

Rugby Forward Tryout Performance Sheet

Name:

Date:

Position:

Coach:

Physical Assessment

Attribute	Score	Comments
Strength		
Fitness		
Speed		
Agility		

Skills Assessment

Skill	Score	Comments
Scrummaging		
Lineout		
Tackling		
Ball Carrying		
Rucking		
Mauling		
Support Play		

Game Understanding & Attitude

Attribute	Score	Comments
Work Rate		
Discipline		
Communication		
Teamwork		
Decision Making		

Coach's Notes