

## 2025/26 – U16 Girls PDG Assessments

### Objective

To identify girls to invite to be part of the 2025/26 RFU U16 Girls Player Development Group (PDG). This group of girls will be coached in accordance with the RFU U16 Girls PDG curriculum as part of the RFU pathway to the U18 Girls PDG.

### Program Curriculum Overview

ATTACK Progress the ball Penetrate and Score		DEFENCE Prevent progression Stop Scoring		CONTEST Attack - recycle & continue Defence - contest and win the ball back		
Technical	Tactical	Technical	Tactical	IN VS OUT	Technical	Tactical
CATCH	UNDERSTANDING  CONTEXT  RECOGNITION  APPLICATION	TACKLE	UNDERSTANDING  CONTEXT  RECOGNITION  APPLICATION	RECYCLE AND CONTINUE	SECURE BALL	UNDERSTANDING  CONTEXT  RECOGNITION  APPLICATION
PASS						
CARRY				CONTEST & WIN THE BALL BACK	COMPETE	
KICK					TAKE SPACE	
PLAYER ATHLETICISM						
PLAYER SUPPORT						
PLAYER EXPERIENCE						

(NB please see the Hampshire website for full information on the curriculum)

### Assessment Approach

- Many eyes many times by the coaches assessing the players.
- Guest coaches to run the sessions within the assessments.
- There will be 2 sessions in September with a 3<sup>rd</sup> in reserve.
- Players who participated in the PDG in the 2024/25 season will need to trial on week 1 only. If more time to assess them is needed, they will be asked to trial in week 2 also. This helps us continue the investment in the second-year girls and allows much greater focus on the girls new to PDG in week 2.
- As per the curriculum, the assessment will need to consider technical, tactical, player athleticism and psychological factors as per the below:

Technical	Tactical	Player Athleticism	Psychological
Catch	Game	Speed /	Coachability

	Understanding	Acceleration	
Pass	Decision Making	Endurance	Focus & Resilience
Carry	Position Specific Skills	Strength / Power	Growth Mindset
Kick		Recovery / Resilience	Competitive Edge
Tackle			
Secure the Ball			
Compete			

- Coaches to follow 1 or 2 groups and then jointly watch end of session games. (Different groups in assessment 1 to assessment 2).
- Assessment sheet against the criteria above to be completed by coaches to enable high quality feedback to the players.
- Girls invited to trial to wear numbered bibs and no club kit/PDG kit to be worn.

### **Assessment Tracking and Feedback**

- Coaches to complete sheet during the assessment session with a grading of 1-3 for each category per child.
  1. Below standard
  2. At standard / high potential
  3. Excelling
- The scoring will be the fundamental part of selection discussions between coaches.
- Feedback for those not selected based of the coaches grading.
- Feedback for those selected fed into the IDP.

NB: Photo to be taken of groups front and back to aid the discussions. To be deleted after the discussions.

### **Selection of Players**

- Coaches meeting to be held after first assessment on the PDG year 2 girls to decide those invited back for week 2 for further assessment
- Coaches meeting after second assessment to undertake selection
- Selection based on coach feedback for each group by discussion.
- If undecided, Lead Coach has casting vote.

### **Communication**



- Pre assessment email to go out after taster session to girls nominated.
- Commit to communicating with parents in the week after the second trial with the results of the trial.
- An initial yes/no email with a feedback email to follow within 2 weeks to aid the speed of delivery as first session a week later.

### **Next Steps**

- Agree and communicate this document with Club Hampshire lead, Club Hampshire coaches and PDG coaches.
- Discuss this document at coaches meeting at Exposure event.
- Upload on Hampshire website so transparent.