



PLAYERS in Stage 5 are adult players (18+ years of age) and are focused on 'Specialising' in playing positions. Players should identify with specific playing positions and their aim in training is to improve themselves in their chosen role, i.e., functional skills which relate to their positional requirements, for effectiveness in Unit performance. Off-field factors now add a lot of value as well as on field strategic, tactically and technical factors. Players will be balancing their personal/social/vocational investment of time and will prioritise these areas at different times of the year. The mental capacities of the player means she has the ability to manage her pre- and post-match preparatory and recovery techniques.

The physical fitness element of this stage involves the gradual and appropriate progression of strength, speed and condition training dependent on ability (i.e. player specific programmes). Consistent re-enforcement of proper technique during exercise is paramount. An appropriate periodised season plan for fitness and the competition model should work together.

The coaching emphasis at Stage 5 is to 'Share' the learning experience with the players, encouraging and providing the players with more responsibility in their development. However, the coach may also utilise 'Facilitating', 'Encouraging', 'Teaching' and 'Guiding' skills. Once again training should be highly competitive to challenge the individuals in order to further develop the player's ability to 'navigate' rather than 'replicate'.

The game at this stage is 15-a-side rugby where players are now position specific. The focus is now on achieving outcomes, i.e., the Principle of Pressure with respect to attack and defence. This stage is about maximising the potential of the player and providing a game which assists with a player's development all the way through to the National team if that's where her path may lead to.



STAGE 5

The Player - Specialises
The Coach - Shares
The Game - Competitive

Train to compete

Essence of the Player

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Essence of the Coach

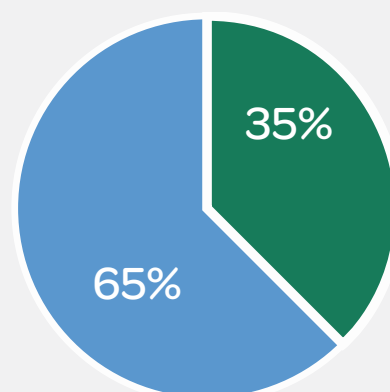
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Game Development

- In Stage 5, 1st Phase play should contribute about 35% of the content emphasis with approximately 65% focus on General Movement.
- Players should now clearly identify with a playing position and spend time developing their position specific skills. They should also spend more time developing mini-unit and unit skills.
- Focus is on achieving outcomes through realising the Principles of Pressure – with respect to attack and defence. Players should develop a greater awareness of Game Appreciation to contribute to effective strategic decision making during matches.

Stage 5 - Technical Emphasis

- General Movement
- 1st Phase



Personal Characteristics

- Focused: Players will be focused (on and off the pitch) on chosen career paths. They are also capable of prolonged periods of concentration with regards to training.
- Players tend to be organised, they are required to plan their training and matches around work and/or family commitments.
- Most players are settled into daily/weekly routines.
- Players in this stage may have significant responsibilities in their lives and so this may affect their rugby. For others, rugby provides the opportunity for recreation, fitness and socialising.
- Players have control of their lifestyle choices and their investment of time is important in this stage. If they're realising their expectations from training and being part of a team, they'll see it as a positive and rewarding experience.



Strategic Development

- Further developing and understanding of Games Appreciation and the application of the Principles of Pressure in attack and defence.
- Developing an understanding of their team profile and how it influences players' style of play for both team and units. Game plans, strategies and tactics can be developed according to the team's player profile in order to maximise the team's strengths.

Tactical Development

- Players should be developing problem-solving skills within their functional roles (attack and defence; General Movement and 1st Phase).
- Functional Roles: A player's functional role refers to what is required of them to successfully undertake a task in a Team, Unit or Mini-unit skill. In open play (General Movement) the functional roles of players are more situational than position-specific, as in set-piece play.
- Players should further develop their tactical decision making skills within General Movement:
 - 'life of the ball group'
 - 'early group'
 - 'axis group'
 - 'late group'
- **Defence:**
 - Developing functional roles and problem solving within defence formations.
- **1st Phase**
 - Focus can now include the development of Sub-Units (e.g. thrower and jumpers, jumpers and supports, frontrow, backrow, halfbacks, inside 3 backs, back three backs)
 - Greater emphasis on variation and problem solving with regard to tactical decision making.
 - Strategic decision making becomes more predominant with player profiles influencing the development of attack and defence patterns.
 - Unit focus is now on achieving desired outcomes (through performance of functional roles).
- **The Team**
 - The team's patterns (attack and defence) should be well rehearsed and aligned to team profile and opposition profiles.
 - Team focus is on applying pressure through achieving pitch position, maintaining possession or scoring points.
 - 1st Phase play should create a favourable imbalance from which to play in general movement (attack and defence).
 - Game Appreciation should be developed through simulated team scenarios; 'when', 'where', 'what', 'why'.

Technical Development

- Players and coaches should focus on developing techniques for Specialist skills (i.e. specialist skills for playing position chosen).
- Training environment should simulate match conditions to provide the players with the necessary intensity to further develop their individual and collective skills.

Physical Fitness

- Gradual and appropriate progression of strength, speed and conditioning training dependent on ability. All players should be on strength and conditioning programmes and understand the benefits of doing so. Players have 2–3 of these sessions per week.



- Consistent re-enforcement of proper technique is essential and will take place under organised strength and conditioning training.
- Appropriate periodised season plan and competition model. Players and coaches will gain an understanding of pre-season training and when it should take place, peaking for certain dates and the off-season.
- Players have personal accountability for their training.
- A return for physical investment should be noticeable.
- Where appropriate, advanced methods of strength training depending on player profile.
- Players should set a competitive environment in the gym and in all training settings, thus challenging each other to better strength standards.

Mental Development

- Ability to manage pre-match and post-match preparation and recovery. This includes nutritional management, stretching and mobility.
- Players in this stage should regularly set and attain goals in sport and life. Coaches can assist players to set, monitor and achieve goals which contribute with overall team goals.
- Determination: Players should be determined to succeed, to improve, to organise and prioritise their lives in order to become better and successful players. For some the opportunity to progress to Stage 6 (representative) rugby is a reality and a motivational factor.