

Rugby Player Position Tryout Assessment Form

Player Information

Full Name

Date of Birth

Contact

Rugby Experience (years)

Preferred Positions

Physical Assessment

Height (cm)

Weight (kg)

Speed (40m time in seconds)

Fitness Score

Skills Assessment

Skill	Score	Comments
Passing		
Tackling		
Scrummaging		
Lineout Skills		
Kicking		
Open Play		

Coach's Notes

Strengths

Areas for Improvement

Suggested Best Position

Additional Comments