

# **Jock's Core Skills for Rugby**

## **By Jock's Mentor Coach of 20 Years**

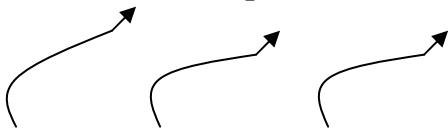
### **Core Skills**

- 1. Sledging**
- 2. Squealing**
- 3. Slipping**
- 4. Defensive Pattern**
- 5. Contact Avoidance**
- 6. Payment Evasion**
- 7. 1<sup>st</sup> Phase Responsibility Dodging**
- 8. Decision Making and Talking it Up**

### **Key Performance Indicators of Each Core Skill**

**Ranking 1-5, Sliding Scale from 1-Piss Poor to 5 Fantastic**

- 1. Sledging**
  - **Volatile, Damaging, Constant**
  - **Step and watch reaction = Quick Feet**
  - **Get into a position of power ie: Quick Feet**
  - **Shape of the player determines the sledge**  
Eg: "You little Pommie Barstewart"
- 2. Squealing**
  - **High Pitched**
  - **Start Early & Hard**
  - **Exploit Space and Bend Referees Ear**
  - **Strive for consistency under pressure**
- 3. Slipper**
  - **Switch & scan for referees position (Don't get caught)**
  - **Transference of weight**
  - **Good stud contact**
  - **Lead with the knee down and backwards**
  - **Kick & Run**
- 4. Defensive Pattern & Alignment**
  - **Target, Execute – Miss & Slide**
  - **Avoid Collision – Outside foot up = ease of slide**
  - **Ghost onto next man**
  - **Repeat across field – Across, Across, Across**



## **5. Contact Avoidance**

- **Except with Lady Boys on 4<sup>th</sup> Floor**
- **Deliberate, Sequenced & Consistent**
- **Thematic Categories/Organisers**
- **Set, Comfort, Communicate**
- **Intention to fall off opposition all game**

## **6. Payment Evasion**

- **Develop well rehearsed rhetoric**
- **Words are cheap/ Walk the Talk**
- **Lock up your wallet**
- **Practice payment avoidance in;**
  - a) **Taxis**
  - b) **Restaurants**
  - c) **Places of Worship**

## **7. Responsibility Dodging**

- **Put theory into practice**
- **Be irresponsible in the authentic situation/game like**
- **Dodge & Weave**
- **Duck & Dive**
- **Use all situations to your advantage**

## **8. Decision Making in Talking it Up**

- **Unceremonious**
- **Low core morality/stability**
- **Do unto others before they do you**