

TECHNICAL & TACTICAL SKILL DEVELOPMENT

Utilising a combination of **deliberate play** and **deliberate practice** principles, coaches will focus on improving players core Rugby League skills and decision making ability.

Each participant will be asked to identify the key areas that they would like to improve. The coaching staff will work with each player to improve in these areas.

The aim of this component of the program is to enhance every players **competence** which will increase their **confidence** both on and off the field. of every player.

The word 'RISE' in a bold, italicized, sans-serif font. The background of the entire page is a black and white photograph of a young boy in a dark hoodie holding a Steeden NRL rugby ball, with other players blurred in the background. A white diagonal line separates the text on the left from the image on the right.

RISE