



RUGBY FOOTBALL UNION **WOMEN**

Advanced Apprenticeship in Sporting Excellence

RFUW sporting entry requirements and selection criteria

The table below demonstrates an overview of the attributes required to undertake the AASE programme successfully. All players applying to the colleges will be assessed and feedback will be sought from Regional coaches and from RFUW coaching staff from around the country on individual players.

As a minimum standard, entry / selection onto the scheme are dependant on the following;

- All players / students should be in year 11 during the 2009/2010 academic year – moving into year 12 for the 2010/2011 academic year
- All players / students must have been selected for a Regional Squad in 2010

Each college will have specific academic entry requirements for each course. Further information can be found on the college websites.

Whilst no guarantees are ever given to players undertaking AASE, the RFUW anticipates that players who are accepted onto AASE and by the colleges will have the ambition and aspirations to play rugby at the highest level and more importantly to maximise their rugby potential and the opportunities that the college and rugby programmes offer them.

N.B Players who attend open / assessment days at the colleges may be required to undertake fitness testing. Details will be sent to all players in advance of attending any open days.

| | THE PERSON |
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| Work rate, Courage Confidence, Ambition | Always confident in her ability to meet the challenge. Shows a hunger and gives maximum effort. Demonstrates a positive and receptive attitude. Shows a real drive to improve both understanding and her personal performance. Is well organised and is able to plan and manage their time effectively, striking a good balance between sporting and academic demands. |
| Co-operation with others | Co-operates well with others and participates well in group and individual situations. Shows an awareness of others and is able to work on her own. Generally makes positive contributions. Is able to work sensibly and safely on her own and as part of a group. |
| Coach-ability | Is coachable and is receptive to advice and feedback. She shows a good understanding of the game. Generally is assertive and positive, will question if unsure and wants to improve. |
| Success and Progress | Shows a considered appreciation of the relative strengths and weaknesses of herself and others. Will dedicate the time to improve herself. |
| | THE PLAYER |
| Physical | Is physically able and is capable of asserting herself in match/training situations. Dynamic and fit she demonstrates good speed and agility and aerobic capacity. Demonstrates an appetite for improving/utilising her physical capabilities. Agrees to achieve designated targets on fitness, speed, strength. |



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| Game Sense | Does the right thing at the right time and invariably produces an appropriate outcome. A consistent performer. Improving her understanding of the laws and impacts the game positively. |
| Technical | <p>Is technically competent in all aspects of play. Can handle the ball confidently. Competent/reliable catcher and passer. Can catch and pass on the run. Can make a 2v1 in a "game" situation. Is able to sidestep and swerve both ways to beat opponents. Relaxed with ball in hand and is able to execute basic lateral, switch and scissors passes on both sides.</p> <p>Is able to tackle competently and can put her opposite number to floor. Prepares early for contact utilising effective body shape and height.</p> |
| Tactical | Understands the game / situation and playing patterns. Is able to read the game / situation. |