



Glasgow Lions Touch Rugby Club

Player Development Guidelines and Targets for each training squad

Cyclones

Targets: Pass off left and right hands and on the move
Catch on the move
Dump (play ball on ground with minimum movement of ball)
Scoop
Execute 4's
Execute buddies
Initiate touch

Availability: 50% training attendance

Tornadoes

Targets: All of the targets set for Cyclones AND
Knowledge of attacking policies
Knowledge of defensive policies
Knowledge of driving policies
Ability to execute policies at training
The ability to sustain a reasonable level of performance for a 40mins game

Availability: 50% training attendance
2 x STS tournaments

Force

Targets: Advanced skill set of targets for Cyclones AND Tornadoes as well as:
Knowledge and understanding of all attacking policies
Knowledge and understanding of all defensive policies
Knowledge and understanding of all driving policies
Ability to execute policies under pressure (game)
Ability to sustain a high level of performance for a 40mins game

Availability: 60% training attendance
3 x STS tournaments attendance