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I. Introduction

The basic goals of the Prep Rugby S.W.O.T. Analysis are to provide to the players the information necessary to prepare themselves to set goals and to establish specific strategies to achieve them. To do this, each player will be provided:

- a basic breakdown of rugby positions (to ensure they have the right positional information so they can better look to maximize their athletic and rugby abilities);
- a self-assessment opportunity (to gauge how well they can identify their own strengths and weaknesses);
- a space to list a goal, or goals (to establish high, but achievable, expectations for themselves as rugby players and young men);
- an analysis of their strengths, weaknesses, opportunities and threats for the coming season from the coaches (to provide an objective review of their performance and the possibilities for the future);
- a “To Do” list (to give specific steps to take to achieve their goals);
- Appendices (if included, to provide further information or guidelines).

Obviously, each player will have different goals for himself, and while some players wish to push themselves to play at the highest level of rugby, others simply wish to enjoy the sport of rugby. One of the greatest aspects of rugby is that it allows for this variance. Players have the opportunity to play A, B or even C Side*, depending on a combination of their dedication, skill, athleticism and desire.

Every player of Prep Rugby participating in the 2009 Season MUST complete this S.W.O.T. Analysis. Prep Rugby 2009 has A Side, B Side Grey, B Side Crimson. There are three basic types of players, and the S.W.O.T. will serve each:

- A Side Personality: Is playing, or wants to play, on the A Side:
 - This will clarify the expectations of the player for the coming season, as far as possibly starting or dressing as an alternate, and set out specific steps to continue on the path to higher level and more competitive rugby;
- B Side Personality: Is playing, or wants to play, on the B Side:
 - This will clarify whether the player is looking to move up to B Side from U-16 or C Side, or wishes to remain on B, purposely not choosing to attempt to make the A Side;
- C Side Personality: Is playing, or wants to play, on the C Side:
 - This will clarify how the development and learning of the game is progressing, and establish a rough framework for future growth to B and/or A Side rugby play.
- B Side Grey 2009
 - Players here generally need game time to develop skills, build timing and pacing, and to gain experience to learn space and field position.
- B Side Crimson 2009
 - Players here generally need to watch good, high level games to learn how positions are supposed to be run; they will get some game time against older, more experienced – albeit tired – teams to build for the future.

Once this S.W.O.T. is completed, it becomes the player’s responsibility. Coaches will always be willing to review a player’s S.W.O.T. with him and, time permitting, complete the Coach’s S.W.O.T., but it is on the player to follow through and achieve his own goals.

* C Side: Depending on numbers, this may also be referred to as the U-16 Side, although they are not necessarily the same.

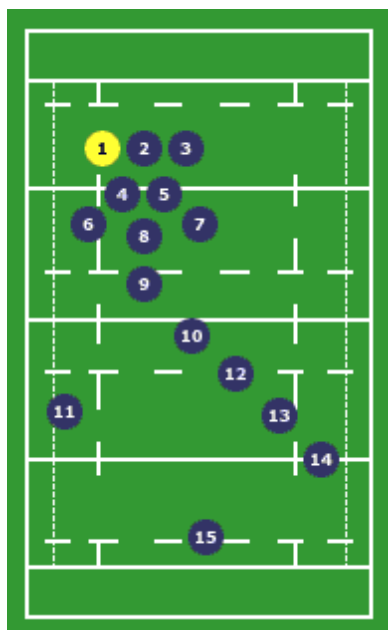
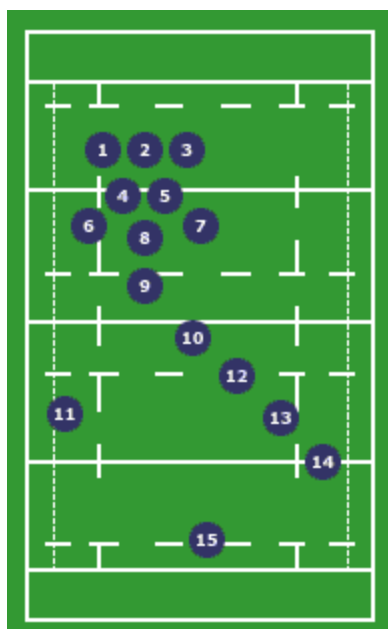


II. Positions Breakdown

Rugby is a sport which allows for a great deal of variance, and as style of play progresses, so, too, does the needs of each position. Nevertheless, there are some basic details which are essential to each position. The following information was taken from:

http://news.bbc.co.uk/sport/hi/english/static/in_depth/rugby_union/features/guide_to_positions/default.stm

Players are encouraged to review their current positions, as well as similar and/or other positions which may interest them. Young men continue to grow mentally and physically well into their 20's. So, while a player as a sophomore is a scrumhalf, he may – by senior year – develop into an 8 Man or Flanker. Knowing each position will ease the transition.



i Intro

One of the joys of rugby is that it is a sport for all sizes.

The 15 men who run out offer different skills for the various situations that may occur. The scrum is made up of eight men who, whether short or tall, all share one trait - they are big brutes who like to get stuck in.

Behind them the backs, contrastingly, offer speed and style. And the two sets of players are joined by the half backs at numbers nine and ten, the talkers and tacticians of the side.

BBC Sport Online introduces you to the many faces that make a Rugby XV.

1 Prop (Loosehead)

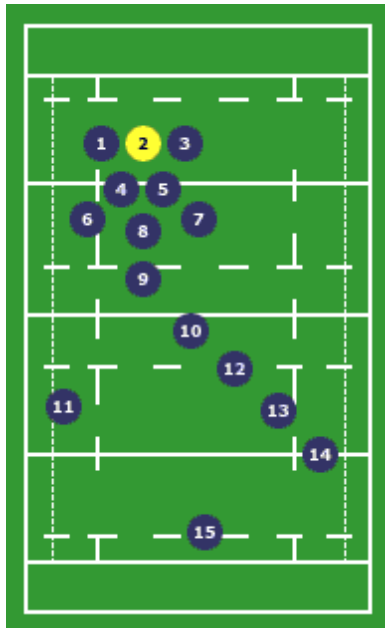


(Christophe Califano)

Usually the stockiest member of the team, whose head typically joins his shoulders without recourse to a neck.

His job is to support the hooker in the scrums and the jumpers in the lineout.

Thrives on physically intimidating his opposite number.



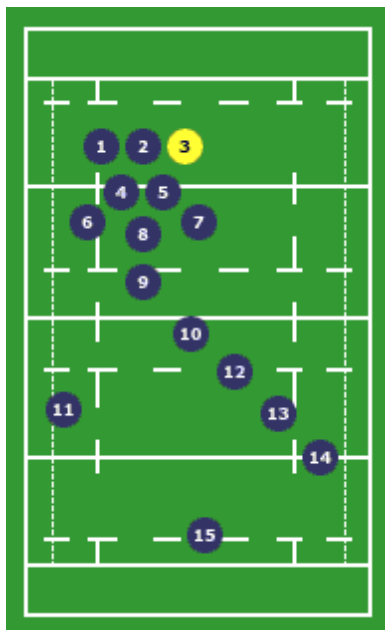
2 Hooker



(Keith Wood)

Similar build to the prop, but usually more mobile with superior handling skills.

His role is to throw the ball into the lineout and win the ball when it is fed into the scrum by hooking it back with his foot - hence the name.



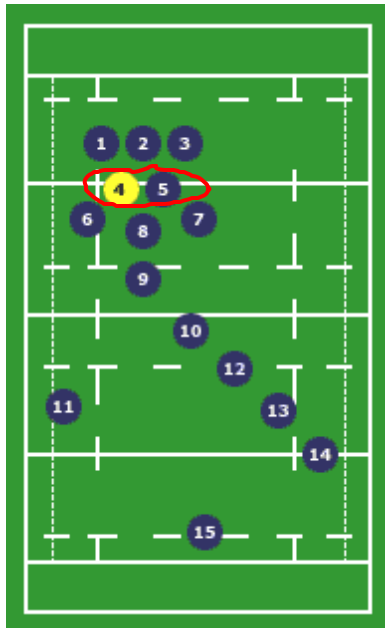
3 Prop (Tighthead)



(Dai Young)

Usually the stockiest member of the team, whose head typically joins his shoulders without recourse to a neck.

His job is to support the hooker in the scrums and the jumpers in the lineout. Thrives on physically intimidating his opposite number.



4 Second Row



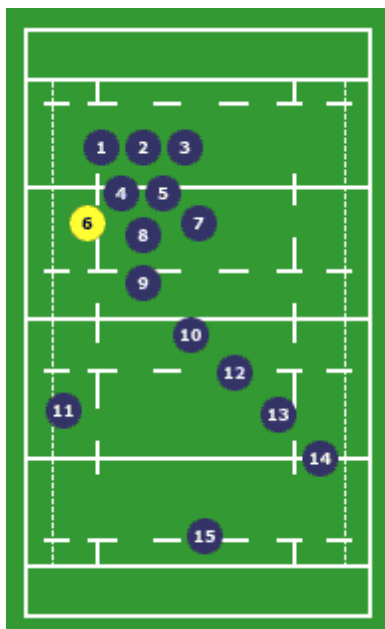
(Fabien Pelous)

Invariably the tallest men in the team.

It is their job to win the ball in the lineout and provide the main impetus to the scrum.

Due to their height, weight and increased athleticism, locks now perform a vital role in loose play.

Australia even have one that kicks goals.



6 Flanker (Blindsides)

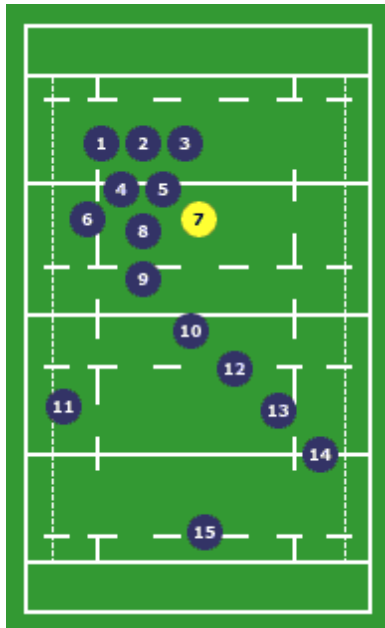


(Richard Hill)

The flanker who binds onto the scrum on whichever side is closest to a touchline.

Primarily concerned with winning the ball in loose play and supporting the jumpers in the lineout.

Prides himself on his ability to execute the sort of tackles that make spectators wince.



7 Flanker (Openside)



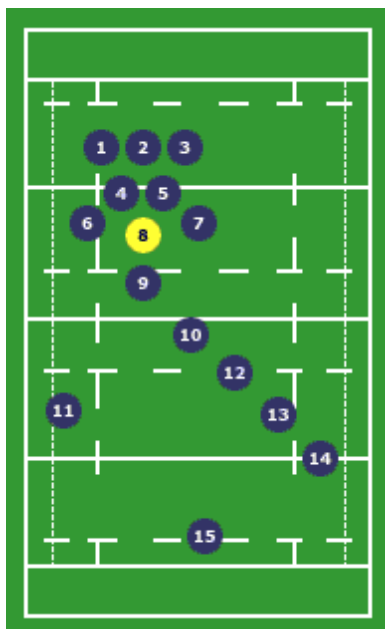
(Mauro Bergasamo)

The flanker who binds onto the side of a scrum furthest from a touchline.

A ball winner whose role is to disrupt the opposition's backs.

Usually the quickest of the forwards, he often provides an extra man for his own backs in an attacking move.

Thrives on battering fly-halves and centres.



8 Number 8

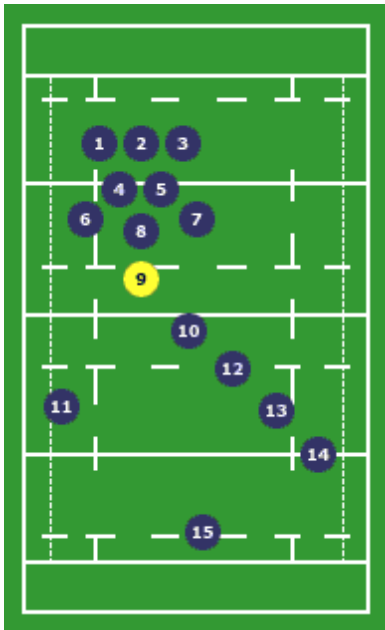


(Lawrence Dallaglio)

Packs down at the back of the scrum, between the two locks.

Responsible for the crucial role of providing the scrum-half with good ball from the base of the scrum or launching attacks from the same position.

Often more physically imposing than his back row colleagues, he is a ball winner at the tail of the lineout and a ball carrier in loose play.



9 Scrum Half

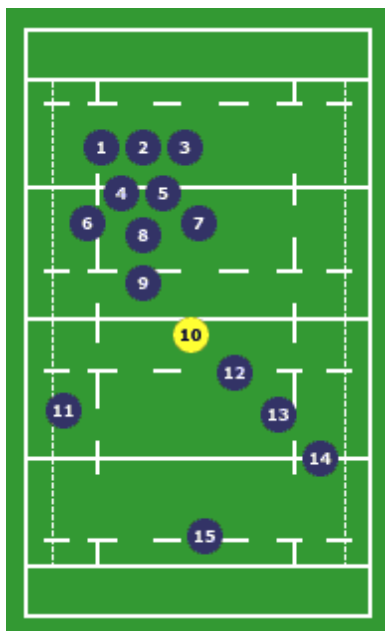


(Peter Stringer)

The player responsible for feeding the ball won by the forwards to the backs, or recycling the ball in loose play.

Usually one of the smallest players in the side with the best handling skills.

Generally more robust and aggressive than a fly half because he is more prone to tangling with the opposition's forwards.



10 Fly Half

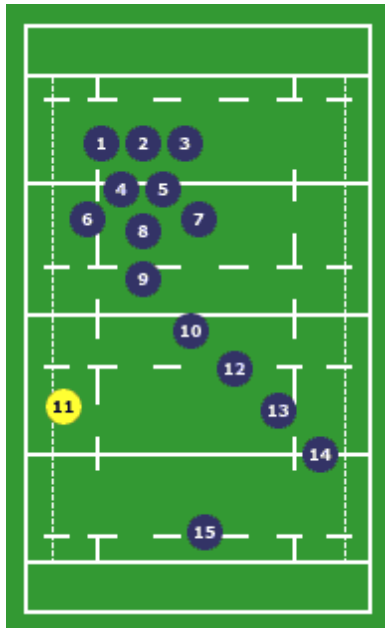


(Johnny Wilkinson)

Key decision-maker who decides whether to distribute the ball to the backs or kick for position.

Useful with the boot, he usually takes his side's kicks at goal, including drop goals.

He is invariably an elusive runner, who likes to taunt charging forwards with unhurried sidesteps.



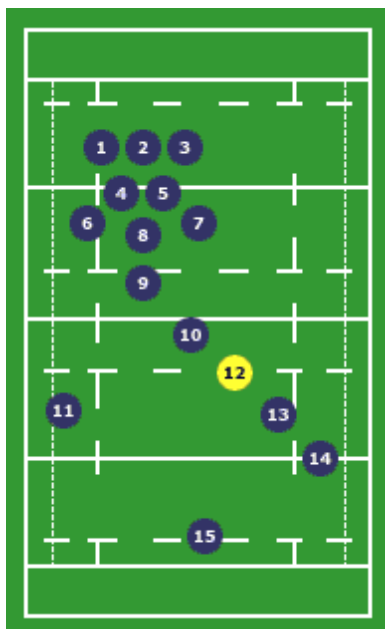
11 Left Wing



(Christophe Dominici)

Like the right wing, one of the swiftest players in the team whose primary function is to get the ball and head flat-out for the try-line.

Traditionally speed rather than bulk is their main weapon, although the size of wingers has steadily increased with time.



12 Inside Centre

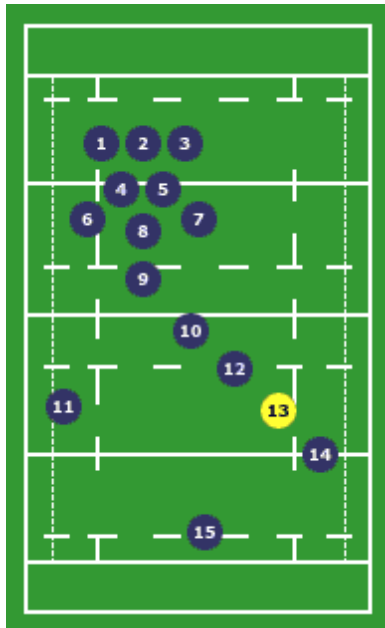


(John Leslie)

Approaches vary, but the number 12 is generally the larger of the two centres.

His role is to knock holes in the opposition defence and provide the defensive bulwark against attacks launched at his own backline.

Despite being a crash ball specialist, he sees himself more as a cruise missile than a battering ram.



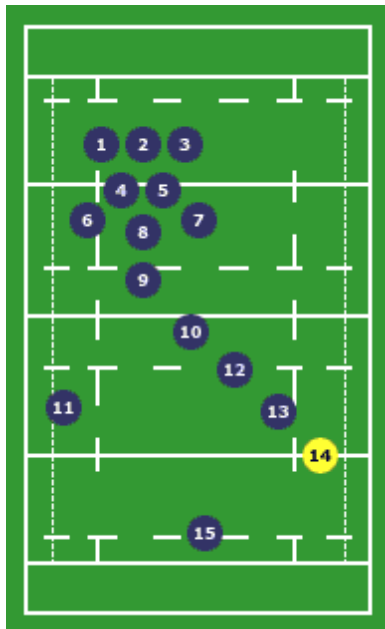
13 Outside Centre



(Brian O'Driscoll)

A similar combination of power and pace as the inside centre, but more likely to exploit the gaps made by his colleague than create them himself.

He provides the link between midfield and wingers/fullback, although he is just as likely to go for glory on his own.



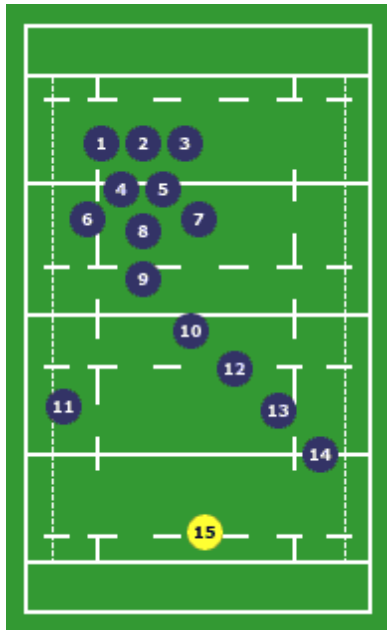
14 Right Wing



(Cameron Murray)

Like the left wing, one of the swiftest players in the team whose primary function is to get the ball and head flat-out for the try-line.

Traditionally speed rather than bulk is their main weapon, although the size of wingers has steadily increased with time.



15 Full Back



(Matt Perry)

The player responsible for the last line of defence against both running attacks and tactical kicks.

Must be rock solid under the high ball and unconcerned about the prospect of being gang tackled the moment he takes the catch.

Can pop up unexpectedly to create an overlap in an attacking back line.

An excellent kicker out of hand and also frequently performs goal-kicking duties.

III. Player's Goals for 2009 Season

Now that you have taken the time to survey the landscape, so to speak, what do you want to accomplish for the season? What do you want to do to make yourself and your team better? Do you want to be able to run a 4.5 second 40 meter dash? Do you want to become a better tackler? Do you want to be able to pass with both hands? Do you want to be a captain or class leader?

List four (4) specific goals you want to accomplish during the remainder of the 2009 Season.

My Goals:

1. _____
2. _____
3. _____
4. _____



IV. Self-Assessment S.W.O.T.

Take a moment to reflect on how you are doing with your rugby, both in this season and – for veterans – in your previous seasons. Did you set and achieve goals? How well have you progressed? What did you do best? Where could you use some work? What possibilities lay in front of you? What could hinder you next season – on the pitch or even off (such as grades)?

My Strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

My Weaknesses:

1. _____
2. _____
3. _____
4. _____
5. _____

My Opportunities:

1. _____
2. _____
3. _____
4. _____
5. _____

My Threats:

1. _____
2. _____
3. _____
4. _____
5. _____



IV. Coaches' S.W.O.T. for Player

Try to approach one of the coaches and see if he can give you a brief breakdown of your S.W.O.T. to use as a guide. Check in periodically to see how the coaches feel you are progressing.

Player's Strengths:

1. _____
2. _____
3. _____
4. _____
5. _____

Player's Weaknesses:

1. _____
2. _____
3. _____
4. _____
5. _____

Player's Opportunities:

1. _____
2. _____
3. _____
4. _____
5. _____

Player's Threats:

1. _____
2. _____
3. _____
4. _____
5. _____



VI. "To Do" List

Now, how do you achieve your goals? You make concrete steps to follow. Vague comments ("I'll work harder") mean nothing. To Do means something like: workout with weights 3 times a week; run 3 miles at least two times a week; make every practice; go to the Penn State Summer Camp. They should be quantifiable and easy to track. If you are uncertain of what to do, speak to a coach. Some Goals may have to be restated to give the player the best opportunity to achieve them.

To Do:

1. _____
2. _____
3. _____
4. _____
5. _____

Other Comments:

To Do Summer 2009

1. _____
2. _____
3. _____
4. _____
5. _____

Other Comments:

VII. Appendices

- A. Workout Schedule – Penn State University Rugby Team
 - a. This will be supplied later.