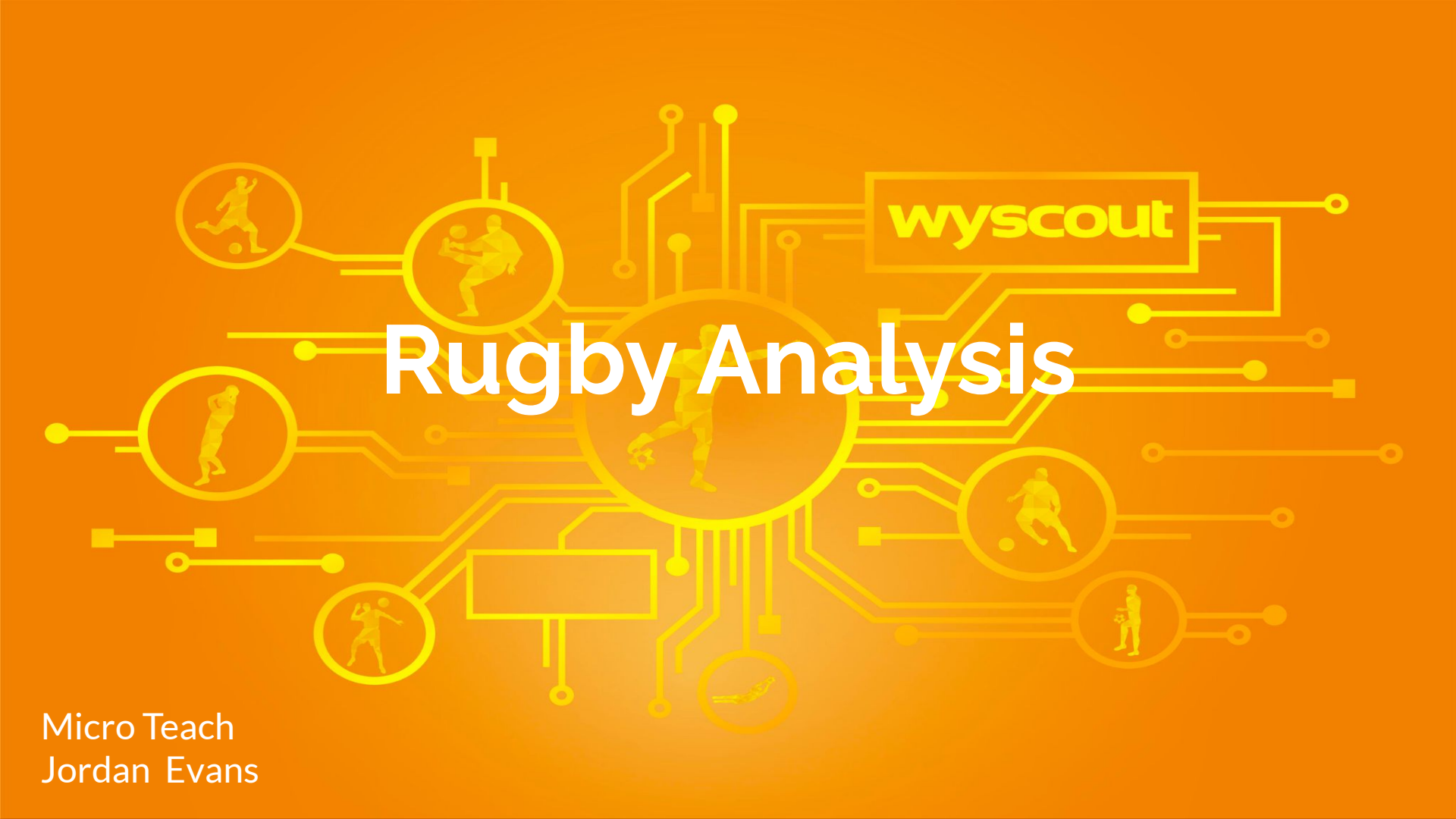


The background is a solid orange color. Overlaid on this is a complex graphic of yellow lines and shapes. These lines resemble a circuit board or a network diagram, with various nodes (circles and squares) connected by straight and curved lines. Several circular icons are integrated into the design, each containing a silhouette of a rugby player in a different pose: running with the ball, kicking, passing, and tackling. A central, larger circle also features a player silhouette. In the upper right quadrant, the word 'wyscout' is written in a bold, lowercase, sans-serif font, enclosed within a yellow rectangular border. The overall theme is the intersection of sports and technology.

Rugby Analysis

Micro Teach
Jordan Evans

Learning Outcomes

- Define analysis
- Identify key points within a clip
- Analyse a clip

What is Performance Analysis?

Performance analysis is a specific field that gives coaches and players unbiased data to better evaluate performance.

By offering objective statistical analysis (Data analysis) and visual feedback (Video analysis), performance analysis can improve coaching and performance (Sport NI 2023).

Performance Analysis Within Rugby

What do we look for in attack?

- Players staying square
- Organisation
- Depth
- Width
- Space Awareness
- Ruck Efficiency

Performance Analysis Within Rugby

What do we look for in defence?

- Dominance in the tackle
- Spacings around the ruck
- Penalty count
- Line speed
- Tackle height

Example clip



Clip 1



Clip 2



Clip 3



Recap Quiz



References

Performance Analysis | Sport NI (2023). Available at:
<http://www.sportni.net/performance/sports-institute-north-ern-ireland/performance-science/performance-analysis/>
(Accessed: 17 September 2023).

RugbyPass (2023) Youtube.com. Available at:
<https://www.youtube.com/watch?v=kgV2tSO4geM>
(Accessed: 19 September 2023).
