

# Runaway Bay JRLFC Development Model 2019-2024

## Key Words and Phrases

General		
	Core Skills	The Basic Individual Skills That Are Essential In Allowing ALL Players To ENJOY PLAYING Our Game
	Create Space	Refers To. <ol style="list-style-type: none"> <li>1. Go Forward 1e Metres Gained Over The Advantage Line With A Fast PTB.</li> <li>2. Creating Space For Option Runners To Receive A Pass Or Option Runners To Attract A Defender To Create A Space For Another Option Runner.</li> <li>3. Produce Reduced Numbers To Defend A Particular Space.</li> </ol>
	Vision	The Ability To Recognise Key Indicators In Both Attack And Defence. Ie Numbers Space Threats Etc
	Habits	Behaviours That You Would Like To Become Automatic / Second Nature Ie Tie In, Looking, Communicating, Listening, Reacting Etc
	Principles	Key Elements/Knowledge Essential To Understanding Our Game Or Developing A Greater Understanding Of The Game
	Shape	Term Used To Describe Group Or Team Structure In Both Attack And Defence - Usually A Play Or Shape That Creates Doubt In Attack Or Defence
Individual Core Skills		
<b>Catch - Pass</b>	W's	Shape The Thumb And Fingers Make As A Target For The Person Passing
	Hands Up	To Provide Early Target For The Passer
	Catch Early	Turn Shoulders , Hands Towards The Ball
	No Chest	Ball To Avoid Touching The Body <ul style="list-style-type: none"> <li>• Keep Ball In Hands Only</li> </ul>
	Eyes On Ball	Self-Explanatory
<b>Catch – High Ball</b>	Rifle Sites	Shape He Arms Make In Preparing To Catch
	Basket	Shape Your Arms Make When Securing The Ball
<b>Catch – Rolling/Stationary Ball</b>	Shorten Steps	Self-Explanatory
	Head Over Ball	Self-Explanatory
	Hand In Front	Self-Explanatory
	Two Handed Scoop	Self-Explanatory
<b>Grip</b>	Hamburger Grip	Thumbs On One Half And Fingers On The Other Half
	L	Shape The Thumbs And Index Fingers Form When Holding The Ball

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Individual Core Skills Cont.		
<b>Grip Cont.</b>	No Palm	Pressure From Squeeze Of Fingers Keeps The Ball Off The Palms Of The Hand
<b>Carry</b>	Two Hands In Front Centre Of The Body At Chest Height Fold	Wrist, Elbows, Arm Action In Preparation For Collision
<b>Passing</b>	6 O'clock	Description Of Ball Position In Flight To A Receiver – Through The Vertical Axis I.E. Top Of The Ball Is 12 O'clock
	Squeeze/Snap	Action Of Fingers And Wrist In Final Release To Produce A "Fsst" Sound
	Outside Foot	The Foot Furthest Away From The Intended Receiver
	Shoulder Turn	Action Of Shoulders To Have Chest Facing The Target
	Elephant Trunk/Shotgun Arms	Description Of The Arms On Follow Through Post Pass
	Bumpers	Word For Arm Position When Used As Protection Post Pass
	Weighted Pass	Word To Describe The Force Or Speed Of A Pass To A Receiver
	Dummy Half Pass <ul style="list-style-type: none"> <li>• Scan</li> <li>• Sit</li> <li>• Step-In</li> <li>• Jump Pass</li> </ul>	<p>First Action For Every Player As They Approach Dummy Half Position</p> <p>Description Of The Body Position To Pick Up The Ball To Pass</p> <p>Action To Describe The Outside Foot Position, Directly Next To The Ball On The Ground</p> <p>Description Of Moving Dummy Half Pass That Causes The Marker To Focus On The Dummy Half Run The Most</p>
	Heel To Toe	Describes The Weight Transfer Across The Inside Leg
	Sweep	Action That Describes Most Of Hands And Arms To Pass
	Pop Pass	A Pass From A Receiver Dropping From Outside Passer To Inside Passer

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Individual Core Skills Cont.		
<b>Passing Cont.</b>	Back Door	Word To Describe Pass Out The Back When In Or Just Before Contact
<b>Play The Ball</b>	Snap, Sweep, Touch	Words To Describe The Three Actions Reaching Your Feet To Play The Ball
	Snap	Action Of Getting Legs Under Your Body
	Sweep	Action Of Outside Leg To Get Leg Towards The Front To Allow Player To Rise To Their Feet
	Touch	Action Of Foot Touching The Centre Of The Ball <ul style="list-style-type: none"> <li>• Head Over Ball</li> <li>• Watch The Touch</li> </ul>
	Follow	Word That Describes Action Of The Person Who Played The Ball To Support/Be Available In The Play
<b>Tackle</b>	Hands Up	Position Of The Hands/Arms On Approach To Contact
	Head Up/Chin Up	Position Of The Head On Approach To Contact
	Short Steps	Action Of The Last Few Steps Before Contact
	Step In	Action To Describe The Last 2 Steps Before Contact
	Sit	Action To Describe Contact/Drive Action Lock On/Up The Ball Carrier
	Studs	Word To Encourage Tackler To Use Studs To Transfer Weight Onto Attacker I.E Keep Knees Off The Ground
	Crocodile Roll	Phase That Describes Using Ball Carrier Momentum To Roll Them Over To Finish On Top
	Get In Front	Words To Describe The Position Of The Tackler Before Contact
	Stay Square	Term Used To Describe The Best Body Position To Effect A Tackle
	Re-Load	Term Used To Describe Action Of Defenders After Tackle
	Peel	Term Used To Describe Action Of Getting Off A Ball Carrier
	Sink/Tuck/Roll	The Term Used For The Ball Carrier To Land Safely
<b>Footwork</b>	Rhythm Jogging	Description Of Footwork Pattern On Ground That Transfers Weight From Left To Right And Vice Versa
	Mirroring	Words Describing Copying Partners Footwork Actions
	Late Feet	Description Of Footwork Just Prior To Contact – To Attack Space
	Fast Feet	Self-Explanatory

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Group/Team Skills		
Attack	Line Of Carry	The Path Of The Run That A Ball Carrier Uses To Create Space Or Doubt In A Defender Or The Defensive Line
	Support Line	The Line Of Run That Describes The Path Of The Option Runner/S When Running In Shape With The Ball Player
	Yardage	The Term Used To Describe The Major Purpose Of A Particular Set. Normally A Set That's Purpose Is Secure Possession, Create Space Over The Advantage Line And Kick To Gain Field Position
	Goodball	The Term Used To Describe The Major Purpose The Set Is Create Space To Attack
	+1 & +2	Used To Describe The First And Second Receivers
	Option Runner	A Support Player Genuinely In A Position To Receive A Pass
	Recognition	The Outcome From Vision. The Ability To Identify For Example; <ul style="list-style-type: none"> <li>• PTB Speed</li> <li>• Numbers</li> <li>• Best Opportunities To Create Space. Particular Defenders Etc.</li> </ul>
	KOG	Keep On Going. Term Used To Describe The Direction Of Team Play/ Thinking For The Next Ruck Is Normally The Open Side To Move The Ruck
	50%	Describes The Position Of Half The WIDTH Of The Field
	Points	<ul style="list-style-type: none"> <li>• Are Particular % Spots Across The Width Of The Field That Identify Key PTB POINTS That Create Opportunities To Attack Particular Numbers And Or Space Is 60% 40%.</li> </ul>
	Spacing	Refers To The Distance Between Defender And Or Sideline
	A. B. C.	Letters Used To Identify The First 3 Defenders Either Side Of The Markers At The Ruck.
	X. Y. Z	Letters Used To Identify The Last 3 Defenders In The Defensive Line. Both Left And Right
	Depth	Term Used To Describe The Distance Behind <ol style="list-style-type: none"> <li>1. The Advantage Line</li> <li>2. A Receiver Inside Of You</li> </ol>
	Lines - Unders:	The Line A Ball Carrier That Moves A Defender Back In The Direction A Pass Was Received From.



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Group/Team Skills		
<b>Attack Cont.</b>	Lines - Overs	Line Of The Ball Carrier That Moves A Defender Across The Park Towards The Sideline Ie. The Intention Is To Make A Defender Follow You.
	Skip Line	An Overs Line Of A Ball Carrier That Crosses A Number Of Defenders
	Hook Line	The Shape Of The Line That A Receiver Runs As A Support Player For A Pop Pass.
	Lead Line	The Action Of Support Players To Genuinely Hit Spaces As Ball Carrier Attucks The Defence Line
	Push	Term Used To Describe The Support Action Of The Team Players Moving Forward With The Ball In Play
	Reload	The Action Of All Support Players After The Play Is Complete To Reset Depth.
<b>Defence</b>	Front Door	A Collective Term That Is Used To Identify The Maker/S And The First 2 And Or 3 Defenders Left And Right Of The Makers.
	Peel	Term Used To Describe The Action Of Getting Off An Attacking Player
	Reload	The Term To Describe The Action Of Getting On Side At The End Of Each Play
	Compression	Term That Refers To The Overall Width Of Your Defensive Line. This Is Determined By The Position Of Your Last Defender Each Side Of The Ball
	Slide	Term Used To Describe The Action Of Defending Inside To Out.Ie Using The Space Near The Sideline As An Illusion.
	UP & IN	Term Used To Describe A Defensive Line Action That Leaves Extra Players Over On The Outside.
	Tie In	The Term Used To Protect The Inside Shoulder Of The Defender Outside Of You. Applies Across The Full Defensive Line
	Handles & Levers	Grip On Upper Back And Tricep Of Ball Carrying Arm