

Rugby

Component of Fitness (F)

1	Maximal Strength
2	Coordination
3	Flexibility
4	Dynamic Strength
5	Muscular Endurance
6	Balance
7	Explosive Strength
8	Power
9	Speed
10	Cardiovascular Endurance
11	Agility
12	Reaction Time
13	Static Strength



Skills (S)

1	Passing	8	Positions in the scrum
2	Catching	9	Kicking (drop kick)
3	Taking the ball into contact	10	Kicking (conversion)
4	Tackling	11	Fixing defenders
5	Mauling	12	Presenting the ball
6	Rucking	13	Grubber

Tactics (T)

1	Attacking options
2	Defensive options
3	Pass selection
4	Joining/conceding a ruck
5	Set play selection

