



Skills Development Platform

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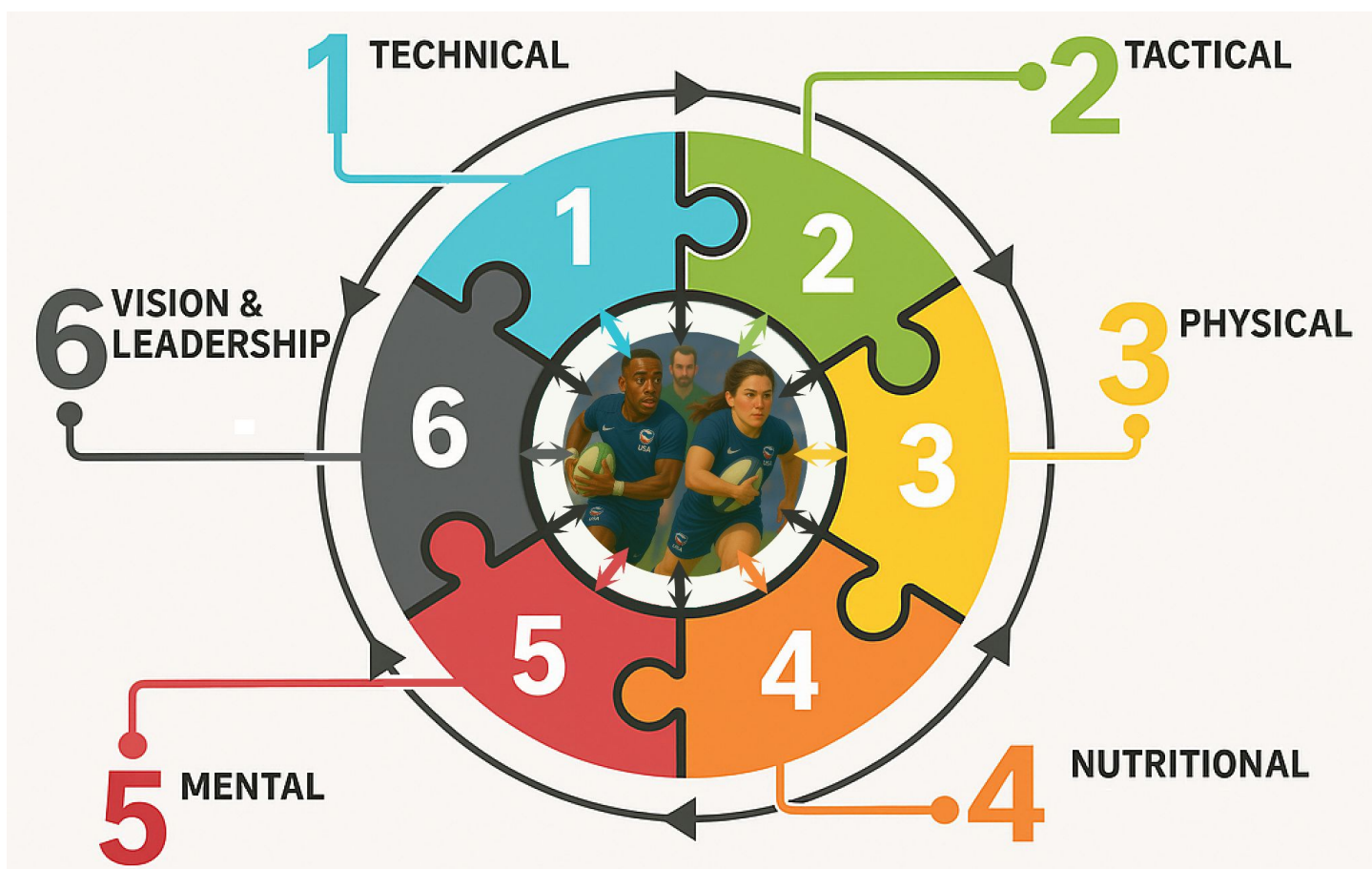
What Is the Rugby Skills Development Platform?

The USA YHS Rugby Skills Development Platform is a cutting-edge online training system designed to help players of all levels develop elite, game-ready rugby skills—anytime, anywhere.

Built on the interdependence of six key performance pillars—Technical, Tactical, Physical, Nutritional, Mental, and Vision & Leadership—the platform moves beyond traditional drill-based methods that isolate each pillar. Instead, it delivers integrated, movement-based activities that develop habit-forming, robust, and adaptable skill execution patterns.

These patterns have been proven effective under the pressure and intensity of the World Cup Final performance. Whether you're striving for national selection or simply aiming to raise your game, this platform empowers athletes to elevate their skill execution & rugby performance far beyond what conventional training alone can offer.

Six Degree Sports Individual Player Interdependent Performance Model



As the above model shows, any remediation in one Pillar affects all other Pillars. Elite Player Development for accelerated & sustainable improvement requires interdependent knowledge & coordinated programming that stimulates the key levers, accelerating improvement across all 6 pillars.

There are plenty of programs that will advertise independent experts in each pillar. However, independent expertise & programming, without world-class 'Interdependent' coordination, programming & monitoring is 'fools gold!'

By way of example, Strength Programming in isolation without appropriate & interdependent Elastic & mobility programming will negatively affect Skills Development & raise the risk of injury significantly!

What's in the Platform

The following is allocated specifically for your individual development

- **Over 500 videos** of rugby skill technical & tactical instruction, strength, speed, power training, nutrition, mental skills & wellness support & monitoring
- **Position-specific programming** tailored for every role on the field
- **Real-time tracking and 6 weekly testing & feedback** to individualize programming & monitor your growth and performance

What Skills Are Covered?

From core fundamentals to advanced techniques, the platform supports your development across:

Core Rugby Skills:

- Passing & Catching
 - Triple Threat
- 1v1 Tackling
- Ball Carrying & Support
- Running Lines
- Tackle Contest

Position-Specific Rugby Skills:

- Scrum Technique & Strength
- Lineout Throwing, Lifting, Jumping & Mauling
- Restart Lifting, Jumping & Mauling
- Backrow Running Lines
- Kicking (All Types)
- High Ball Catching
- Scrumhalf Pass, Run & Kick
- Link Skills
- Back 3 Positioning



Performance Gains You Can Expect (Based on individual Application)

Average weekly improvements (20 year averages from Elite Player Development Programs) reported from users include

- +1.5 lbs/week in lean muscle gain with reduced body fat
- -0.015 sec/week off your 10m sprint time
- +10 lbs/week in lower body strength
- +5 lbs/week in upper body strength
- +0.35 in/week increase in vertical jump
- +10%/week improvement in movement efficiency (reduced injury risk)
- +2%/week in optimism & resilience (psychological readiness)

Why You Should Join

While the platform does offer visibility to **USA Rugby High Performance (HP) Pathway Coaches**, the true power lies in how it **transforms each player individually**:

✓ **Rugby-Specific Skill Mastery**

Develop precision and consistency in every skill area, from passing, contact skills to individual & position specific skills.

✓ **Physical Performance**

Improve speed, strength, agility, endurance, and collision readiness while drastically reducing injury risk.

✓ **Mental Toughness**

Build confidence, focus, and resilience—key traits for performance on the field and wellness & balance off the field.

✓ **Goal-Driven Motivation**

Track real progress toward your goals with data-backed improvement metrics.

✓ **Whole-Person Development**

Address all six pillars: Physical | Technical | Tactical | Mental | Nutrition | Leadership & Wellness

✓ **Pathway to the National Stage**

A strong performance can lead to an invitation into the **USAR HP Pathway Group**, offering national exposure and elite-level opportunities.

Built on World-Class High-Performance Philosophy ***The Secret Sauce

Backed by Science. Proven by Champions.

The platform draws from the experience of (6Degree Director) & World Cup winning Coach (Regarded as the best skills coach on the planet) **Mick Byrne**:

- Head Coach, Fiji National Team (Wins over Tier 1 Nations Wales & Scotland in the past 12 months)
- Was a consultant with the Canadian Women's 7's team 2013 - 2016 incl. Olympics Bronze Medal
- Former All Blacks Skills Coach during their golden era (2005-2015)
- Coordinated centralized Individual Performance Plans from New Zealand U17's through to the All Blacks. During this period New Zealand Rugby:
 - 🏆 Won back-to-back Men's Rugby World Cups (2011, 2015)
 - 🏆 Won 5 U20 World Championships
 - 🏆 5 Super Rugby Titles
 - As Skills Coach with the All Blacks, their win percentage was 88% (up 10% from their historical average). Between 2011 & 2015 this rose to 93%. Since the All Blacks' win percentage has dropped back to their historical average of 78%

Mick Byrne Testimonial - By Dan Carter



"I worked with Mick for just over a decade and he was like the glue to my everyday success as a rugby player and goal kicker. He had a growth mindset and pushed me to be better each day. He gave clear instructions and broke things down to make everything more simple to understand and learn from.

He had a very unique skill to always know what needed adjusting in regards to my technique but somehow made me feel like I came up with the solution.

He has a great understanding of the key fundamentals of our game and what's needed to be successful.

I loved working with Mick as he demanded excellence."

Dan Carter, All Blacks Legend 2x World Cup winner (2011 & 2015), 3x Super Rugby winner, 3x International Player of the Year & Test Rugby's All Time Leading Point Scorer



Unmatched Value – Only \$22/Month

Powered by the **Six Degree Sports Platform**, players gain access to:

- Individualized programs
- Real-time video feedback and performance tracking
- Easy-to-use mobile access
- Built-in support and progression metrics

💰 **At just \$22/month** (\$220 with annual savings of \$44) no other rugby development program delivers this level of **depth, customization, and high-performance methodology**—anywhere in the world.

Ready to Join the Future of Rugby Development?

Take control of your rugby journey today.

Visit <https://www.usayhs.rugby/skills-development-platform> to sign up and start your transformation.

Train smarter. Perform better. Stand out.

The Rugby Skills Development Platform is your launchpad to the next level.