

Rugby League

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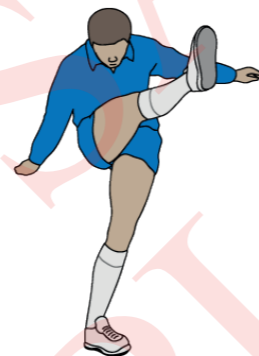
- Evaluate the quality of your own and others kicking performance, planning ways to improve and become more successful at outwitting opponents whilst defending on the goal line. **000**
- Exert significant control over game with no kicking errors. **000**
- Kicking the ball from static positions. **000**
- Lead a kicking specific warm up to a larger group with more technical aspects. **000**
- Select and use advanced kicking skills and technique to outwit an opponent through dummie, competent use of weaker foot, from the play of the ball and in open play. **000**
- Show advanced kicking tactics by reading possible problematic situations in a game and implement counteractive measures to solve them (e.g. Breaking up play, changing positions of self and others, anticipating speed, height, direction of ball from kicks). **000**
- Take into consideration your own kicking strengths, weaknesses and set targets to improve. **000**
- Use a range of kicking techniques very well. **000**



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- Consistently distinguish between advanced kicking skills, techniques and ideas and apply this when outwitting opponents. **000**
- Consistently show high standards of precision, control, fluency and originality when performing a kick at maximum (e.g. Control, dummie, quality use of weaker foot). **000**
- Critically evaluate the quality of your own and others kicking performance, showing that you understand the impact of kicking skills, strategy and tactics on the quality of performance when trying to outwit opponents. **000**
- Plan a detailed training programme for a performer that relates to kicking, taking into consideration their strengths, weaknesses and show a technical understanding of how to overcome problems faced in rugby league. **000**
- Solve the problem how your own or others kicking performance can be improved by critically evaluating the quality of the performance and demonstrate that you understand the impact of this skill, strategy and tactics on the quality of performance. **000**



Kicking

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- Consistently demonstrate complex kicking skills and successfully adapt these to changing situations within game play to gain ascendancy over teams or opponents when attacking/defending. **000**
- Consistently use and apply advanced kicking skills, techniques and ideas when outwitting opponents, always showing high standards of precision, control, fluency and originality. **000**
- Critically analyse and judge my own and others' kicking performance, showing that you understand the how this skill, strategy and tactics and fitness relate to and affect the quality and originality of performance when outwitting opponents. **000**
- Reach judgements independently about how your own and others kicking performance could be improved, prioritising aspects for further development when attacking, defending and outwitting opponents. **000**
- Solve the problem of how to improve your own or/and others kicking performance by consistently analysing performances and give detailed feedback using technical and tactical advice as to how changes of strategies, skills, tactics, techniques and fitness can affect this. **000**

Notes:

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