

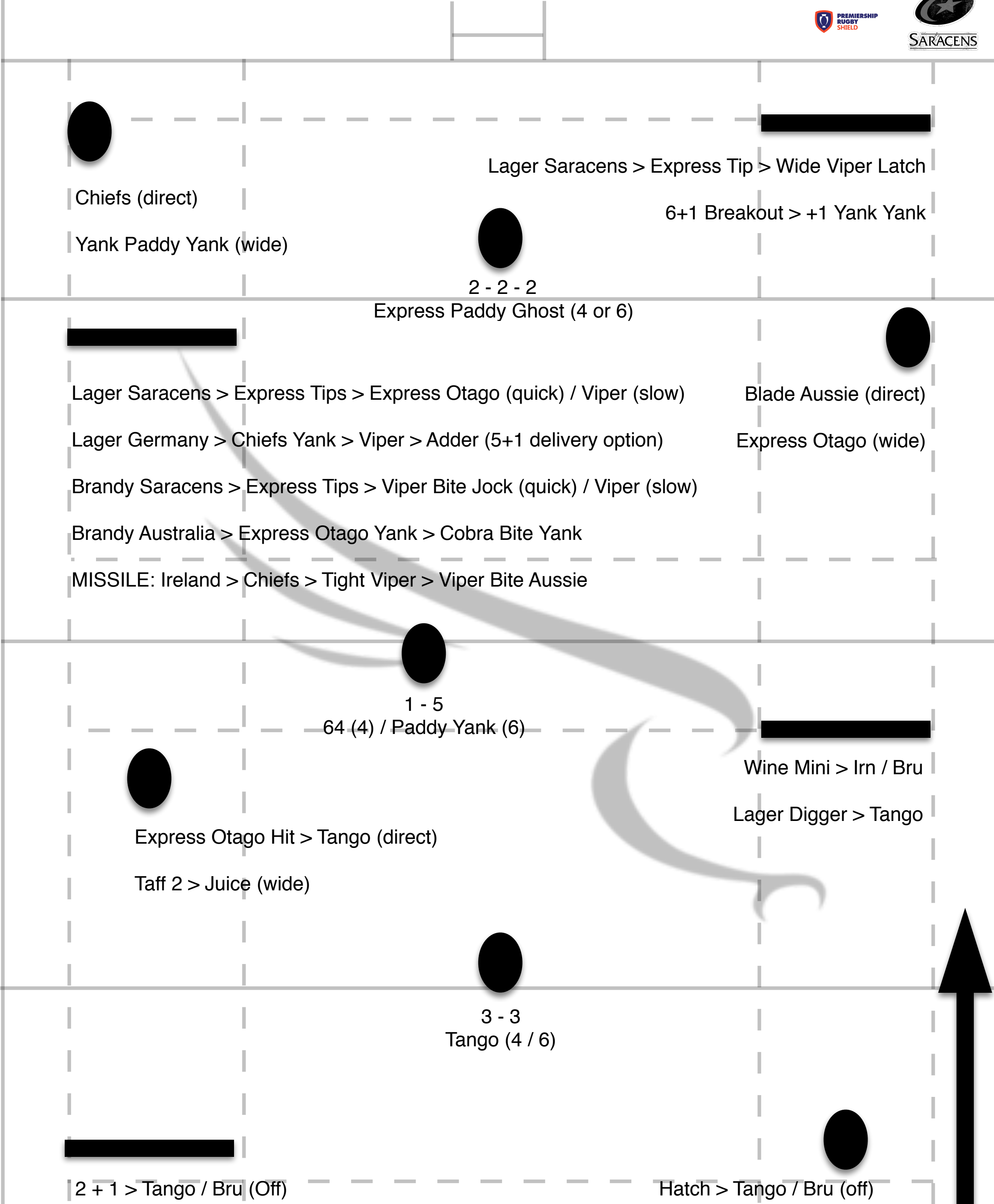
KP

Wine Jet Sar Adder > Tiger F > Adder 12
Lag Jet Scot > Tiger > Cob Bite (2 go, 4 stay, 10+W sweep)
Lag Jet Sar Zip > Tiger > Jock 2
Lag Spin Sar Vip Vip > Osprey off 2 (9 dummy SS)
5+1 QBO Sar > +1 to F @ LZ
Bra Dig Aus > Exp Otago (Hit Paddy) 10 turn corner Jock
Bra Jet Ger > F Exp > Jock 2 > F Exp Otago to 10
Bra Jet Sar Vip > Exp > Vip Bite (13 tip), Ghost
Bra Run (5+9 no+1) Ger > Tiger B > Scoot F > F Exp Otago Y-J
6+1 QBO Sar Vip > +1 to 9, Python (Paddy 12), Jock BSW 10
6+1 TB Aus > Exp Otago, Ghost, Juice

TOON

5+1 QBO Sar Vip > +1 to 9, Jock, Jock (tight, straight)
6+1 America Sar Vip > F Jock @ LZ
6+1 TB Ger > Exp / 2-9-BSW Aus > 10 carry > Cobra Bite
6+1 Tank > 12 / W / 13 join in





FALCONS DEFENCE
A LEAGUE FINAL

#ONEMORETIME

direct to get fwd TIGHT TIGERS
MOMENTUM. No 8 is a Big Carrier

THEY LOVE A MIDFIELD HIT UP OFF SET PIECE

SARRIES
LINEOUT

TAKE AWAY
MIDDLE & BACK
SCARE IN THE AIR

WHERE Sarries KICK,
KICK OFFS
A+, E+

THEY WANT TO CARRY INSTEAD OF CLEAR.

SMART DECISION MAKING AROUND THE BREAKDOWN WILL BEAR



CONNECTED

WORD OF THE WEEK

HIGH SPEED KICK CHASE

EXITS - ORGANISED AND OUR TERMS.

CATCH KILL,

STOP MOMENTUM BEAT
EM ROUND THE CORNER
PHYSICALY DOMINATE
BE READY TO COMPETE AT ANY &
ALL CONTESTS OF POSSESSION.
WE WANT THE BALL

Options vs Saracens Storm

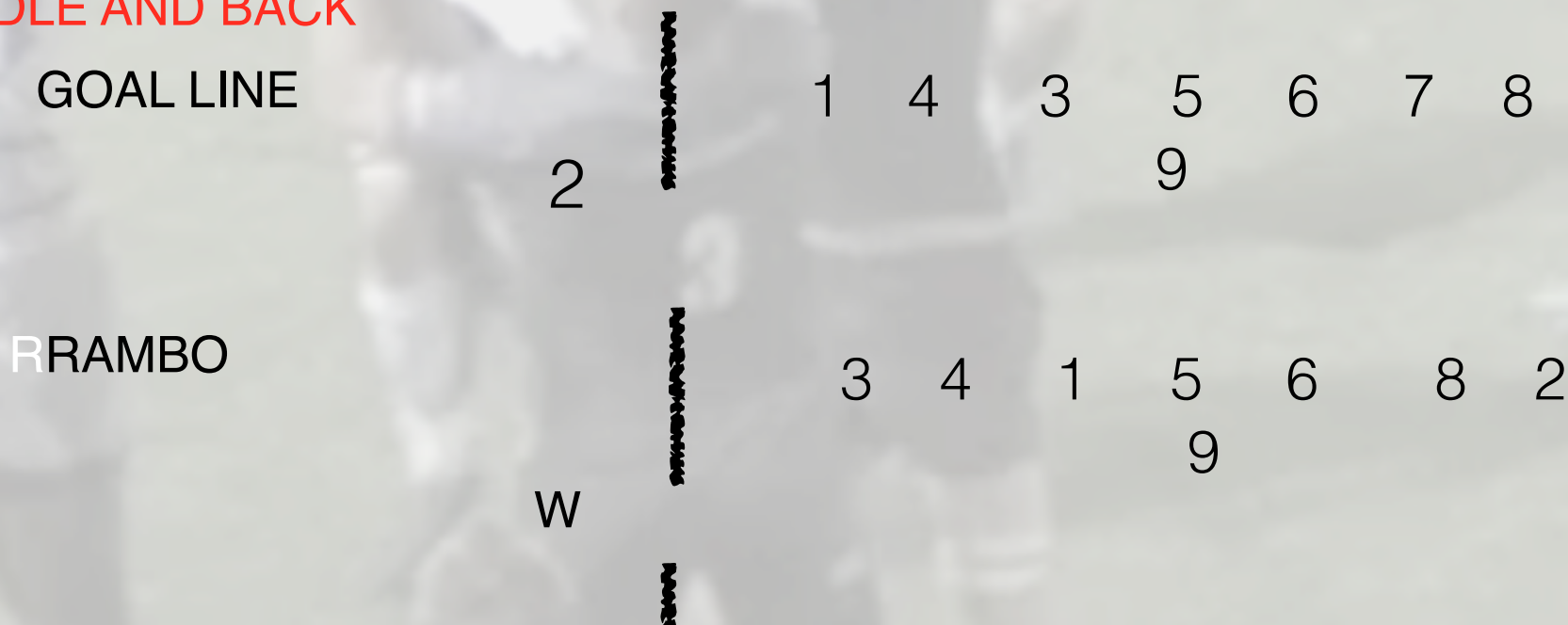
13th MAY 2019

	TEMPO	1	2	CRYSTAL
<u>Whiskey 3,4</u>	T	O - -	O++	
<u>Brandy Spread</u> SQUEEZE 1,3,2,	T CRYSTAL S SLIDE	BRISTOL	BRISTOL +	SPIN (BRISTOL +)
<u>Brandy 3,3</u> 	T CREEP	T -	T +	T DOUBLE -
<u>Lager 2.3:</u>	T CREEP	T-	T+	
<u>LARGER 3,2</u>	BOOST	POLO	DOUBLE POLO	
<u>Lager Spread</u>	S	S+	S++	
<u>Wine Spread:</u>	S	P STEP	P DOUBLE STEP	P STEP -
<u>Wine Squeeze:</u>	BOOST	POLO	POLO +	TWIX / TWIX+
<u>Wine Chugger</u> 1,3,2	O SLIDE	BRISTOL	BRISTOL +	DRIVING OPTION

LINEOUT DEFENCE

Scare in the air - Physical and Fast on the floor

TAKE AWAY THE MIDDLE AND BACK



Match Stats

2018/19

Premiership Shield Final
Kingston Park
13th May 2019



Ball In Play

36 Min 10 Sec



Attacking Challenges

Positive Outcomes	Mackem Zone Efficiency	Carry Collision Won	Win the Race	Contact Efficiency	Ball Presentation
42%	63%	36%	72.6%	85.1%	79.7%
50% -23%	75% -14%	40% -11%	95% -13%	90%	90%

Defensive Challenges

	Tackle Completion	Tackle Effective	% Dominant
	71%	68%	0.0%
	90% -11%	80% -12%	

14	FT Score	55
7	HT Score	21
2	Tries	9
0	Penalties	0
2	Conversions	5
0	Drop Goals	0
100%	GK Success %	56%
6	Penalties Conceded	7
24	Turnovers Conceded	17



Scoring Profile

NEWCASTLE
FALCONS
14

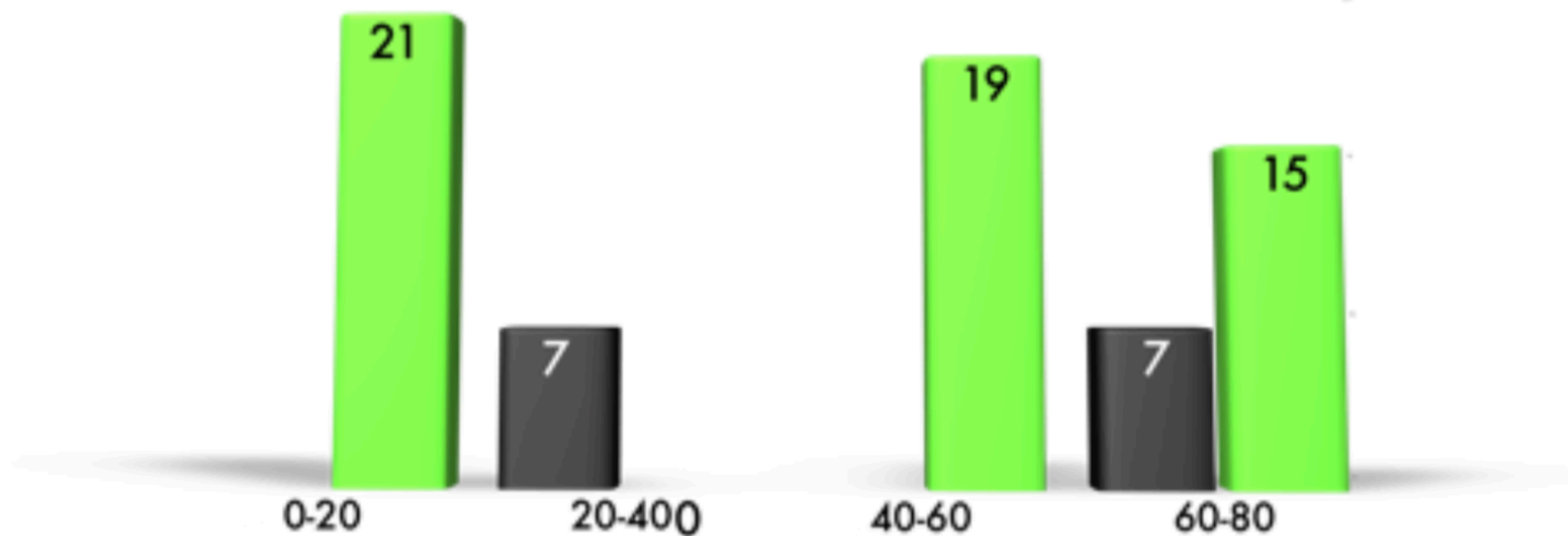
SARACENS
55

Premiership Shield Final
Kingston Park
13th May 2019
THE A-TEAM

LIVING MISSILE

Falcons

Opposition





Attack Sheet



14



55

Premiership Shield Final

Kingston Park

13th May 2019



Possession Outcomes

	Try Scored	Penalty Won	Positive Kick	Retained	Turnover	Lost Set Piece	Penalty Conceded	Negative Kick	+ve Possessions
Lineout Attack		4		1	3	3	1	1	33%
Scrum Attack	1		2	1	5			1	33%
Counter Attack	1	2	5		2		1	2	62%
Turnover Attack		1	1	2	2			1	40%
Restart Reception			3		1				75%
Quick Tap					1				0%

Mackem Zone Efficiency

	Lineout	Scrum	Restart	Open Play
+ve		3	2	5
-ve	2	2	1	1
	0%	60%	67%	83%
	63%			

Linebreak Conversion



Attack Stats

63%	36%	28
Rebound -11%	Carry Contact Won -11%	Defenders Beaten -1
86%	79%	85%
Pass Quality -2%	Offload % -10%	BD Contact Effective -8%

Defence Sheet

NEWCASTLE
FALCONS
14

SARACENS
55

Premiership Shield Final
Kingston Park
13th May 2019

LIVING MISSILE

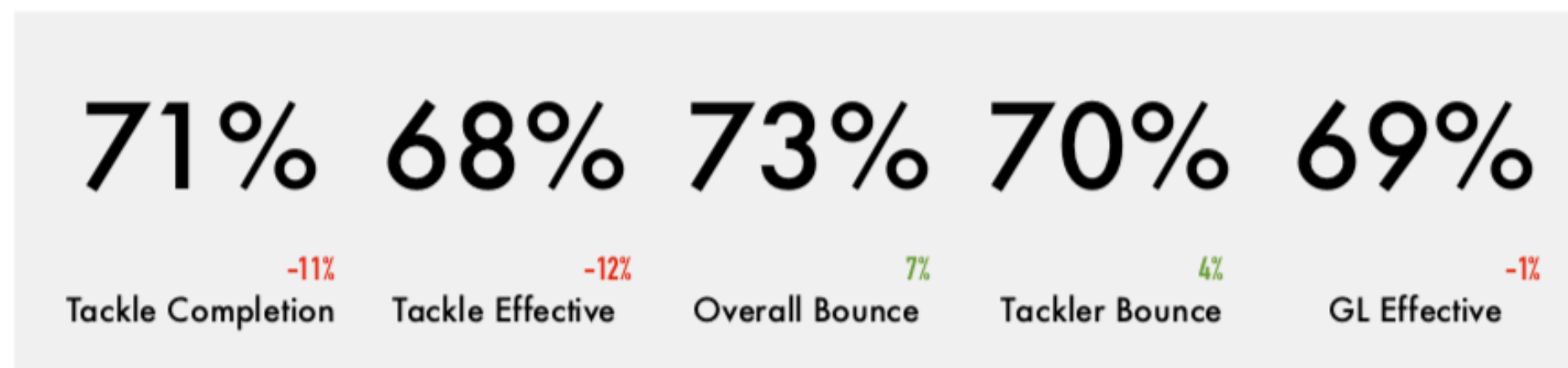
Possession Outcomes

	Try Conceded	Penalty Conceded	Positive Kick	Retained	Turnover	Lost Set Piece	Penalty Conceded	Negative Kick	+ve Possessions
Lineout Attack	2	1	2	1	6	3		1	66.7%
Scrum Attack	3	0	1						0.0%
Counter Attack	1	1	4		1				14.3%
Turnover Attack	3	1	3	1	3				30.0%
Restart Reception	0	1	5		2			1	33.3%
Quick Tap	0	0	0						

Linebreak Conversion



Individual Defensive Stats





Falcons Set Piece



14



55

Premiership Shield Final
Kingston Park
13th May 2019



Set Piece Outcomes

	Won	Lost	%	Delivery
Lineout	10	2	83%	50%
Scrum	11	0	100%	91%
Restart	4	0	100%	

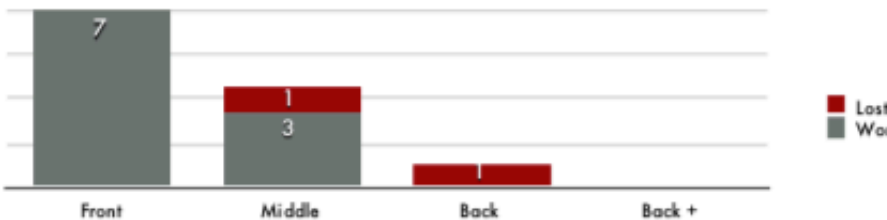
Scrum Zones

Mackem Zone		Kp Zone		Toon Zone	
Won	Delivery	Won	Delivery	Won	Delivery
100%	86%	100%	100%	100%	100%

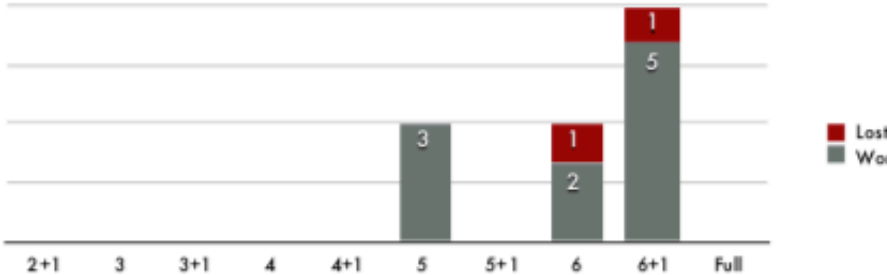
Lineouts

Mackem Zone		Kp Zone		Toon Zone	
Won	Delivery	Won	Delivery	Won	Delivery
67%	33%	100%	33%	83%	67%

Throw



Numbers



Individual Performers

Throwers	Won	Lost	%
Kyle Cooper	8	2	80%
Santi Socino	2	0	100%

Takes	Takes
Glen Young	5
Tevita Cavubati	4

Restart Zones



Individual Performers

	Restart Takes
Glen Young	2
Josh Hodge	1
Adam Radwan	1

Oppo Set Piece



14



55

Premiership Shield Final
Kingston Park
13th May 2019



Set Piece Outcomes

	Won	Lost	%	Delivery
Lineout	13	2	87%	69%
Scrum	4	2	67%	100%
Restart	9	0	100%	

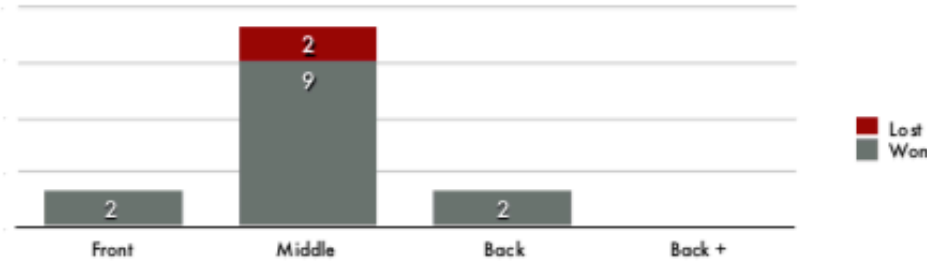
Scrum Zones

Mackem Zone		Kp Zone		Toon Zone	
Won	Delivery	Won	Delivery	Won	Delivery
67%	100%	0%		100%	100%

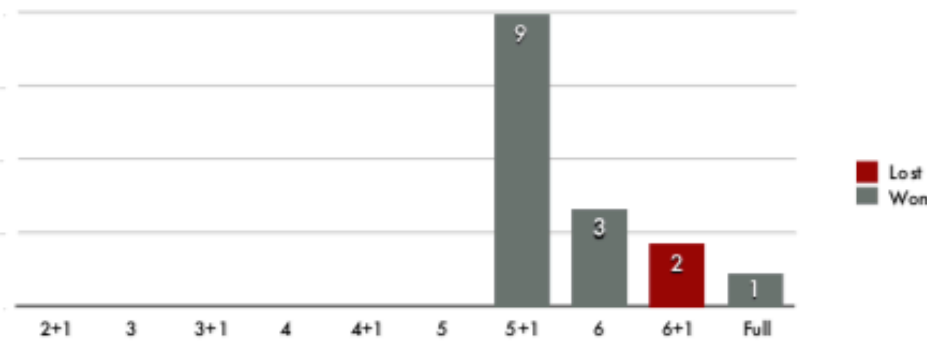
Lineouts

Mackem Zone		Kp Zone		Toon Zone	
Won	Delivery	Won	Delivery	Won	Delivery
89%	89%	80%	33%	100%	100%

Throw



Numbers



Restart Zones



Lineout Steals

- Glen Young 2
-
-

Top Performers

NEWCASTLE
FALCONS
14

SARACENS
55

Premiership Shield Final
Kingston Park
13th May 2019

LIVING MISSILE



Most Carries

	Player	Carries
1.	Simon Uzokwe	14
2.	Kyle Cooper	11
3.	Tim Swiel	9



Most Effective Clearouts

	Player	Effective Clearouts
1.	Conor Collett	11
2.	Adam Brocklebank	11
3.	Simon Uzokwe	10



Most Effective Tackles

	Player	Effective Tackles
1.	Glen Young	10
2.	Tom Marshall	9
3.	Kyle Cooper	9



Most Turnovers Won

	Player	Turnovers Won
1.	Glen Young	2
2.	Pedro Bettencourt	1
3.	Simon Uzokwe	1



Most Defenders Beaten

	Player	Defenders Beaten
1.	Adam Radwan	5
2.	Tim Swiel	4
3.	Ben Stevenson	3



Most Linebreaks

	Player	Linebreak Carries
1.	Ben Stevenson	2
2.	Santi Socino	1
3.	Tim Swiel	1



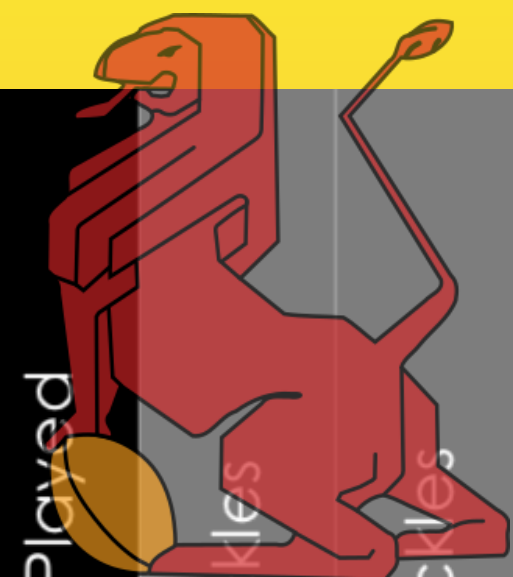
Most Turnovers Conceded


	Player	Turnovers Con
1.	Simon Uzokwe	3
2.	Tim Swiel	2
3.	Josh Hodge	2




Most Penalties Conceded


	Player	Pens Against
1.	Simon Uzokwe	3
2.	Josh Hodge	1
3.	Brett Connors	1

<div> <div>  <div> <div>NEWCASTLE</div> <div>FALCONS</div> </div> </div> </div>																							
Minutes Played	Total Tackles	Assist Tackles	Missed Tackles	Tackle Completion %	Tackle Effectiveness %	Tackle Gainline %	Linespeed %	Bounce +ve	Turnovers Won	Ball Carries	Carry Gainline	Collisions Won	Linebreaks	Rebound %	Offloads	Pass Accuracy	Kicks	Ruck Hits	Ruck Efficiency	Penalties Against	Turnovers Against	Total Contributions	Contributions Per Minute Played
78	9	1	2	82%	100%	89%	50%	60%		2		50%		15%		50%		14	79%	1	1	49	0.63
70	9	1	3	75%	67%	67%	83%	80%	1	11	27%	9%		67%	4	100%		9	89%			74	1.06
59	1		1	50%	100%	100%				3	67%	67%		40%		100%		5	80%		1	34	0.58
1																							
80	10	1		100%	70%	70%	60%	91%	2	6	67%	83%	1	57%	2	100%		5	80%	1	1	83	1.04
59	8	4	3	73%	100%	75%	100%	58%	1	5	20%			50%	2	100%		7	100%	1	1	42	0.71
54	6	1	7	46%	50%	83%	100%	86%	1	3	33%	33%		50%	1			12	92%			32	0.59
80	5	2	2	71%	60%	100%	100%	57%	1	14	29%	29%		53%	1	88%		13	77%	3	3	58	0.73
54	2		1	67%	50%			100%		3	33%			100%		97%	3				1	52	0.96
80	5	3	4	56%	60%	20%		88%						100%		91%	7	5	80%	1		65	0.81
71	4			100%	75%	25%		50%		7	57%	75%		78%				1	100%			33	0.46
52	5	3	3	63%	40%	100%	100%	75%	1	5	20%	33%	1	67%	1			2	100%		1	31	0.60
80	7	1	3	70%	29%	57%		88%		5	80%	100%	2	25%	1	71%		7	100%		1	38	0.48
80	1	1	7	13%	100%	100%		100%		8	50%	38%		92%		100%	5	8	88%	1	2	39	0.49
80										9	44%	50%	1	78%	3	78%	2	6	100%		2	41	0.51
21			1							2	50%		1	75%		100%		6	100%			16	0.76
21	1	1	1	50%				50%						55%				11	73%			13	0.62
9	1	1	1	50%	100%	100%		100%						100%				5	80%			11	1.22



Jamie Blamire





19/08/2017

Lost

15.9%

84.1%

EFFECTIVE

INEFFECTIVE

MINUTES	INSTANCES	INSTANCE RATE	MIN PER CARRY	MIN PER TACKLE	GAME			
80	81	1.0	5.0	6.2	Tynedale v Watsonians			
PLAYER					TARGET	CARRIES	TACKLES	BALL IN HAND
COACH					AIM			
POST MATCH					ACTUAL	16	13	18
BALL IN HAND	CATCH QUALITY	CARRIES	EFFECTIVE CARRIES	DEFENDERS BEATEN	LINE BREAKS	EFFECTIVE BALL PRESENTATION	CARRY REBOUND	
18	72%	16	75%	3	0	82%	67%	
EFFECTIVE PASSES	EFFECTIVE OFFLOADS	POSSESSION LOST	BREAKDOWN MET	EFFECTIVE BREAKDOWN	BREAKDOWN REBOUND	KICKS	EFFECTIVE KICKS	
100%	0%	1	9	78%	88%	0		
TACKLES	EFFECTIVE TACKLES	MISSED	EFFECTIVE BD BOUNCE	EFFECTIVE TACKLE RESET	TURNOVERS WON	PENALTIES IN ATTACK	PENALTIES IN DEFENCE	
13	92.3%	0	87.5%	85.7%	0	0	0	



How do we



NEWCASTLE
FALCONS



WhatsApp



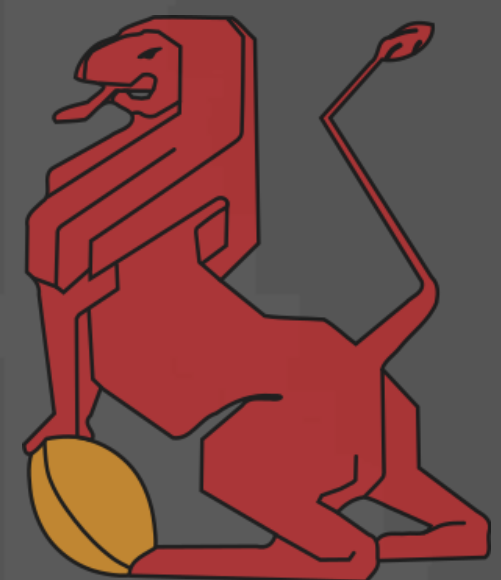


DO I DONT I?

V SCOTLAND @ KP



NEWCASTLE
FALCONS



ESPAÑA
RUGBY



NEWCASTLE
FALCONS