



**Australian Government**

**Department of Education, Employment and Workplace Relations**

# **SISSRGU306A Perform advanced level Rugby Union skills**

**Release: 2**

## **SISSRGU306A Perform advanced level Rugby Union skills**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required to perform the skills of Rugby Union at an advanced level. This unit focuses on the development and performance of Rugby Union skills at an advanced level during drills, activities, games and or competitions.

### **Application of the Unit**

This unit applies to current, junior or aspiring athletes who are competing in Rugby Union at a State and or national level. It may also apply to those in sports development or Rugby Union coaching roles.

### **Licensing/Regulatory Information**

No licensing, regulatory or certification requirements apply to this unit at the time of endorsement.

### **Pre-Requisites**

SISSRGU201A Perform foundation level Rugby Union skills

### **Employability Skills Information**

This unit contains employability skills.

## Elements and Performance Criteria Pre-Content

### Elements and Performance Criteria

#### ELEMENT

#### PERFORMANCE CRITERIA

Elements describe the essential outcomes of a unit of competency.

Performance criteria describe the performance needed to demonstrate achievement of the element. Where bold italicised text is used, further information is detailed in the required skills and knowledge section and the range statement. Assessment of performance is to be consistent with the evidence guide.

1. Prepare for drills, activities, games and competitions.

- 1.1. Access and interpret Rugby Union ***rules, regulations and policies***.
- 1.2. Determine ***biomechanical principles*** as they apply to Rugby Union.
- 1.3. Identify ***advanced skills of Rugby Union*** and determine observable body movements for each stage of these skills in priority of importance when performing the skills.
- 1.4. Identify the advanced skills of Rugby Union applicable to each position and or player, and their purpose.

2. Participate in drills, activities, games and competitions.

- 2.1. Undertake ***drills, activities, games and competitions*** in a safe manner, according to ***relevant legislation and organisational policies and procedures***.
- 2.2. Link and perform the advanced skills of Rugby Union to form a sequence of movements in competition conditions.
- 2.3. Maintain ***effective communication*** with team members and coach during drills, activities, games and competitions.

3. Review advanced skills performance.

- 3.1. Review advanced skills practiced throughout drills, activities, games and competitions, and identify strengths and areas requiring improvement.
- 3.2. Identify ***conditions and external influences*** affecting conduct of activities and identify contingency strategies to improve future sessions.

## Required Skills and Knowledge

This section describes the skills and knowledge required for this unit.

### Required skills

- communication skills on and off the Rugby Union field to:
  - determine other player's intentions and movements
  - communicate with coaches and clarify positions, rules and play setups
  - seek feedback and instructions from team members, coaches, support staff and umpires
- teamwork skills to:
  - encourage and support team members
  - share the ball with others
  - respect other player's decisions
  - participate effectively in training activities
- language and literacy skills to access, interpret and apply information about the rules and regulations of Rugby Union games and competitions
- problem-solving skills to:
  - respond appropriately to changing conditions during training and game situations
  - apply strategies to resolve disputes related to the conduct or outcome of a game
- self-management skills to:
  - review and reflect on own performance
  - organise time and priorities effectively
  - set short, medium and long term goals.

### Required knowledge

- legislation and organisational policies and procedures to enable safe participation during Rugby Union drills, activities, games and competitions
- rules, regulations and policies of the Australian Rugby Union, including laws of the game and best practice codes to participate appropriately
- positions and players of Rugby Union and their roles and responsibilities on the field, during games
- communication systems used between players, coaches, support staff and umpires during Rugby Union drills, activities, games and competitions
- self-reflection principles to enable effective self-evaluation for future improvement.

## Evidence Guide

The evidence guide provides advice on assessment and must be read in conjunction with the performance criteria, required skills and knowledge, range statement and the Assessment Guidelines for the Training Package.

### Overview of assessment

#### Critical aspects for assessment and evidence required to demonstrate competency in this unit

Evidence of the following is essential:

- determines observable body movements for each stage of advanced skills performance and links together and practices these during drills, activities, games and competitions
- performs skills relevant to position requirements and conditions at an accuracy rate of at least 80%
- communicates appropriately with team members, coach, umpires and other support staff throughout drills, activities, games and competitions, and responds to feedback
- reviews own and team's performance to identify strengths and areas requiring improvement and or modifications.

#### Context of and specific resources for assessment

Assessment must ensure performance of skills relevant to position and conditions at an accuracy rate of at least of 80% to demonstrate competency and consistency of performance.

Assessment must also ensure access to:

- Rugby Union training and competition facilities, with marked out fields
- groups or teams of advanced Rugby Union players to play with and against
- a coach to instruct and address players
- suitably qualified umpires
- support staff, such as trainers and scorers
- equipment, such as a Rugby Union balls and posts
- rules and regulations such as the Australian Rugby Union laws book and the Australian Rugby Union Code of Conduct
- current relevant legislation and organisational policies and procedures that impact on the conduct of drills, activities, games and competitions.

#### Method of assessment

A range of assessment methods should be used to assess practical skills and knowledge. The following examples are appropriate for this unit:

- observation of performance of skills at an accuracy rate of at least 80% during drills, activities, games and competitions
- oral or written questioning to assess knowledge of relevant rules, regulations and policies of the Australian Rugby Union , and their application to performance at an advanced level
- third-party reports from coaches or umpires detailing performance.

Holistic assessment with other units relevant to the industry sector, workplace and job role is recommended, for example:

- SISSRGU307A Perform advanced level Rugby Union tactics and strategies.

## Range Statement

The range statement relates to the unit of competency as a whole. It allows for different work environments and situations that may affect performance. Bold italicised wording, if used in the performance criteria, is detailed below. Essential operating conditions that may be present with training and assessment (depending on the work situation, needs of the candidate, accessibility of the item, and local industry and regional contexts) may also be included.

***Rules, regulations and policies*** may include:

- International Rugby Board laws
- best practice codes of conducts, such as Australian Rugby Union Code of Conduct
- policies of the Australian Rugby Union, such as anti-doping policy
- Australian Sports Commission Harassment-free Sport policy.

***Biomechanical principles*** may include:

- balance
- stability
- motion
- force
- momentum
- power.

***Advanced skills of Rugby Union*** may include:

- attacking skills
- defensive skills
- re-start skills
- scrum skills
- line out skills
- continuity skills
- individual skills
- positional skills.

***Drills, activities*** may include:

- those showing a sequential progression to an 'on field' situation or starting with the 'on field' situation and then breaking down skills
- advanced skill drills
- warm-ups and cool downs
- grid work
- manual work.

***Games and competitions*** may include:

- modified games
- practice matches:
  - specific skill focus
  - specific play focus
- inter-club or team games
- competition games.

- Relevant legislation*** may include:
- occupational health and safety (OHS)
  - permits from land management authorities and or local council
  - authority or permission from land owners and or Rugby Union clubs
  - anti-doping policy
  - harassment-free sports policies.
- Organisational policies and procedures*** may include:
- OHS
  - conflict resolution
  - communication protocols
  - use, care and maintenance of equipment and field
  - training and scheduling commitments
  - code of ethics.
- Effective communication*** may include:
- calls
  - hand signals
  - eye signals
  - signs
  - nods
  - codes for player's names
  - codes for different plays.
- Conditions and external influences*** may include:
- environmental or weather conditions
  - other facility users
  - support staff
  - spectators
  - parents
  - referees and administrators
  - other coaches.

## Unit Sector(s)

Sport

## Competency Field

Rugby Union