



EXTERNAL VS INTERNAL CUES

TACKLE DEVELOPMENT

LUCY BROWN
MSC SPORT PERFORMANCE COACHING
L3 PATHWAY COACH



OVERVIEW

Exploring the impact of attention of focus Cues can have on tackle execution in Women's Rugby Union, to outline optimal coaching practices and improve skill development.

External cues have been typically considered more advantageous for performance, due to reduction of cognitive load (Wulf, 2013)

Coaching the tackle has been found 'lacking', players reporting lacking of confidence and understanding, with the tackle has been a key contributor to injury (Dane et al, 2023)



APPROACH

Players were all 16-18 within a pathway programme training twice weekly
Intervention Programme based on Contact Confidence & Tackle Ready Programme
College vs Regional Game Review



INSIGHTS



Internal vs External

External Cues led to an improved tackle application in controlled environment and game performances.

Sped up learning process and understanding from players

External Cues had an impact across all levels of experiences.



Tackle Focus

Weekly focus led to developed skill, even with internal Cues.

Gradual skill development, alongside reduction of cognitive load showed increase of confidence.

Plan of Verbal Cues and positional specific practice.



**FOOT IN CLOSE - CLOSE
THE SPACE
SHOULDER ON HIP -
BELOW BALL
LEG DRIVE - DRIVE PASS
THE ATTACKER**

SUMMARY

External Cues showed to significantly improve the application of the tackle

Noticeable change in skill across both expert and novice athletes

Weekly focus on the tackle skill led to a players success within a game context and noticeable change in approach to the skill

Verbal cue planning within practice supported coaches delivery



A group of female rugby players and staff are posing for a group photo on a grassy field. They are arranged in several rows, with some players in the front wearing dark jerseys and others in the back wearing light-colored shirts. A goalpost is visible in the background, and the entire image has a dark teal overlay.

Thank you

