Before an application is made for a male under-18 player to play in Adult rugby, players must be:

1. Physically competent in the overhead squat movement.
3. Technically competent in the tackle.

This document covers the TACKLE assessment.
INTRODUCTION – The purpose of this assessment is to assess the player’s technical competence in the tackle.

Under-18 players must complete 4 out of 6 tackles effectively (whilst meeting the criteria set above) before an application is made for them to play adult rugby.

Click on the video to see the full tackle assessment
Tackle Test
Pre-application assessment – Male under-18 into Adult rugby policy

Set-Up:
• 6m x 6m area
• 6 tackles (3 each shoulder)
• 2mins to complete (20 secs per tackle)

Instructions:
1. Tackler (red circle) starts 3 meters outside the area (to the side).
2. Ball carrier (green circle) starts in the centre of the area outside the grid.
3. On first whistle the tackler moves to the inside of the area.
4. On second whistle the Ball Carrier attempts to score a try (in a straight line at 90% max speed). Tackler makes an effective low tackle.
5. Reset the practice – different ball carrier and tackler start at opposite side of area.
What to assess

Has the tackler...

The Approach:
1. Accelerated then slowed down (paddled their feet) prior to contact? **Yes or No?**
2. Adopted a boxer stance before the tackle? **Yes or No?**
3. Targeted the thighs/hips with their shoulder? **Yes or No?**
4. Sunk their hips, and used the same foot and same shoulder? **Yes or No?**

1 = Paddle feet
2 = Boxer stance
3 = Target thighs/hips
4 = Same foot, same shoulder
What to assess

Has the tackler...

The Contact:

5. Kept their head tight behind the ball carrier? Yes or No?
6. Locked their arms in the tackle? Yes or No?
7. Used an active leg drive in the tackle? Yes or No?
8. Driven through straight? Yes or No?

5 = Head tight
6 = Arms tight
8 = Driven straight
7 = Active leg drive
Checklist

The assessment can only be undertaken by a minimum UKCC Level 2 qualified coach

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<tr>
<th>Player Name</th>
<th>The Approach (4 criteria)</th>
<th>The Contact (4 criteria)</th>
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Supplementary Notes

- Ball carriers should be of the same age (under-18) and of similar size/physique.
- Ball carrier needs to focus on scoring a try and not to be passive. They must however run in a straight line from their start position to the try line.
- Assessor should observe from the front, then side-on.
- Tackler should carry out a minimum of 4 out of 6 tackles effectively (whilst using the correct technique as per the criteria) in order to be deemed competent.