



**FORWARDS 1 TO 8**  
**HIGH LEVEL REQUIREMENTS AND**  
**SPECIFIC NEEDS BY POSITION.**

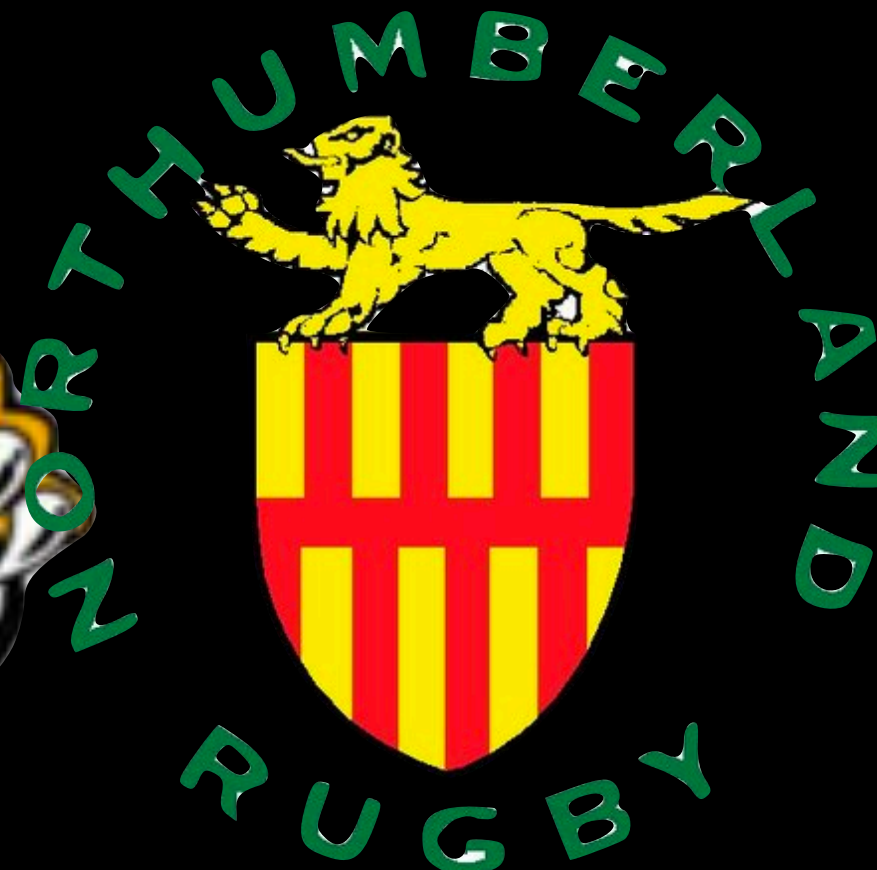


# James Ponton

## PLAYER



## COACH





COACHING  
Y

THROUGH

H THE

HOW DOES THIS APPLY TO ANALYSIS?

ACADEM

PERFORMANCE

SPECIFICITY

EXPLORATION

DISCOVERY



# task 1



Nombre de atletismo :

TÉCNICO

TÁCTICO

FÍSICO

PSICOLÓGICO





# task 1



Nombre de atletismo : TIGER WOODS

TÉCNICO	TÁCTICO	FÍSICO	PSICOLÓGICO
Shot selection	IQ	Footwork	Hard working
Club skills		Speed	Ability to train hard
Racket skills		Fitness	Act on a game plan
		Strong	Consistency
		Powerful	Decision making
			Positive body language
			Winning mentality
			Competitive
			Doesn't give up
			Coachable



SELECTION IS KEY



HOW DO YOU /  
WOULD YOU SELECT





G A S P



Gsentido del

Actitud

SConjunto de

P

potencial físico





NEWCASTLE  
FAIRGROUND



PRO CARDS  
Newcastle Falcons



CONSIDER

TENDENCY

to repeatedly make smart decisions and perform appropriate actions





PRO CARD  
SA  
Newcastle Falcons



# ALIGNMENT

to apply the principles of play within the teams  
overall strategy and philosophy



PRO CARDS  
Newcastle Falcons



# ROBUS TNESS

To continually adjust to meet the physical and mental  
demands of the game





PRO CARDS  
Newcastle Falcons



DILIG

ENCE

to know and commit to what needs to be done in  
preparation for performance



PRO CARLS  
Newcastle Falcons



# SACRIFI CE

to prioritise rugby over everything else and always  
strive to be the best you can be



# MARK'S JOURNEY...







# PHYSICAL REQUIREMENTS



# PHYSICAL DEVELOPMENT

## ACADEMY PHYSICAL PATHWAY



**STAGE 1**  
DPP



**STAGE 1.5**  
U15



**STAGE 2**  
U16-17



**STAGE 3**  
U18



**STAGE 4**  
SNR ACAD

### Fledgling Falcons

- ↑ Physical Literacy
- ↑ Force Development
- ✓ Challenge Proficiency
- ✓ Generic Programming
- ✓ Discovery

### Developing Falcons

- ↑ Body Armor (PWV)
- ↑ Force Application
- ✓ Refine FMS
- ✓ Testing intro & position specific work
- ✓ Exploration

### Emerging Falcons

- ↑ Strength
- ↑ Force Maximisation
- ✓ Technical Efficiency
- ✓ Some testing & position specific work
- ✓ Specificity

### Pro Falcons

- ↑ Body Composition
- ↑ Force Transfer
- ✓ Managing Training Load
- ✓ Individualisation
- ✓ Performance







# PHYSICAL REQUIREMENTS

Newcastle Falcons



BRONCO BENCH		
PROPS	05:17	27
HOOKERS	05:05	23
2ND ROW	04:58	19
BACK ROW	04:54	18
	(Mins)	(80kgs - reps)

CLIP UP PLAYERS 1- 8, AND  
SPECIFIC NEEDS



# task

4 separate groups Discuss  
The specific needs by  
position



# Prop

# Hooker

# 2nd Row

# Backrow





Newcastle Falcons



# technique and skills

# Prop







Newcastle Falcons



# technique and skills

# hooker







Newcastle Falcons



NEWCASTLE  
FALCONS

# technique and skills

## 2nd Row







Newcastle Falcons



# technique and skills

# Backrow





COACHING  
Y

THROUGH

H THE

HOW DOES THIS APPLY TO ANALYSIS?

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Thank you

any questions