



Australian Government

SISSRGL002 Participate in rugby league at an intermediate level

Release: 1

SISSRGL002 Participate in rugby league at an intermediate level

Modification History

Not applicable.

Application

This unit describes the performance outcomes, skills and knowledge required to perform tactical and technical rugby league skills at an intermediate level through participation in rugby league.

This unit applies to athletes in the Australian sport industry competing in rugby league at a regional, state or national level.

Those undertaking this unit work under the guidance of a coach.

No occupational licensing, certification or specific legislative requirements apply to this unit at the time of publication.

Pre-requisite Unit

Nil

Competency Field

Rugby league

Unit Sector

Sport

Elements and Performance Criteria

ELEMENTS

Elements describe the essential outcomes

1. Participate in intermediate level rugby league activities.

PERFORMANCE CRITERIA

Performance criteria describe the performance needed to demonstrate achievement of the element.

- 1.1. Interpret and apply rugby league rules, regulations and policies to rugby league participation.
- 1.2. Participate in rugby league training activities and competitions in a safe manner, according to organisational policies and procedures.
- 1.3. Link and perform intermediate level rugby league skills to form a sequence of movements in practice and competition conditions.
- 1.4. Communicate with team members and coach during

- activities using rugby league communication systems and terminology.
2. Prepare to compete in rugby league at an intermediate level.
 - 2.1. Consult with coach to identify intermediate tactical and technical rugby league skills to be developed.
 - 2.2. Participate in training activities to develop identified intermediate level tactical and technical rugby league skills.
 - 2.3. Analyse own and opposition strengths and weaknesses to develop game plans for rugby league competitions.
 3. Implement rugby league game plan at an intermediate level.
 - 3.1. Implement game plans during competition.
 - 3.2. Interpret rugby league game statistics to identify and implement adjustments to improve intermediate level performance during competition.
 - 3.3. Maintain communication with team members and coach before, during and after competitions.
 4. Review intermediate level rugby league performance.
 - 4.1. Seek feedback from coach and support staff to identify areas to improve own intermediate level rugby league performance.
 - 4.2. Analyse rugby league competition statistics to identify own strengths and weaknesses.
 - 4.3. Reflect on own intermediate level rugby league performance to identify areas for improvement.
 - 4.4. Analyse findings and incorporate learnings in future intermediate level rugby league training and competition.

Foundation Skills

Foundation skills essential to performance in this unit, but not explicit in the performance criteria are listed here, along with a brief context statement.

SKILLS	DESCRIPTION
Oral communication skills to:	- ask open and closed questions and actively listen to clarify instructions and feedback from coaches - interact with coaches, support staff and officials in a polite and positive manner.
Numeracy skills to:	- record training and competition data - interpret, analyse and discuss statistical information.
Problem-solving skills to:	- read play - respond to environmental conditions.

Unit Mapping Information

No equivalent unit

Links

Companion Volume Implementation Guides -

<https://vetnet.gov.au/Pages/TrainingDocs.aspx?q=1ca50016-24d2-4161-a044-d3faa200268b>

Assessment Requirements for SISSRGL002 Participate in rugby league at an intermediate level

Modification History

Not applicable.

Performance Evidence

Evidence of the ability to complete tasks outlined in elements and performance criteria of this unit in the context of the job role, and:

- participate in rugby league at an intermediate level that involves:
 - complying with rugby league rules, regulations and policies
 - performing intermediate level tactical and technical skills at an accuracy rate of 70% at one competition
 - performing intermediate level technical skills at an accuracy rate of 70% at three training sessions of no less than 30 minutes each
 - communicating with team members, coach, official and support staff and responding to feedback
 - analysing and reflecting on own and opposition strengths and weaknesses.

Knowledge Evidence

Demonstrated knowledge required to complete the tasks outlined in elements and performance criteria of this unit:

- organisational policies and procedures applicable to participating in rugby league at an intermediate level
- tactical and technical fundamentals of rugby league for intermediate level athletes:
 - tactical:
 - attack and defence
 - impulse plays
 - use of structured plays
 - moving the ball wide
 - tackling types and styles
 - scrummaging tactics and set plays from a scrum
 - positional play in line of attack
 - positional play in defensive line
 - field positioning to generate a try
 - field positioning to generate a field goal
 - use of angles
 - use of fast or slow paced play-the-balls

- plays to maximise weaknesses in opposition team plays
- plays to counter strengths in frequently used opposition team plays
- counter tactics to diminish or negate opposition player strengths
- technical:
 - game sense and decision making at an intermediate level
 - body protection
 - running
 - ball handling
 - ruck plays
 - kicking
 - scrummaging
 - attack skills
 - tackling
- game strategy:
 - roles of individual athletes in the game strategy
 - patterns of play in attack and defence including up and in, and slide
 - attacking systems of play
 - defending systems of play
 - set team plays including orthodox and unorthodox
 - varying use of space including concepts of width and depth
 - situational plays
 - positions and match-ups
 - situational kicking in games
 - percentage football
 - identifying strengths and weaknesses of opposition game strategies and tactics and development of counter-tactics
- rugby league biomechanical principles
- types, characteristics, function and safe use of rugby league equipment, facilities and technological aids
- types of strengths and weaknesses of intermediate level rugby league athletes:
 - physical
 - tactical
- training activities for intermediate level rugby league athletes:
 - intermediate drills
 - warm-ups and cool-downs
 - breaking down and sequencing of skills
 - coordinated positional play
- competitions and pathways for intermediate level rugby league athletes
- types and contents of game plans for intermediate level rugby league athletes

- types and methods of analysing competition statistics for intermediate level rugby league athletes:
 - playing statistics for own team and opposition
 - penalties
 - errors and turnovers
 - completion rates
 - tries scored and manner in which tries are scored
 - tackle counts
- types and potential impacts of environmental conditions
- intermediate level rugby league rules, regulations and policies
- methods for self reflection
- rugby league communication systems and terminology.

Assessment Conditions

Skills must be demonstrated in:

- a rugby league environment. This can be a workplace or simulated environment.

Assessment must ensure access to:

- first aid kit
- drinking water
- rugby league rules, regulations and policies
- organisational policies and procedures applicable to participating in rugby league at an intermediate level
- organisational safety, emergency response and first aid procedures.

Assessment must ensure use of:

- rugby league equipment and facilities:
 - balls
 - uniforms
 - footwear
 - personal protective equipment
- rugby league opposition competing at an intermediate level, coach, officials and support staff.

Assessors must satisfy the Standards for Registered Training Organisations requirements for assessors.

Links

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