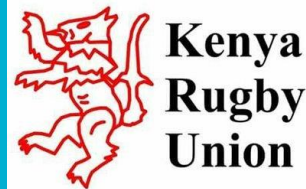


KENYA 7S SHUJAA SELECTION TOOL

National Local Series 2025

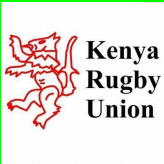
Coach Kevin Wambua



FORWARDS	DRILL	STANDARDS	BACKS	DRILL	STANDARDS	
	1. YO YO TEST	MINIMUM LEVEL 18		1. YO YO TEST	MINIMUM LEVEL 19	
	2. PASS R/L	10 M MINIMUM		2. PASS R/L	10M MINIMUM	
	3. 10M RUN	2 SEC AND BELOW		3. 10M RUN	2 SEC AND BELOW	
	4. 40M RUN	5:30 SEC AND BELOW		4. 40M RUN	5 SEC AND BELOW	
	5. 100M RUN	15 SEC AND BELOW		5. 100M RUN	12 SEC AND BELOW	
	6. 1 MAX REP BENCH	130KGS		6. 1 MAX REP BENCH	120 KGS	
	7. 2 REP MAX SQUAT	180KGS		7. 2 MAX REP SQUAT	160KGS	
	8. TACKLE	FRONT ON TACKLE		8.TACKLE	FRONT ON TACKLE	
		SIDE ON TACKLE			SIDE ON TACKLE	
		BACK TACKLE			BACK TACKLE	
	9. HIGH BALL	CONTEST		9. HIGH BALL	CONTEST	
		RETRIEVE			RETRIEVE	POD

POSITION	POSITIONAL REQUIREMENTS		POSITION	POSITIONAL REQUIREMENTS	
1. PROPS	<i>Aerial Capability</i>		3. FLYHALF	<i>Kick Accuracy</i>	
	<i>Jakal Prowess</i>			<i>Playmaking & Organazation</i>	
	<i>Passing—Minimum 10m R/L, Pass Accuracy</i>			<i>Pass Accuracy</i>	
	<i>Tackle - 70% Efficiency</i>			<i>Tackle - 70% Efficiency</i>	
	<i>Decision-Making Attack/Defence</i>			<i>Decision-Making Attack/Defence</i>	
	<i>Speed</i>			<i>Speed</i>	
				<i>Jakal Prowess</i>	
2. HOOKER	<i>Jakal Prowess</i>				
	<i>Speed</i>		4. CENTRE	<i>Line Breaks</i>	
	<i>Passing—Minimum 10m R/L, Pass Accuracy</i>			<i>Tackle - 80% Efficiency</i>	
	<i>Tackle - 80% Efficiency</i>			<i>Pass Accuracy</i>	
	<i>Aerial Capability/ Pod Lifting</i>			<i>Kick Accuracy/ Jakal Prowess</i>	

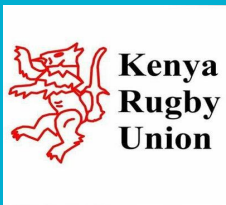
				Speed	
3. SCRUM HALF	Playmaking & Organization			Decision-Making Attack/Defence	
	Tackle - 80% Efficiency			Jakal Prowess	
	Speed				
	Jakal Prowess		6. WING	Speed	
	Pass Accuracy			1v1 Prowess	
	Lineout Throws			Kick Accuracy	
	Decision-Making Attack/Defence			Pass Accuracy	
	Line Breaks			Aerial Skills—POD	
				Tackle - 80% Efficiency	



SKILL DEVELOPMENT PROGRESSION						TECHNICAL/TACTICAL			GAME UNDERSTANDING	<div></div>	REMARKS
NAMES	PASS R/L	PASS L/R	TACKLE	HIGH BALLS	CONTACT SKILLS	ATTACK	DEFENCE	SCORE			

KENYA 7S POST TOURNAMENT PLAYER RANKING

<i>NAMES</i>	<i>LINE BREAKS</i>	<i>PASS ACCURACY</i>	<i>1V1 TACKLE</i>	<i>AERIAL SKILLS</i>	<i>PLAYMA KING</i>	<i>FLOOR WORK</i>	<i>1V1 EVASION</i>	<i>JAKAL</i>	<i>FINISHING</i>	<i>DECISION MAKING</i>	<i>TOTAL</i>	<i>RANK</i>



Coach Kevin Wambua

