



QUEENSLAND RUGBY LEAGUE

PLAYER TOOLKIT



THE QUEENSLAND PLAYER TOOLKIT

DEVELOPING THE NEXT GENERATION OF QUEENSLAND PLAYERS

A GAME FOR ALL

There is no perfect model of a rugby league player. While the greats of the game make it look easy, they come in varying shapes and sizes, from different backgrounds and played different roles on the field.

What they all have in common is that they mastered the basics of the game. The Queensland Player Toolkit provides you, the player, with the fundamental skill, athletic and character traits that will help you develop as a rugby league player.

IMPACT OF AGE AND MATURITY ON DEVELOPMENT

There is a significant amount of information showing the more physically mature (bigger) you are as a player compared to others, the more success you may have at a younger age.

In saying this, the information also shows that players identified earlier due to early maturing do not always have success later in their career once other players have fully grown (matured).

It is common for coaches to assume current performance, often due to a player's physical advantage, will translate into future performance. Players that rely on physical size in early teenage years risk not developing the skills needed. It is important players focus on skill development and remain patient as your body matures and strengthens.

PURPOSE OF THE QUEENSLAND PLAYER TOOLKIT

Between the under 16 and under 18 year groups, you will begin to invest more time and focus into rugby league. The Queensland Player Toolkit has been designed to support development of your skills, character and athleticism throughout these years.

The toolkit is based on five general principles. These principles will allow you as a player to reflect on areas of strength and opportunity in your game.

As you reflect on your personal attributes, please remember that any assessment of your current skills should be made based on your age and stage of your career.

The Queensland Player Toolkit does not address game strategies or tactics. As you develop, the complexity of strategies and tactics used by your coaches will increase. Developing a wide range of skills will help you to be an effective player in all teams, regardless of what systems and strategies your coach employs.



MAROON DNA

The individual and group attributes that drive rugby league excellence in Queensland.



ATTACK

The knowledge, skills and mindset required by an individual that enhances their team's ability to score points.



DEFENCE

The knowledge, skills and mindset required by an individual to stop an opposing player or team from scoring points.



GAME AWARENESS

The ability to read a situation, develop a plan and act accordingly under pressure during the game.



ATHLETICISM

The combination of speed, power, endurance and balance

SELF-DETERMINED ACTIONS AND DEVELOPMENT

The toolkit is designed to allow you to reflect upon your game. You are encouraged to use the personal toolkit page (see page 9) to establish goals and actions for the season ahead. Players that succeed know how to set goals and motivate themselves to achieve them.

The following ratings are used within the Personal Performance Plan (see page 9).

STRENGTH

Attributes that define who you are as a player and set you apart from others.

GOOD

Attributes that you do well but could still improve.

OPPORTUNITIES

Attributes you do not display regularly and could improve.

ROLE OF THE COACH

Working closely with your coach is key to your development. The Queensland Player Toolkit will allow your coach to support identifying your goals for the season. This shared approach will mean training sessions can be structured to the specific needs of players within their team.

The Personal Performance Plan - Coaches Insights section (see page 10) will help coaches provide feedback to players. It is important that players are open to constructive feedback throughout their career.

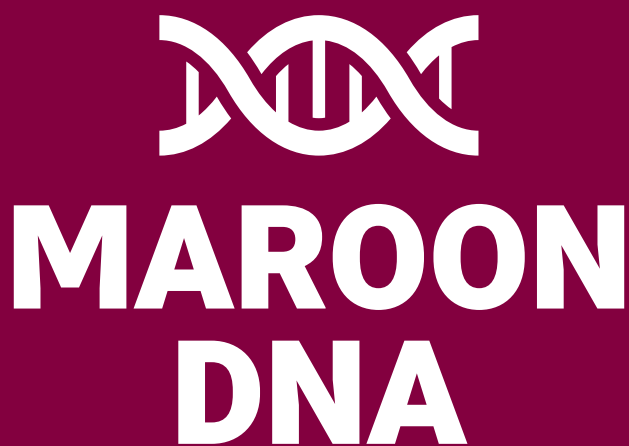
BALANCED APPROACH

The core purpose of the toolkit is to help players and coaches develop a plan for the player. The more a coach can mentor and guide a player to drive their own goal setting and reflection the better.

The Queensland Player Toolkit should be used in a balanced way. The toolkit is not a report card or a player identification tool.

We ask that you focus on your strengths and remember there is no such thing as a complete player. Embrace the gifts you have and develop awareness of opportunity areas within your game.

ON BEHALF OF
QUEENSLAND RUGBY
LEAGUE, WE WISH YOU
ALL THE BEST WITH
YOUR JOURNEY.



MAROON DNA

THE INDIVIDUAL AND COLLECTIVE ATTRIBUTES THAT DRIVE RUGBY LEAGUE
EXCELLENCE IN QUEENSLAND

| | CHARACTERISTICS |
|-------------------------|---|
| Love of the game | <ul style="list-style-type: none"> » I love playing rugby league. » I am continuously learning from others. |
| For the team | <ul style="list-style-type: none"> » I lead by example, prepare for each game fully and hold myself and others accountable. » I put the team first, value mateship and build strong bonds through my commitment to my team mates. |
| Fun | <ul style="list-style-type: none"> » I remain positive no matter what and enjoy every moment. » I have fun, and it is integral in everything I do , but also know when to focus. |
| Humility | <ul style="list-style-type: none"> » I am honest, unselfish and appreciate that any individual performance is only possible because of the team around me. » I never speak negatively of the opposition, my teammates or club. |
| Mentally Tough | <ul style="list-style-type: none"> » The next contest is my most important. I take setbacks in my stride, learn form them and move forward. » I don't take short cuts, show discipline at all times and never give up. |
| Respect | <ul style="list-style-type: none"> » I ensure my actions on and off the field don't harm the game of rugby league. » I treat my coaches, team staff, team mates and opposition the way I want to be treated. |

The knowledge, skills and mindset required by an individual that enhances their team's ability to score points.

| | CHARACTERISTICS |
|---------------------------------------|---|
| Hard Running and Play the Ball | <ul style="list-style-type: none"> » I run at spaces not faces. » I maintain my leg drive, hit and spin to maximise post contact metres. » I land on my elbows and knees and remain in control of my body to ensure a quick play of the ball. |
| Ball Handling | <ul style="list-style-type: none"> » I carry the ball with control in two hands. » I receive passes out in front of my hands and not on my chest displaying soft hands. » I compete hard for every loose ball and gather cleanly. |
| Passing & Offload | <ul style="list-style-type: none"> » I play direct and weigh my pass up and in front to allow my teammates to maintain momentum when receiving. » I have the ability to pass short, medium and long distances with accuracy and speed as required with good decision making. » I have good awareness of when I can offload and fight in the tackle to get arms free. |
| Support | <ul style="list-style-type: none"> » I push forward up around the ball to create opportunities and be proactive. » I remain alert and play every play, not waiting for the big play. » I maintain good width in attack and identify the next hole to push into. |
| Kicking | <ul style="list-style-type: none"> » I can effectively manage field position through a variety of kicking options. » I regularly enable opportunities from teammates to score through effective field kicking. » I maintain a very high conversion rate when kicking at goals. |



DEFENCE

The knowledge, skills and mindset required by an individual to prohibit an opposing player or team from scoring points.

| | CHARACTERISTICS |
|------------------------------------|---|
| Tackling technique | <ul style="list-style-type: none"> » I am confident in a one on one tackle situation and do my job for the team. » My tackle technique enables me to tackle high or low as required and depending on attacking formation |
| Aggression | <ul style="list-style-type: none"> » I am aggressive and dominate my opponent into first contact and on the ground. » I lock up the ball and control my opponent fairly to keep the ball play on our terms. |
| Repeat efforts | <ul style="list-style-type: none"> » I can sustain my intensity and discipline under fatigue. » I regularly fill the space and provide inside pressure on ball carrier. » I chase kicks and apply kick pressure whenever I have the opportunity. |
| Marker ID and Communication | <ul style="list-style-type: none"> » I know my role and can identify and communicate if I am first or second marker with attention to detail. » I am alert and engaged (not passive) in my approach. |



GAME AWARENESS

Game awareness refers to the players ability to read the situation, develop a plan and act accordingly under pressure during the game.

| | CHARACTERISTICS |
|------------------------|---|
| Communication | <ul style="list-style-type: none">» I respond quickly to a teammate or coaches message under pressure or fatigue without hesitation.» I identify appropriate opportunities to communicate to teammates with game situations and do so with clarity and influence to achieve the desired outcome. |
| Instinct | <ul style="list-style-type: none">» I adapt to what the game presents to me and find opportunities to adjust plans and back myself.» I play what is in front of me "eyes up footy". I identify vulnerable aspects of the opposition during a game without requiring coach direction. |
| Game Management | <ul style="list-style-type: none">» I maintain a strong awareness and continually revert back to the game plan.» I can influence the tempo of the game by my quick play of the ball and aggressive defence.» I recognise and use the appropriate team tactics as required and can set up plays in advance by reading teammates. |
| Vision | <ul style="list-style-type: none">» I always have my "eyes up" looking forward, so I can quickly scan the field and identify patterns that allow me to influence the game. |



Athleticism of a player is primarily determined by what a player is genetically gifted. However, aspects of athleticism can be nurtured to enhance the natural talent.

| | CHARACTERISTICS |
|------------------------------|--|
| Balance | <ul style="list-style-type: none"> » I can control my body to maintain good balance at all times. » I continue my leg drive when being tackled and can control my body position. |
| Footwork/ Agility | <ul style="list-style-type: none"> » I create space between me and my opponents, particularly at the advantage line. » I can move off both feet and change my stride to create doubt and hesitation in the opposition. |
| Power | <ul style="list-style-type: none"> » I can accelerate quickly to beat my opponent. » In contact I am able to continue my leg drive and forward momentum to gain metres for my team. |
| Endurance | <ul style="list-style-type: none"> » I am able to repeat my efforts throughout a game and play the full game. |
| Resilience | <ul style="list-style-type: none"> » I am well prepared to cope with the physical rigours of a game and season. » I have the ability to play through adversity, where safe to do so, and manage my injuries to maintain performance. |



PERSONAL PERFORMANCE PLAN

| CAPABILITY | SKILLS | OPPORTUNITY | GOOD | STRENGTH |
|-------------|--------------------------------|-------------|------|----------|
| Game Aware | Communication | | | |
| | Instinct | | | |
| | Game Management | | | |
| | Vision | | | |
| Athleticism | Balance | | | |
| | Footwork /Agility | | | |
| | Power | | | |
| | Endurance | | | |
| | Resilience | | | |
| Attack | Hard Running and play the ball | | | |
| | Ball handling | | | |
| | Passing & offload | | | |
| | Support | | | |
| | Kicking | | | |
| Defence | Tackling technique | | | |
| | Aggression | | | |
| | Repeat efforts | | | |
| | Marker ID and communication | | | |
| Maroon DNA | Love of the game | | | |
| | For the team | | | |
| | Fun | | | |
| | Humility | | | |
| | Mentally Tough | | | |
| | Respect | | | |

Focus 1 - Choose an area you rated as your 'strength':

The actions I will take to develop Focus 1:

Focus 2 - Choose an area you rated as 'good':

The actions I will take to develop Focus 2:

Focus 3 - Choose an area you rated as your 'opportunity':

The actions I will take to develop Focus 3:

PERSONAL PERFORMANCE PLAN

COACHES INSIGHTS

| CAPABILITY | SKILLS | OPPORTUNITY | GOOD | STRENGTH | COACH FEEDBACK |
|-------------|--------------------------------|-------------|------|----------|----------------|
| Game Aware | Communication | | | | |
| | Instinct | | | | |
| | Game Management | | | | |
| | Vision | | | | |
| Athleticism | Balance | | | | |
| | Footwork /Agility | | | | |
| | Power | | | | |
| | Endurance | | | | |
| | Resilience | | | | |
| Attack | Hard Running and play the ball | | | | |
| | Ball handling | | | | |
| | Passing & offload | | | | |
| | Support | | | | |
| | Kicking | | | | |
| Defence | Tackling technique | | | | |
| | Aggression | | | | |
| | Repeat efforts | | | | |
| | Marker ID and communication | | | | |
| Maroon DNA | Love of the game | | | | |
| | For the team | | | | |
| | Fun | | | | |
| | Humility | | | | |
| | Mentally Tough | | | | |
| | Respect | | | | |

Focus 1 - Choose an area you rated as a 'strength':

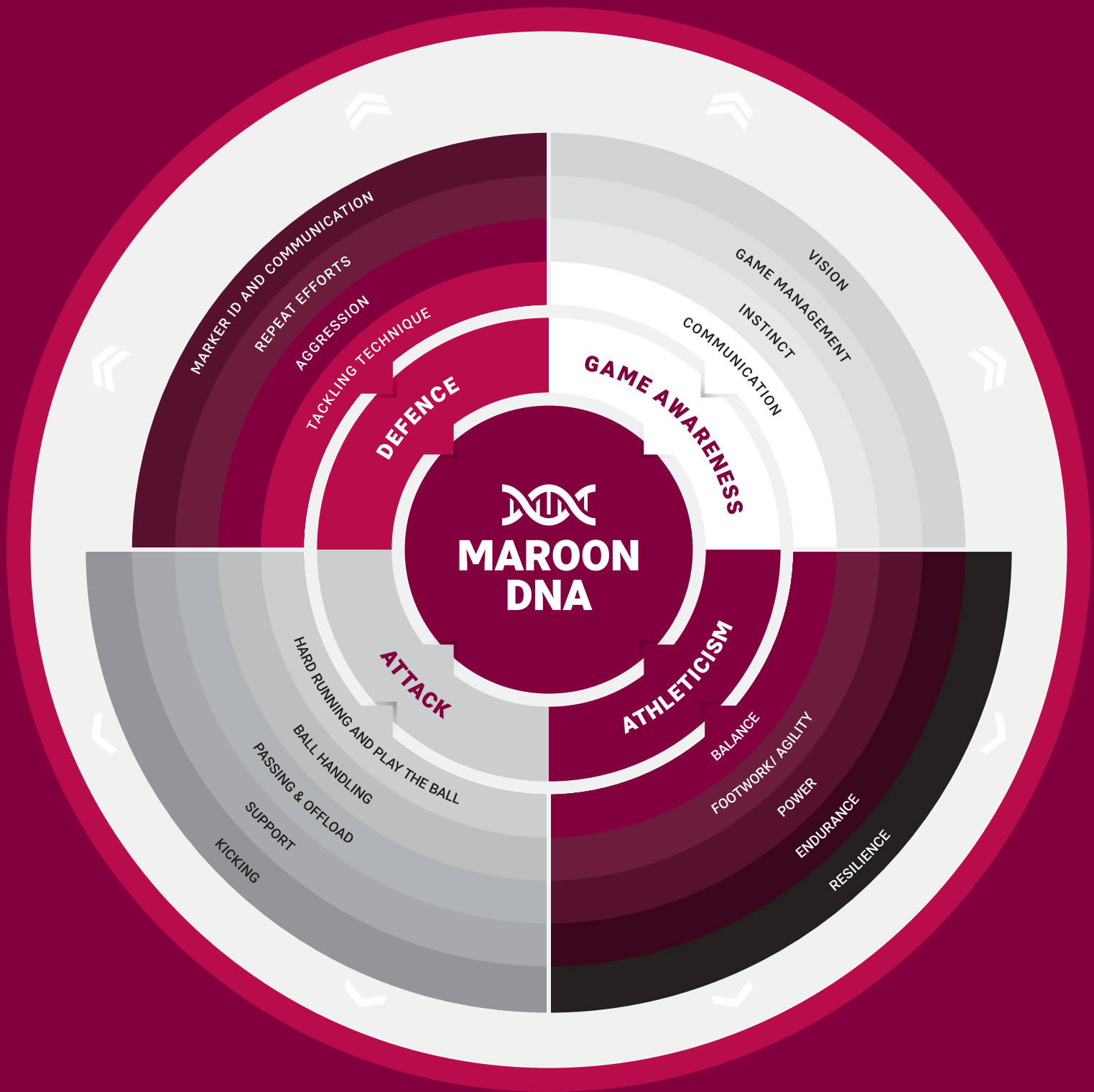
The actions I will
take to develop
Focus 1:

Focus 2 - Choose an area you rated as 'good':

The actions I will
take to develop
Focus 2:

Focus 3 - Choose an area you rated as an 'opportunity':

The actions I will
take to develop
Focus 3:





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