



**Australian Government**

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

# **SISSRGL305A Use advanced level Rugby League game skills**

**Release: 2**

## **SISSRGL305A Use advanced level Rugby League game skills**

### **Modification History**

Not Applicable

### **Unit Descriptor**

This unit describes the performance outcomes, skills and knowledge required by players to participate in Rugby League competitions at an advanced level according to the International Laws of Rugby League. It requires the ability to prepare for and participate in drills, activities and competition games at an advanced level and to review and evaluate self and team performance.

### **Application of the Unit**

This unit applies to senior and experienced Rugby League players who are involved in local, regional or state competitions using the International Laws of Rugby League. These players compete in senior representative Rugby League teams (city, country, division, group, ages), state junior representative teams (15-17 years) and junior Rugby League club teams (under 15, 17 and 19 years in first division). They progressively achieve the advanced Rugby League game skills described by this unit and are closely guided by their coach.

### **Licensing/Regulatory Information**

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

### **Pre-Requisites**

### **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.

- |  |  |
|--|--|
| <p>1. Prepare for Rugby League drills, activities, games and competitions.</p>             | <p>1.1. Seek information on and comprehend the role of the coach and support staff in developing player skills at an advanced level for Rugby League games.</p> <p>1.2. Participate in discussions on individual and team <b><i>strengths and weaknesses</i></b> to improve individual and team skills to an advanced level for games.</p> <p>1.3. Seek and comprehend information on the <b><i>basic biomechanical principles</i></b> for Rugby League players and apply these in playing activities to avoid injury and improve performance.</p> <p>1.4. Seek information on the <b><i>advanced level skills of Rugby League</i></b> for team and individual player positions in attack and defence and use these skills in game-related activities and matches.</p> |
| <p>2. Participate in advanced Rugby League drills, activities, games and competitions.</p> | <p>2.1. Safely participate in Rugby League <b><i>drills and activities, and games</i></b> to an advanced level.</p> <p>2.2. Interpret the International Laws of Rugby League and the Australian Rugby League SafePlay Code, <b><i>regulations, policies and procedures</i></b> and apply to Rugby League activities.</p> <p>2.3. Link and use the skills of Rugby League to form a sequence of movements in competition conditions to an advanced level.</p> <p>2.4. Maintain <b><i>effective communication</i></b> with team members and coach during drills, activities, games and competitions.</p>   |
| <p>3. Review performance of advanced skills.</p>   | <p>3.1. Participate in post-activity discussions and evaluate strengths and weaknesses of self and other players.</p> <p>3.2. Review performance of advanced skills utilised in drills, activities and games, identify areas requiring improvement and discuss with team and coach.</p> <p>3.3. Identify own personal progress and satisfaction with</p>   |

**ELEMENT****PERFORMANCE CRITERIA**

performance of advanced skills and provide feedback to team and coach.

- 3.4. 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 League field to:
  - actively participate in pre-activity briefings
  - interpret play and predict other player's intentions and movements
  - use calls, hand signals, eye signals, signs and other communication methods to interact with players in-game
  - communicate with coaching staff to determine instructions and discuss skills development issues
  - discuss and clarify positions, required skills and the International Laws of Rugby League
  - seek feedback and instructions from team members, coaches, support staff and referees
  - provide feedback on self and team performance
- literacy skills to access, interpret and comprehend the International Laws of Rugby League and the content of relevant player policies and procedures
- numeracy skills to calculate effective time use during drills, activities and games
- teamwork skills to:
  - encourage and support team members
  - share the ball with others
  - respect other player's decisions
  - participate effectively in team training activities and games
- problem-solving skills to:
  - respond appropriately to changing conditions during training and game situations
  - 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
- analytical skills to discuss and evaluate strengths and weaknesses of self and other players and to monitor self progression
- player attack and defence skills to participate in Rugby League team activities at an advanced level.

### Required knowledge

- the existence and basic aspects of occupational health and safety legislation
- terms and conditions that apply to player use of, and behaviour at, private and public Rugby League facilities and gyms
- the essential elements of player policies, procedures and codes for appropriate

participation in Rugby League activities

- the complete content and differing interpretations of the International Laws of Rugby League
- the on-field roles and responsibilities of all Rugby League positions
- the essential features and use of advanced level Rugby League skills
- the basic aspects of biomechanical principles to enable safe and effective performance of advanced Rugby League skills
- the key characteristics and use of equipment used in advanced level Rugby League drills, activities and games
- the essential elements and appropriate use of communication systems used by players, coaches, support staff and referees during Rugby League drills, activities and games
- 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:

- performs skills at an advanced level which are relevant to positional requirements and conditions on sufficient occasions to demonstrate competency and consistency of performance
- utilises knowledge of advanced level Rugby League game skills and relevant rules, regulations and policies when playing at an advanced level
- communicates appropriately with team members, coaches, referees and 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 or modifications.

#### Context of and specific resources for assessment

Assessment must ensure access to:

- Rugby League training and competition facilities
- equipment such as senior Rugby League training or match balls, uniforms, appropriate footwear and personal protective equipment
- groups of advanced level Rugby League players to train with and play against
- a coach to instruct and address players
- support staff, such as first aiders, physiotherapists, other medicos and experienced and qualified assistants
- referees qualified to manage a match using the International Laws of Rugby League
- International Laws of Rugby League
- current relevant regulation, player policies, procedures and codes that apply to participation in Rugby League 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 advanced level Rugby League skills during drills, activities, games and

competitions

- oral or written questioning to assess knowledge of relevant laws, regulations and policies
- evaluation of third-party reports from coaches or referees detailing player performance.

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

- SISSRGL308A Use advanced level tactics and game strategy in Rugby League play.
- SISSRGL203A Participate in conditioning for Rugby League.



## 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.

***Strengths and weaknesses*** may relate to:

- fitness components:
  - speed
  - agility
  - balance
  - endurance
  - strength
  - power
  - flexibility
- height
- weight
- ability to successfully implement set team plays
- ability to use deception and predication
- skills in attack and defence .

***Basic biomechanical principles*** may include:

- balance
- motion
- force
- speed, velocity and momentum
- power.
- agility
- flexibility

***Advanced level skills of Rugby League*** may include:

- game sense and decision making at an advanced level
- body protection
- running:
  - with and without ball
  - in and out of traffic
- ball handling:
  - catching
  - passing left and right
  - draw and pass
  - spin and pass
  - running with and without the ball in possession

- playing the ball
- ruck plays
- withholding the ball
- feigning and dummying
- passing:
  - hit spin and pass
  - standing pass
  - from the ground
  - on run
  - long
  - short
  - quick
  - spiral
  - reverse
  - run around
  - scissors, handing off
  - receiving
  - controlling
  - timing
- kicking:
  - drop kicks
  - place kicks
  - punt kicks
  - deception kicks
- scrummaging:
  - forming and binding
  - feet placement
  - pushing
  - breaking
  - safe scrumage play according to SafePlay codes
- attack skills:
  - attacking moves in all stationary and dynamic environments
  - anticipation
  - dummy half plays and ploys
  - evasion
  - sidestep
  - swerve
  - feint

- change of pace
- creating a gap
- defence skills:
  - forming defensive patterns
  - executing defensive plays
  - broken play defence
  - from kicks
  - ruck defence
- tackling:
  - upright at contact (tackler or tacklee)
  - side-on
  - front-on (blocking and driving)
  - from behind
- spatial awareness
- field positioning
- positional skills
- developing skills to an advanced level through appropriate sequencing of skills
- progressive skill acquisition
- breaking down skills
- modifying skill drills
- coordinated positional plays
- warm-ups and cool-downs.
- those using the ARL International Laws of Rugby League
- simulated games
- competition games
- games, modified from a variety of sources, to meet specific player and team needs
- practice matches to develop skills to an advanced level.
- occupational health and safety (OHS) legislation
- terms and conditions of permits from land management authorities or local councils
- terms and conditions of authorities or permissions from Rugby League clubs or associations
- environmental protection regulations.
- risk management
- safety
- management of past, current or recurring

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

***Games*** may include:

***Regulations*** may relate to:

***Policies and procedures*** may involve:

injuries and illnesses

- conflict resolution
- communication protocols
- use, care and maintenance of equipment and field
- training and scheduling commitments
- Australian Sports Commission Harassment-free Sport policy
- Australian Sports Commission Junior Sport policy
- Australian Rugby League Anti-doping Policy
- Australian Rugby League Codes of Conduct

*Effective communication* may involve:

- calls
- hand signals
- eye signals
- signs
- nods
- gestures.

*Conditions and external influences* may include:

- environmental and weather conditions
- other facility users
- spectators
- parents
- referees and administrators
- other coaches.

## Unit Sector(s)

Sport

## Competency Field

Rugby League